



# DeLong Massage Therapy

## Therapeutic Canine & Equine Massage

E Newsletter February 2013

### First Ride of Spring = Achy Horse

By now you must have heard the news...an early spring! (Don't we all like that groundhog a little bit more when he makes a prediction for an early spring?) With the warm weather approaching, you are likely to begin preparing your horse for show season. The dreaded spring conditioning is a time of year when horse owners feel obligated to ride even in cold weather because that first show in April is a little as 8 weeks away.

Within the first two weeks of riding, you should schedule an equine massage. If you wait any longer, you are just allowing muscle problems to build-up in intensity. Let your horse tell you if he needs a massage. Some signs of potential muscle problems are heat along the sides of the spine, flinching while being saddled, hollowing the back as you run a brush over it, throwing up the head, bolting or bucking (especially if these are not normal behavior for your horse), not giving his head during bending exercises, not moving with fluid legs, excessive stomping of the front legs while cross tied, or excessive shifting of the weight on the hind legs (resting on one leg and then the other).



**2013 Rates** Please be aware that effective February 1, 2013, I have changed my rates to: Equines - \$60 and Canines - \$30. This change DOES NOT impact existing customers, but it does eliminate the initial appointment fee for new clients that was slightly higher. This should make new customers happy by letting them keep a little more money in their piggy-bank!

In an attempt to keep everyone informed this change has already been made on my website and announced on my Facebook page.

### Senior Greyhounds

As you may already know...I am an advocate for the adoption of senior greyhounds. I currently have three senior greyhounds, but have also owned two others who have passed on.

Senior dogs often have a hard time getting adopted because of ageism, or age discrimination. A wise person once said to me, "It doesn't matter how old a dog is, you give them the best remaining days. It may be one day, or it may be several years. The dog doesn't understand time, but it will understand that it is loved."

I wanted to devote a section of this e-newsletter to show you some of the wonderful senior greyhounds that are currently available for adoption. Once you know the love and devotion of a senior dog, you will truly know what "rescue" means.



**Bear** - Here's a Bear no one can be afraid of! This beautiful black brindle boy is gentle and sweet. He walks oh-so-nicely on the leash. He lives happily with cats & other greyhounds and is not above tossing a toy around from time to time. Like our friend Winnie-the-Pooh, he's a bit worn around the edges at age 7, but he still has plenty of hugs left in him. Returned through no fault of his own, he's looking for a comfy couch to spend his senior years. For more info visit <http://www.firstgreys.org/AvailableHounds.php>



**Hammie** - is an 80 pound male brindle at a rescue in Florida. He was born on November 29, 2004. He is a wonderful healthy boy. He is friendly to kids, cats and small dogs. For more info visit <http://www.gpaseniorsanctuary.org/OurDogs.htm>



**Leader** - is an 11 male greyhound that would do best as an only dog, and in a no-child household. He seems to prefer women to men, and is very scared while walking along roads with moving cars. Leader is very affectionate once he trusts you. For more info visit <http://www.ngap.org/adoptable-greyhounds>



**Ernie** - is not a senior, but he still needs an angel. This sweet red brindle boy just turned two on January 1<sup>st</sup>. Ernie was adopted and living in a home for about three weeks and was returned because he started to suffer from severe separation anxiety. His fear of being alone caused him to start breaking out of his crate and he actually broke some bars in his crate and punctured his front leg as a result. His leg is healing and he is getting back to his old happy-go-lucky self. He needs a home that can provide a multi-dog environment to make him feel safe and secure. Ernie gets along with dogs of all sizes. For more info visit <http://greyfulheartsgreys.com/>

### Upcoming Event – First Annual Senior Soirée

Do you own and love a senior dog? Plan to come to the First Annual Senior Soirée, an event devoted to senior dogs hosted by the Berks County Animal Rescue League's Grey Muzzle Program. The event is being planned for some time in Spring of 2013, and will feature vendors and info about alternative therapies, senior-only veterinary needs, and more. More details will be posted on my Facebook page as they become available. Like my page so you are sure to be in the loop <https://www.facebook.com/pages/DeLong-Massage-Therapy/356677624400655>

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