



Thanks Mom!

DOG TREATS,
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my dogs love blueberries, I top some of the treats off with a frozen blueberry before putting them in the oven.

If you have a few minutes, making dog treats with your kids can be a fun activity that your dog will appreciate. Be careful with what

ingredients you use as some may not be toxic for dogs, but if given in large portions it may be unhealthy for your dog. If you use beef or chicken bouillon, broth, or stock try to pick out something with less sodium and preservatives, to keep your treats as healthy as possible for your dog. If you have any doubts whether a food you are seeking to use as an ingredient is toxic or unhealthy for your dog, especially if your dog has any medical issues, call your vet to verify. What is safe for one dog may not always be safe for others that have medical problems.

HOW TO HELP MANAGE PET SEPARATION ANXIETY

For more than a year, working from home and keeping social circles small due to COVID-19 has meant people have been able to spend more time with their pets. However, as more Americans are vaccinated and restrictions loosen across the country, it's likely many are spending less time at home with their pets. As a result, pet parents should be prepared to spot the signs of separation anxiety and help their pets manage.

When left at home alone, pets can exhibit behaviors that could indicate they're experiencing separation anxiety. It's not a new problem, but it can become more pronounced as pet parents begin to spend less time at home, whether they're returning to work full-time or just leaving the house more often. It may be especially challenging for pets that found their forever homes during the pandemic, as being alone may be a stark contrast to what they've become accustomed to. In these cases, pets may struggle to learn how to cope with being by themselves.

To help pet parents identify separation anxiety in their pets and embrace alone time, consider these tips from

Dr. Crista Coppola, PetSmart's consulting animal behaviorist and separation anxiety expert.

How to Identify Separation Anxiety

Changes in behavior are some of the most common indicators of separation anxiety. These behaviors are coping mechanisms and can include excessive barking or whining, destruction near exit points or windows, having accidents around the house, hyper salivating, pacing, decreased appetite and depression. To better understand what your pet is experiencing, consider setting up a video camera when you leave to see how he or she behaves when

you're not there.

Ways to Prepare Your Pet for Se

Unpredictability has been shown to help many pets cope with stressful situations. When a vacation or long weekend gets into your pet's routine, these seem to make him or her susceptible to stress. When you know change is coming, slowly introduce your pet to the idea of being alone beforehand to help your pet and friend prepare. Start by taking short walks without your pet – even if just for a few minutes – consider leaving treats or toys to make the time more enjoyable.

When you are ready to leave try to give your pet an inviting space for your pet, where they can't get hurt trying to escape the area in case of accidents or instead of going outside when necessary. From time to time, mentally and physically engage your pet with a walk or run, or working on quick commands. It's more likely he or she spends a lot of time you're gone resting.

While you're gone, Coppola recommends using enrichment activities such as calming aids like the Adaptil Calming Vest or Calming vests like the veterinary Calming shirt can also help pets transition.

Solutions for Coping with Anxiety

If your pet is excessively barking or exhibiting other behaviors, never punish him or her for the behavior. Disappointment or frustration can be a standable to feel this way, but it can add to the stress he or she is experiencing. Instead, spend time having fun together and consider an option like PetSitter which can help ease the transition of your pet to the amount of time left alone. Available at more than 200 locations in full- or half-day sessions – including themed playdates – your furry friend will receive expert care, exercise, mentally stimulating playtime and socialization with other pups.

Learn more about separation anxiety and find additional solutions to help deal with separation anxiety at petsmart.com/newnormal.

VOLUNTEERS WITH GARFIELD'S RESCUE, INC. (GRI) AND 14-YEAR-OLD CAT, MITTENS, VISIT TO COMMONWEALTH SENIOR LIVING IN KILMARNOCK

Volunteers with Garfield's Rescue, Inc. (GRI) and 14-year-old cat "Mittens", had an engaging



(Top, L to R) GRI President Ann Bedford and Volunteer Karen Peterson

morning recently visiting with many of the lovely residents and staff from Commonwealth Senior Living in Kilmarnock. Mittens is one of the 109 homeless cats and kittens rescued and currently being fostered by GRI, the Northern Neck's unique, homeless community cat rescue, foster to adopt charitable organization. The Commonwealth residents entertained GRI volunteers with their many amusing stories about their cats and their whimsical names. GRI volunteers shared many of their happy rescue and adoption stories and their mission to eliminate the suffering of homeless community cats on the Northern Neck through humane rescue and compassionate care. A good time was had by all, and GRI is looking forward to a return visit. GRI and their cats/kittens available for adoption can be found on their website at www.garfieldsrescue.org, or on their Facebook page.



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