

# Spay and Save

## Volunteer Newsletter



**ADOPTIONS**  
 July/August  
 Cats 42  
 Dogs 8

### The People That Keep the Petco Stores Running

By Toni Dougherty

A lot of us work regularly in the Petco Stores cleaning cages and manning adoption days on Saturdays. We may or may not come in contact with the managers that keep the stores running smoothly and I think it is about time we take a look at these hardworking people.

**Sam Rowell of Limerick Petco Store**

Sam was born in Hawaii and raised in California but most of his family is still in Hawaii.

I have met Sam before in several of the local Petco Stores but my memories of him are mostly centered on the King of Prussia Store and the Limerick Store. He indicated that King of Prussia was his first store but he actually has worked in six different ones over his career of 10 years.

He loves working as a manager for Petco and especially helping customers find solutions for problems that might arise with pet ownership.

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### 5 Reasons Why Your Cat Is Always Hungry

By Jane A Kelly at Catster.com

As a cat guardian, you know that if your cat goes off his food for more than a day or so, a trip to the vet is probably in order. But did you know that constant eating can be a sign of health problems, both physical and psychological? Here are some reasons why your cat is always hungry.

1. Your cat has worms. **Roundworms** can cause your cat to become very hungry, because the worms are taking all the nutrition from his food before he can get it. Ironically, a roundworm-infested cat may look fat, as the parasites cause his body to swell. Roundworms are contagious to humans, so if you suspect your cat has them, bring a fecal sample to your vet to have it tested. Continued on Page 5



## Stop Feeding Your Cat from a Bowl?

By Toni Dougherty

I was reading an article about how we feed our cats. It implies we may be unintentionally depriving our cats of being his or her true self by plopping down a plate of wet food twice a day and feeding kibble all day long. Most of the multi cat owners have experienced that one cat in the group who will chase everyone off their food or the shy cat that will rarely finish a plate unless fed away from the others in the house. It is believed that these methods of feeding can cause stress in cats and stress can lead to obesity or 'scarf and barf' incidents.

The article suggests that we might keep in mind that cats are solitary hunters and they prefer to hunt and eat alone and will often hide their kills to reduce predation. Because the cat's stomach is the size of a ping pong ball and the prey they catch are normally small they also tend to eat frequently and in small portions.

A recent Norwegian study published in the Journal of Feline Medicine and Surgery concluded that cats want to be in charge of their feeding schedule. Cats in the wild spend 60 to 80 percent of their waking hours looking for prey. The manner in which we feed them deprives them of their need to hunt, and this is especially true for indoor cats.

For some time the pet industry has produced a solution for this problem for dogs and now the industry is addressing cats through the use of kibble filled toys that can be hidden around the house for cats. This is a new bowl-free, natural way to feed your cat. It is believed that when your cat instinctively "hunts" for its food, it's happier and healthier. If you wish to try this product go to <https://docandphoebe.com/>

I have for the longest time used kibble filled mice made of plastic from Temptations (<https://www.temptationstreats.com/>) and the cats never seem to lose interest in the mice as they do with most cat toys. This tends to reinforce the idea that cats do enjoy the thrill of the hunt but I do not, however, recommend giving up a regular feeding schedule which is often promoted with this product especially in a multi cat environment. One could probably reduce the standing bowl of kibble but the wet food diet is important for a balanced diet and good urinary health in house cats and indoor/outdoor cats.



Fundraiser at Beth  
Chaim Reform  
Congregation in  
Malvern

August 12<sup>th</sup>

By Maria Robb

Yesterday Araceli and I attended an event at Robin Resnick's temple. We received donations of car and dog food and litter. Araceli got a possible volunteer for Exton. We made \$42.00.



# Adoption Success Stories



*Here's our boy Cooper. Doing well 10 months post full mouth teeth extraction. We have since taken insurance through Banfield Pet Hospital and have him followed every 6 months. His mouth is healthy. We love him so much and he has the sweetest nature. Still greatly appreciative of the donation for his dental surgery. Anne Greenwald*

*"Bubba Bear was pulled from a kill shelter in Maryland by Ginny Shaffer and Kathy Natalini. He was fostered by Kelly Sabatino. He, now Brody, is 8 to 10 years old, and now has a new little sister to play with, and a brand new life to look forward to, thanks to our wonderful volunteers."*



*Our Roxborough Pet Valu volunteer coordinator, Kathy Plover, is a very active individual. When not at the Roxborough Pet Valu cleaning cages, helping adopters or helping the staff, she is an ardent Phillies fan and has lots of friends and social activities. Her life would not be complete without her three orange boys, however. One, Gunner, is pictured here."*



## Special Adoption Events

### Saturday

September 30th

BOSCOV's

10 am - 2 pm

1067 West Baltimore Pike

Media, PA 19063

P: 610.565.6009

*\*There will be Kittens and Cats for Adoption. We will also be selling Friends Helping Friends Tickets\**

### Saturday & Sunday

October 14 & 15th

BOSCOV's

2 pm - 6 pm

500 W Germantown Pike

Plymouth Meeting, PA 19462

610.825.8686

*\*There will be Kittens and Cats for Adoption. We will also be selling Friends Helping Friends Tickets\**



*Maria Robb and Beth Licata Coordinator of the Conshohocken Pet Valu at Boscov's Friends Helping Friends Fundraiser in July*

## 5 Reasons Your Cat is Always Hungry (continued)

### 2. Your cat has hyperthyroidism or diabetes

These diseases both cause a vast increase in appetite: [hyperthyroidism](#) does so because your cat's metabolism is burning too many calories, and [diabetes](#) because your cat's body can't convert sugar to energy — and the nutrition doesn't even get into his body in the first place. If your cat is eating constantly and still losing weight, and especially if he's also drinking a lot of water, get him to the vet as soon as possible.

### 3. Your cat is bored or lonely

Just like humans, some cats will eat because they're bored. The solution to this problem is to provide your cat with more stimulation and to stop leaving kibble out for him to munch on all day. If you want to have a supply of food available, provide it in puzzle toys, which will cause your cat to have to work for his meal. This will help him burn calories and keep his mind engaged.

Be sure to provide other intellectually stimulating toys (or maybe even a kitty friend) to keep his mind off his dish. You can also buy automatic feeders, which provide access to a set amount of food at set times of day.

### 4. Your cat is depressed

Overeating can be a self-soothing behavior for cats who are depressed or grieving. I've seen this happen: I once met a couple who had a cat they'd exiled to the basement after their baby was born. In response, the cat started eating to self-soothe, and the result was incredibly sad.

If your cat is depressed, try drawing him out of his shell with gentle interactive play. Give him "love blinks" — close your eyes slowly, leave them closed for a second, and then open them slowly, while thinking "I love you."

### 5. Your cat's food isn't meeting his nutritional needs

You know how when you eat fast food, you're usually hungry an hour later no matter how much you ate? Poor-quality cat food can have the same effect on your cat. And like a person who eats a lot of fast food or who can only afford starchy foods, your cat will eat and eat because he can't satisfy the true hunger (for nutrients) at the root of his desire to eat. Try feeding canned food; it's typically more nutrient-dense, tastes better, and the cost ends up being about the same as kibble when you feed your cat the proper amount.

Remember that cats' stomachs are extremely small: a couple of tablespoons of canned or raw food or (not *and*) a third of a cup of kibble per feeding is about all a cat needs to stay fit and healthy. Of course, if your cat a 20-pound [Maine Coon](#), he'll need a lot more food than a petite [Singapura](#), so be sure to work with your vet to figure out the most appropriate amount to feed your feline friend.



## The People who Keep Petco Running *(continued)*

He reminisced about the time, long ago in the King of Prussia Store, when someone left a box of kittens outside the store. He indicated that Spay and Save stepped up and got the kittens homes. He said he has never worked with a more dedicated group of individuals.

### Steven Mylar of Exton Petco Store

Steven was originally from Huntingdon West Virginia and he made a career change so he could be closer to family. It seems prior to managing Petco stores he ran a shelter and a dog training program in Pullman Washington. He has spent 4 years with Petco part of which was in Fort Lewiston Idaho and managed an

Unleashed Store (a Petco store with a much smaller foot print than their regular stores that deal with only with dog and cat products) in Philadelphia before taking on the Exton Store.

What he likes best about working for Petco is working with the employees or "the team" as he called them and helping customers provide a happy healthy life for their adopted pets. He said, as Sam did, the worst thing about being in the pet business is watching an owner dump a dog over a fence in the shelter he ran in Washington. He also mentioned how much he enjoys working with Spay and Save and is grateful for organizations like ours that are around to deal with the callous owners that dump animals.

Currently the Manager of the King of Prussia Petco is not available for an interview.



## Volunteer Corner

### Pets and Seniors

By Toni Dougherty

About six years ago I adopted from Spay and Save this Persian cat for my then 95 year old Aunt. There was some concern about adopting to a woman of my Aunt's age but I promised that Precious (the cat) would find a home with me if need be. Precious is now "My Precious" for my Aunt at 101 has had to move into Continued Care. She has missed her buddy a lot and often asks after her. She told me that having a cat in her later years was a great blessing because it gave her purpose and a living thing in what certainly would have been a rather lonely apartment. Recently the Retirement Community she lives in has come to the realization of the importance of pets to seniors and is allowing new tenants to bring their pets. Because of this we are going to see a lot more surrenders from this age group. It also points out that we as rescuers need to provide for our own pets if something should happen to us. I have, for I could not bear to know my cats might be surrendered to a shelter that will put them down just because I could not deal with my potential mortality. You are all pet owners.



**HAVE YOU PROVIDED FOR YOUR PETS?**

## Calendar of Upcoming Events

Date	Event Location	Coordinators
1 <sup>st</sup> Saturday	Gateway Pet Valu (Dogs)	Ginny Shaffer
1 <sup>st</sup> Saturday	Limerick Petco	Alicia Ferraioli
2 <sup>nd</sup> Saturday	Sears Hardware (Dogs)	Dog Division
2 <sup>nd</sup> Saturday	Gateway Pet Valu	Janet Lynch
3 <sup>rd</sup> Saturday	Limerick Petco	Madelyn Ferraioli
3 <sup>rd</sup> Saturday	KOP Petco	K.Tierney/B.Tracy
4 <sup>th</sup> Saturday	Perk Valley Pet Eatery	Susan Trombadore
4 <sup>th</sup> Saturday	Exton Petco	JGallager/RClements
5 <sup>th</sup> Saturday	KOP Petco	Barb Tracy
TBD Saturday	Ardmore City Line Pet Valu	Rachel Loev
TBD Saturday	Ivy Ridge Pet Valu	Chris Daniels

Note: Spay and Save adds a new vet, Forgotten Cats Clinic, to our participating vet list. These amazing people not only run two low cost spay/neuter clinic, but trap and find homes for thousands of strays in our neighboring communities. They recently asked Spay and Save if they would be able to join our participating vet list.

## Halloween Cats



Newsletter Editor:  
Toni Dougherty  
Spay and Save Officers

- ♥ President: Chris Daniels
- ♥ Vice President Naomi McCarron
- ♥ Secretary: Morag Steskal
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