



# Spay and Save

## Volunteer Newsletter

**ADOPTIONS**  
**July and August**  
 Cats 33  
 Dogs 5

### Help Your Pet with Post-Quarantine Separation Anxiety

By Kaitlyn Wells from the New York Times

"In the early days of the coronavirus pandemic, many people began social distancing from relatives and investing additional time with pets. Animal shelters reported record numbers of pets going into foster homes, with placement rates from 50 percent to 70 percent, according to the ASPCA and the Best Friends Animal Society. Petfinder.com saw adoption inquiries nearly double from March to May compared with the previous three months. But when it eventually comes time for people to return to work, pets may be ill-equipped to handle the long days at home alone.

This transition period may create separation anxiety, which experts we spoke with say is as real for cats and dogs as it is for humans. Experts define separation anxiety as a pet's distress caused by the absence of the owner. Signs may include chewing on doors, excessive howling or pacing, inappropriate marking or scratching and obsessive grooming. It's estimated that mood disorders are diagnosed in 20 percent to 40 percent of dogs referred to animal behavior practices, according to a 2001 study in The Journal of the American Veterinary Medical Association. And more than 13 percent of cats have exhibited symptoms of separation anxiety, according to a 2020 study published in the open-access journal PLOS One.

Owners of well-behaved pets may think their animals will not have any problems adjusting, but that may not necessarily be the case. "The problem isn't going to manifest itself when the owner is home," said Dr. Wailani Sung, a veterinary behaviorist at the San Francisco SPCA. "They don't realize that their dogs are adapting to them being around, and when they leave for work it's going to be a shock to them." *Cont.on Page 2*



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### New Puppies from Georgia for Adoption

Why are we getting puppies from Georgia for Adoption? Sarah Sikora answers: "We have been getting them from a transport that brings them up from Georgia because there is such a high demand for help in that area. They transport 250 dogs and puppies up every month.

Unfortunately we have not been able to pull any puppies from any of the shelters in this area, this is a great way to save these precious souls that are facing death and also build up our dog division with puppies. *Cont.on Page 4*



## Post-Quarantine Separation Anxiety! cont.

"To avoid returning home to a chewed-up throw pillow or a urine-soaked bedspread, pet owners should take steps now to help ease the transition.

Hiring a trainer for virtual sessions is a good start. We spoke with professionals to find out what else you can do to prepare your pet for your eventual return to work. Their tips all require consistency, patience and, of course, plenty of fun.

♥ Take a walk — without your pet.

When a dog scratches at the door after you leave to run an errand or a cat mistakes that pile of dirty laundry for a litter box, experts say your pet is really telling you that it is worried you are leaving for good. Now is the time to train your pet to understand that you will eventually be back. Start by taking a 15-minute walk without your pet — after its bathroom break, of course — and bring the entire family so that the animal is left alone. Connect a pet camera to observe your pet's behavior while you are away. If your pet responds well to your absence, increase the time away to 30 minutes the next day, and keep the trip frequency sporadic — perhaps two or three times per week. Since pets love routine, you should also adjust their feeding and walking times to reflect your schedule before you return to work.

If your pet continues to show other signs of distress, reduce the time of the walk until your pet appears relaxed, and then build your way back up more slowly. "We want to leave and come back before they get upset," Dr. Sung said. If you can work up to the four-hour mark, she added, most pets will be fine for an entire workday.

♥ Break up the day with new visitors.

If quarantine restrictions have been lifted in your area, consider hiring a pet professional to give your pet someone to interact with while you are away. Even just weekly visits can break up the monotony and temporarily help mild symptoms of separation anxiety, Dr. Sung said. When you are searching for someone who has been trained to handle animals with separation anxiety, find a professional who is reliable and patient, said Hadley Raysor, the founder of the Dandy Dogwalker in Alameda, Calif. "A good pet sitter or dog walker will pay attention to your dog's behavior and body language and will be available to communicate with the pet owner about escalating behavior," Mx. Raysor said.

♥ Try toys or activities to keep your pet occupied.

Investing in quality pet accessories will ensure a peaceful transition when you are ready to spend time away from your pet. "You want things that allow them to interact with their environment in a positive way," said Mikel Delgado, a certified applied animal behaviorist and a postdoctoral fellow at the School of Veterinary Medicine at the University of California, Davis. "While you're doing your work, your pet can do their own work, too."

## Post-Quarantine Separation Anxiety

♥ "Use calming aids to help your pet relax.

Over-the-counter pheromones and calming aids help companion animals remain relaxed, especially when there has been a change in routine. "It helps increase their confidence and decrease their anxiety," Dr. Sung said. If you can't afford commercial calming aids, place a used pillowcase or a T-shirt you've worn recently next to your pet's favorite napping spot; it has your scent on it and should soothe the animal.

♥ Consult the pet professionals.

In more severe cases, you may find yourself at a loss about how to deal with your pet's behavior. Animals may act out by damaging baseboards, chewing on their crates, urinating inappropriately or excessively grooming themselves until they develop bald spots. "I've had dogs that jumped out of the window trying to follow their owner," Dr. Sung said. "I've actually had one break their leg."

It's important to address a pet's unwanted behavior before it spirals out of control, and experts say even the smallest signs of distress should be taken seriously.

"They're living in our world," Dr. Sung said, "and if you can be patient and provide clear instructions, your pet will thrive."

# Anxiety Signs for Your Cat and Dog



As a pet owner, it's important to recognize the symptoms of stress in dogs. A stressed out pet may react outwardly by biting or destroying items in your home, or inwardly by vomiting or refusing to eat. Before things get to that point, learning to identify the subtle signs of stress allows you to address behavior before it gets out of hand or become harmful.

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|--|---|--|
| <ul style="list-style-type: none"> <li>Avoding eye contact</li> <li>Barking</li> <li>Body tensed</li> <li>Cheek puffing</li> <li>Cowering</li> <li>Diarrhea</li> <li>Drooling</li> <li>Ears pinned back</li> <li>Excessive grooming</li> <li>Freezing</li> </ul> | <ul style="list-style-type: none"> <li>Growling</li> <li>"Half-moon" eye</li> <li>Hiding</li> <li>Hypervigilance</li> <li>Lifting one paw</li> <li>Loss of appetite</li> <li>Low body posture</li> <li>Moving in slow motion</li> <li>Pacing</li> <li>Panting</li> <li>Repetitive licking of lips or nose</li> <li>Restlessness</li> <li>Shaking</li> <li>Shedding</li> <li>Showing teeth</li> <li>Sleeping a lot more or less than usual</li> <li>Squinting</li> </ul> | <ul style="list-style-type: none"> <li>Startling easily</li> <li>Tail tucked</li> <li>Teeth chattering</li> <li>Turning away</li> </ul>  <ul style="list-style-type: none"> <li>Trembling</li> <li>Vomiting</li> <li>Wrinkling muzzle</li> <li>Whining</li> <li>Won't accept treats</li> <li>Yawning</li> </ul> |
|--|---|--|



## CAT ANXIETY SYMPTOMS

Cat anxiety can lead to serious issues if left untreated. Pet owners must make their cat feel safe and give them proper attention. Consult your vet immediately for treatment.

Aggressiveness

Following You Around

Insistent Meowing

Hiding

Over-grooming

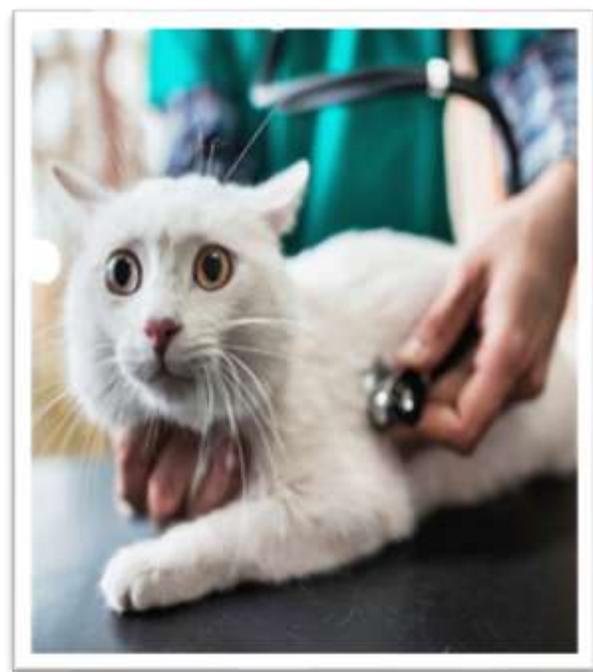
Loss of Appetite

Litter box "Accidents"

Lethargy

Trembling

Vomiting and Diarrhea



## Puppies from Georgia

Ginny Shaffer Answers: " Henry and his 10 siblings left Georgia on July 23rd on their 3 day journey to waiting rescuers. Spay and Save received 7 rambunctious puppies who love exploring and wrestling with each other.

From.: Dr. Martha Smith-Blackmore and Mr. Glenn Kolb

The challenge

Puppies and dogs are increasingly being transported over long distances across the United States in response to societal interests. A shortage (or sometimes the perception of a shortage) of certain types of dogs available for adoption in a particular area creates a demand for puppies and dogs that may outstrip the local supply. Shortages may be the consequence of spay and neuter efforts that have substantially reduced the unwanted dog population resulting in few adoptable puppies or dogs in a community. In other cases, there may be locally available puppies or dogs, but good communication or transportation is lacking to get the dogs from under-resourced shelters or municipal facilities (pounds) to sites where adoptions can occur. Or, the types of dogs available for adoption (e.g., larger breed, energetic, poorly trained adolescent dogs) may not fit the profile of the type of dog adoptive families are seeking. The availability of purpose-bred dogs in the community may or may not impact demand, because people looking to add a puppy or dog to their family may feel strongly about 'rescuing' a dog rather than purchasing one.

## Friends Helping Friends

The new normal is getting back to the old normal slowly but surely and Boscov's Friends Helping Friends is just one thing that indicates things are changing. I personally cannot wait to get together with my old friends and talking cat and dog again. It is kind of fun thing to do. Volunteer and give Maria a hand.

**From Maria Robb**

HELLO EVERYONE!

I hope this finds you all safe and well. As you all are aware, due to the pandemic, many live events have been cancelled. One is still happening but with some changes.

**BOSCOV'S FRIENDS  
HELPING FRIENDS 2020**

**DATES - October 14 and 15,  
2020**

**TIMES - 9AM - 9PM**

**LOCATION - Boscov's at  
Plymouth Meeting Mall**

**HELP SUPPORT**  
(The profit organization)

**Boscov's**  
FRIENDS *really* HELPING FRIENDS

**2 BIG DAYS**

**SHOP OCTOBER 14TH & 15TH, 2020  
NO SHOPPING PASS TO PURCHASE!**

**YOU SAVE 20%\* OFF**  
LOWEST SALE PRICES  
ON ALMOST EVERYTHING  
\*10% discount limit and exclusions apply

**WE RECEIVE 5% BACK**  
OF YOUR TOTAL  
PURCHASE

**MENTION OUR ORGANIZATION BY NAME  
IN-STORE AT THE REGISTER OR ONLINE AT CHECKOUT  
& WE'LL RECEIVE 5% OF YOUR TOTAL PURCHASE.**

Support Spay and Save while enjoying some much needed retail therapy! Spay and Save is registered for this charity event at the Plymouth Meeting location.

Shop on Wednesday, October 14 or Thursday, October 15 - or both days - between the hours of 9AM-9PM. At the register, you will receive 20% off your purchases (10-15% on big ticket items). Choose Spay and Save as your charity when you speak to the Sales Associate. Spay and Save will then receive 5% of your total purchase price.

## Volunteer Corner

### Meet Ragan Durante the New Coordinator for Paoli Petco

I learned about Spay and Save when my husband (Chris) and I moved to Paoli - I was at the Petco, saw a kitty in the habitat, and pulled one of the numbers off the poster. When my husband and I got back from our honeymoon to Greece (where we literally fed stray cats all week long, and almost stuck a kitty in our purse for the flight home!), we decided we wanted to foster kittens and volunteer through a local organization helping cats. I magically found that little piece of paper with Spay and Save's info in the bottom of my purse, and here we are! We currently have two resident cats of our own, Pascal and Basilio, whom we adopted from a rescue. We bought our first home together in Paoli about 2 years ago. I am a Lead Research Analyst in the Informatics department at Independence Blue Cross and my husband is an Actuary for Oliver Wyman. In addition to volunteering with Spay and Save, we enjoy doing home improvement projects, spending time with our families, friends + obviously our own cats :), and getting outside and exploring the area!



### The 'New Normal' during Adoption Days at Paoli Petco.

By Toni Dougherty

Things are slowly returning to normal at Spay and Save. This Saturday two adoption events were taking place simultaneously. I visited with Janet Lynch and Helga Godell to help out with the adoption day in the Paoli PETCO.

Adoption days used to be a social event for the old timers when they started over 17 years ago. We would all meet at the King of Prussia PETCO and sit around discussing the trials and tribulations of cat care and fostering the little kittens each spring.

Time and the Covid Virus has changed these events but mostly what I miss are the friends we made during them. I was newly retired and transitioning from work to retirement and with that event your friends change. You and your work friends are on differing schedules. The Covid Virus has done the same for many working people recently too.

So come and join us and kibitz about your favorite pet and find some new friends during this pandemic. Just bring your mask and your best pet tales that only our volunteers will enjoy listening to.

## Calendar of Upcoming Events

Date	Event Location	Coordinators
1 <sup>st</sup> Saturday	Gateway Pet Valu (Dogs)	Theresa Lare
1 <sup>st</sup> Saturday	Limerick PETCO	Alicia Ferraioli
5 <sup>th</sup> Saturday	Paoli PETCO	Ragan Durante
5 <sup>th</sup> Saturday	Conshohocken Pet Valu	Beth Licata
2 <sup>nd</sup> Saturday	Gateway Pet Valu	Janet Lynch
2 <sup>nd</sup> Saturday	Exton PETCO	Chris Daniels
3 <sup>rd</sup> Saturday	Limerick PETCO	Madelyn Ferraioli
4 <sup>th</sup> Saturday	Perk Valley Pet Eatery	Susan Trombadore
4 <sup>th</sup> Saturday	Roxborough Pet Valu	C Daniels/Joan Carr
4 <sup>th</sup> Saturday	Blue Bell Pet Valu (Dogs)	Paula Wenke

This Halloween will probably be bereft of Halloween Parades and kids knocking on your door for Candy. We can celebrate it though. Dress your foster Kitties on adoption days and let us have some fun. Wear a costume too and join us on Saturday October 31<sup>st</sup> at Paoli Petco for the adoption day. Prizes for the best dressed kitty and best dressed volunteer. Wear a Mask.



**Newsletter Editor:** Toni Dougherty

**Spay and Save Officers:**

- ♥ President: Chris Daniels
- ♥ Vice President: Naomi McCarron
- ♥ Secretary: Kimberly Shaw
- ♥ Treasurer: Ginny Shaffer



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