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1st Quarter Newsletter 2020



Our Purpose: Enhancing the community of Galveston Island by improving the life of animals through exceptional and compassionate veterinary care.

The Animal Connection

What a beautiful world it would be
if people had hearts
like dogs



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Play and activity in pets may stave off cognitive decline and improve cognition in those already starting to slope downward.

"Shall we play?" As medical science extends the lifespan of pets, age-related cognitive decline in cats and dogs is on the rise. Clinical signs associated with cognitive dysfunction—often characterized by [the acronym DISHAA](#): disorientation, social interactions, sleep-wake cycle disturbances, house soiling, activity changes (apathy or aimless wandering) and increased anxiety—are reported in almost half of dogs over the age of 10 and 30% of cats over the age of 11. Fortunately, more veterinarians and pet owners are not accepting these as inevitable aging changes.

Nondrug interventions such as exercise and environmental enrichment are showing exciting physical and mental benefits across species.

In one study, older dogs receiving environmental enrichment plus an antioxidant diet showed the most improved cognitive scores, while environmental enrichment alone improved scores more than the group given the dietary treatment without enrichment.

Physical activity has been shown to slow



Thank you...

to all of our wonderful clients

who brought us all kinds of delicious treats

this Holiday season!

We appreciated (and devoured) them all!

Z k | #r#g#rjv#lqg#Edw#ghhg#ghz #ulfnv#J frqwlqxhg#

the progression of Alzheimer's disease in people. Increased perfusion to brain tissue, decreased body weight, upregulation of growth factors and improved synaptic plasticity may all be molecular mechanisms underlying the benefits of enrichment and activity therapies.

Enrichment can be described as providing enhanced environmental stimuli. For our companion animals this means not just meeting their basic needs for health, nutrition and safety, but also providing low-stress and predictable social interactions, play, outlets for other natural behaviors, and sensory-stimulating opportunities. Of course, medical issues such as metabolic disease, dental disease and orthopedic pain should be addressed before starting enrichment activities in senior pets.

Evidence suggests that attention to environmental enrichment may make the most impact if started in medium-aged animals.

Encouraging play even in older animals. A play partner should support the appropriate level activity and not pester or distress the older animal. Toys can also be a good outlet for older animals.

Spending a few minutes each day on reward-based basic obedience or simple trick training—a great method for mental stimulation and

appropriate social interaction, especially in less mobile animals

Some practical enrichment ideas: [Providing food toys or puzzles](#) that encourage manipulating the device to receive food. Many commercial products are available and DIY ideas can be found on various websites.

Taking dogs on outdoor walks to provide some aerobic exercise and sensory exposure; in physically debilitated animals, a pet stroller or car rides can provide the sensory experience. (Note that many dog owners think placing the dog in the backyard can substitute for walks. However, [outdoor time in the typical backyard does not provide the same benefits](#) because of the lack of novelty and activity.)

Providing safe outdoor time for cats with bungee harnesses or cat-specific fencing. Screened porches or outdoor enclosures do not encourage as much activity as walks or large fenced areas, but placement in sight of butterfly gardens or bird feeders increases the sensory stimulation.

[Ensuring there is vertical space for cats](#) both indoors and outdoors to help foster activity and provide safe places in a multicat household.



Come Join us at *Galveston Island Humane Society's* 22nd Annual Krewe of Barkus & Meoux Parade Sunday, February 23rd, 1:30 PM



Peanut Butter and Pumpkin Dog Treats



Prep
15 m

Cook
40 m

Ready In
1 h 40 m

Recipe By: Kelly

"Baked dog treats filled with pumpkin and peanut butter."

Ingredients

- | | |
|------------------------------|------------------------------|
| 2 1/2 cups whole wheat flour | 2 tablespoons peanut butter |
| 2 eggs | 1/2 teaspoon salt |
| 1/2 cup canned pumpkin | 1/2 teaspoon ground cinnamon |

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 Whisk together the flour, eggs, pumpkin, peanut butter, salt, and cinnamon in a bowl. Add water as needed to help make the dough workable, but the dough should be dry and stiff. Roll the dough into a 1/2-inch-thick roll. Cut into 1/2-inch pieces.
- 3 Bake in preheated oven until hard, about 40 minutes.

EMPLOYEE OF THE QUARTER

Congratulations
Katie Touchton
First Quarter 2020



Interested in seeing a complete picture of your pup's genetic health and breed mix?

We would love to talk to you about it

See Kanga and Roo's Story...



\$169.00

Regular price \$199.00

Stop by and have a look at their DNA test results to see the type of info you will get on your pet.



Kanga and their Mom.



ROO

- Mixed Breed
- 32.1% Chihuahua
- 22.9% Russell-type Terrier
- 20.0% Poodle (Small)
- 12.7% Miniature Pinscher
- 12.3% Yorkshire Terrier

AVAILABLE:

- Research
- Health
- Breed
- Traits
- Relatives



KANGA

- Mixed Breed
- 30.6% Chihuahua
- 21.0% Poodle (Small)
- 20.9% Russell-type Terrier
- 14.5% Miniature Pinscher
- 13.0% Yorkshire Terrier

AVAILABLE:

- Research
- Health
- Breed
- Traits
- Relatives



SOZIA

- Mixed Breed
- 24.3% Chihuahua
- 17.8% Russell-type Terrier
- 13.1% Poodle (Small)
- 10.5% Yorkshire Terrier
- 8.1% Miniature Pinscher
- 26.2% Supermutt

AVAILABLE:

- Research
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- Breed
- Traits
- Relatives

