

Pet News

Delta County Humane Society
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April - June 2023

Web Sites: www.deltacountyhumanesociety.org or www.petfinder.com

YES, owning a dog does provide health benefits . . .



If you've ever come home from a bad day at work and instantly felt better after being greeted by your dog, you aren't alone (and you aren't just imagining it!) There are a lot of proven mental and physical health benefits of dog ownership, including reduced stress, lower blood pressure, and even a heightened immune system. In short, there are many health benefits of owning a dog. They can help you live a longer, happier, and healthier life.

Mental health benefits of owning a dog

- 1. Reduce stress** - just a few minutes with a dog can lower your blood pressure and anxiety. At the same time, you'll increase levels of dopamine and serotonin, both of which are chemicals that can help you feel calmer. One study even found that petting a dog for 10 minutes eased stress in college students who were getting ready for exams.
- 2. Help you socialize** - There's no such thing as walking alone when you have a dog. In fact, researchers have found that 40% of dog owners have an expanded social life because they are out with their dogs.
- 3. Instill a sense of purpose** - Owning a dog gives people a reason to get out of bed in the morning, which can improve cognitive function and increase overall happiness.
- 4. Alleviate symptoms of depression** - Depression is a serious illness that can be debilitating. The National Institute of Mental Health recognizes pet therapy as a form of psychotherapy that can help alleviate symptoms of mood disorders, including depression.
- 5. Improve your mood** - Being around a pet can instantly boost your mood and help you put things into perspective. So, the next time you're having a bad day, take a few minutes to pet your dog (or borrow your friend's dog) for an instant, natural mood booster.

Physical benefits of owning a dog

6. You'll live longer – Studies have concluded that dog owners were at less risk of developing cardiovascular disease than non-dog owners. Particularly interesting is that dog owners who lived alone were even less likely to die, with a 33 percent lower risk of death than people who lived alone without a dog.

7. You'll be more fit - Dog owners are naturally more fit because they have to get up and walk their dogs every single day. This is especially important for aging adults, who might otherwise stay inside their homes all day. One study concluded that older people who walked their dogs every day had a lower body mass index, fewer limitations, and fewer doctor's visits.

8. You'll lose weight - Interestingly enough, a lot of people don't consider walking their dog as "exercise," but rather as a responsibility. This line of thinking works to your advantage since you'll end up working out plus walking your dog as a dog owner.

9. Improved heart health - Beyond filling your heart with happiness (which is important), your dog actually makes your heart physically stronger. Dog owners have a lower risk of heart disease than non-owners.

10. Ease physical pain - If you live with chronic pain, consider spending time with your pet before reaching for the pain meds. Research has shown that animal-assisted therapy (AAT) can reduce pain levels in patients following total joint replacement surgery. Patients who participated in AAT needed 28 percent less pain medication than patients who did not participate.

Studies have also shown that there are benefits to just being around dogs, even if you don't own one. So, if you aren't a dog owner, read this list and then make a playdate with your best friend and her pooch.

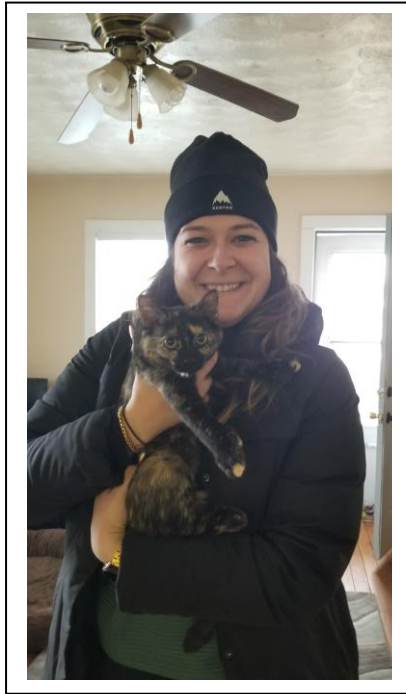
- Article contributions by Kate Williams in *The Sowell – Wellness section*



The world would be a nicer place if everyone had the ability to love as unconditionally as a dog.

- M.K. Clinton

Kitty Korner Adoptions our foster moms in this issue: Joan (Delta, CO); Christine (Cedaredge, CO); Kathie (Cedaredge, CO)



← Anna took “Ruby” on January 15 to her new home in Avon, Colo. Anna's 20-year-old cat passed last year and she was ready to find her new furry friend.

Anna inquired about Ruby a couple of weeks prior to her adoption date, but she works 6 days a week and had to coordinate her available time with Christine. Anna and James, her boyfriend, drove over the mountain on that Sunday morning through a whiteout at one point, but they made it safely. Ruby will join James' two elderly dogs in her new home. Anna plans on teaching Ruby to walk on a harness so she can take her for walks!



“Twister” went to his new home on January 23 in Montrose, Colo. Cathy and Eric wanted an active cat but a cuddler also, and he really fit the bill. They just moved to Montrose a few months ago and are learning their way around, but found their way to Christine’s foster home in Cedaredge to adopt Twister. They brought the feather toy with them, and Twister said thanks by immediately trying to take it apart. →



← On Feb 8th, Alek came from Grand Junction, Colo. to look at kittens at Kathie’s foster home in Cedaredge. “Muñeca” reached out to him, and stole his heart.

Kathie says it was kind of a mutual decision between adopter and feline as to who was going home with Alex - both Kathie and Muñeca were impressed with his kindness. Sounds like a great home for this kitty!

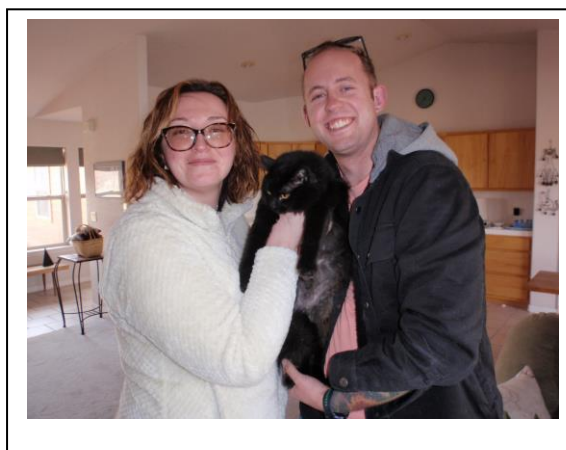


← “Opal” went to her new home in Craig, Colo. on February 1. She will be living with a loving young lady named Nash (Natasha) and another kitten named Nova. Nash drove with her parents from Craig in a snow storm to Christine’s foster home in Cedaredge. They had already had to put the trip off and were not sure they would make it that day but they did it. Our adopters are the best !!

“Pretzel” was adopted from foster mom, Christine, on February 12 by Megann and Tanner who live in Grand Junction, Colo. They have a 25-year-old cat (impressive!) that she will join and a 2-year-old dog. They are a really great couple who understand that Pretzel is still very unsure of strangers but will give her lots of love and space until she is comfortable. Thank you both for adopting this sweet kitty! →



. . . . and then to our surprise, Megann and Tanner returned on March 19 to adopt “Luna” from Joan. Sadly, their 25-year-cat had passed on, and “Pretzel” needed another kitty to play with – and Luna was the perfect solution. DCHS is certainly grateful that two of our kitties landed in the same wonderful home. Thank you both !! →





← Tasha (young lady in the middle) and her parents had adopted a kitten name Chloe from Joan previously. Tasha also fell in love with “Winston,” the kitty pictured here. Well, February 16 was the day that Winston could go home with them. Everyone was elated ! Now Chloe & Winston will be together again and in a wonderful, loving home. Yea!!



← On March 2nd “Sterling” left for his new home in Ridgway with great people!! Joan (foster mom) tells us that Tia and John fell in love with Sterling on Petfinder and when they got to her house to meet him, it was amazing! In a very short time they were petting him and he actually let John pick him up. They understand feral shyness because they had a feral kitty for years and really miss her. It was definitely meant to be, and we are all so happy for Sterling. There are no kids or other animals, so Sterling will get all the love and attention. Yea!!



How to Recognize Symptoms of Dehydration in Dogs

Courtesy of Health & Wellness, Hiking with Dogs, and Long Haul Trekkers

Like humans, dogs can become dehydrated and it can be serious. Learning how to recognize the symptoms of dehydration in dogs can save your dog's life. This is especially important if you are out on the trail and far away from a veterinarian.

What Causes Canine Dehydration?

Dehydration occurs when your dog loses more water and electrolytes than they are taking in. When this happens, the flow of blood and fluids through the body slows down, which reduces the delivery of oxygen to organs and tissues.

Your dog loses fluids naturally throughout the day through urination, defecation, panting, breathing, and evaporation through the paws. On a normal day, they replace what they lose through eating and drinking. During a hike, where you're outside of your usual home routine, your dog may not be replacing those liquids like they are at home.

Severe dehydration cases can result in organ failure, unconsciousness, and even death. Typical causes of dehydration include illness, persistent vomiting and diarrhea, fever, and insufficient intake of fluids, which is the main cause of dehydration on the trail.

Hot Temperatures

Hiking or running in hot weather can quickly lead to dehydration and heat exhaustion, which can be very serious. If you're going to be out on hot days, check out the upcoming article in our July 2023 issue for tips on keeping your dog cool when the temperatures soar.

High Altitude

Hiking in thinner air causes dehydration more rapidly, so it's important to consume more water than you usually would on a lower altitude hike. Keeping your dog well hydrated will also help prevent altitude sickness in your dog.

Long Periods of Exercise without Drinking Water

If you're going to be out for several hours or doing a high intensity activity, like [trail running], be sure to do so on a trail with ample water access or stop regularly to offer your dog water. I follow the same guidelines for hydrating my dog as I do for myself while running, by taking small sips every 10 to 15 minutes. This method keeps you from reaching the point when you are thirsty and need water. Now, a dog might not want water that frequently. That's ok. Use the timing as a reminder to offer your dog water.

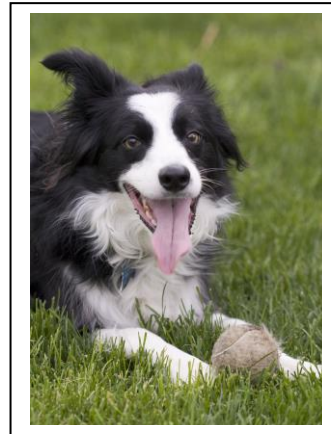
How Much Water Do Dogs Need?

Dogs require anywhere from $\frac{1}{2}$ oz to 1 oz per pound of body weight daily. This figure varies, depending on the amount of exercise your dog gets per day, as well as the temperature and environment. Puppies and pregnant or lactating dogs require more water. If you feed your dog raw or wet food, they likely won't drink as much water directly from the bowl, as these are more hydrating foods.

Signs and Symptoms of Dehydration in Dogs

These are some early symptoms of dehydration in dogs:

White, or dry and sticky gums
Lethargy
Excessive drooling
Dry nose
Loss of appetite
Heavy panting
Signs of severe dehydration include:
Vomiting
Diarrhea
Excessive panting



If you suspect that your dog is experiencing dehydration, you can perform the skin elasticity test. Gently pinch together some skin in between your dog's shoulder blades, raise it up and release. If it releases quickly, then your dog is hydrated. The skin on dehydrated dogs, however, will slowly fall back into place. You can also test for dehydration through a capillary refill test on your dog's gums. Press your finger against your dog's gums and release. If the color returns to pink quickly, then your dog is well-hydrated. If it stays white, then that is a sign of dehydration.

What to Do if Your Dog is Dehydrated

If your dog is displaying signs of shock, heatstroke and/or excessive dehydration (sunken eyes, collapsing, vomiting), then you'll want to seek veterinary treatment as soon as you can. Of course, that's not easy when you're several miles deep into the woods.

So, what to do?

Stop hiking or running and find some shade. Take a break and assess your dog's condition. Test your dog for severe dehydration with the tests mentioned above.

Offer your dog small amounts of water every few minutes. Don't allow them to chug water. This can cause choking, pneumonia, or gas, which can lead to vomiting, and thus more dehydration. Head back to the car and get to the vet. Severe cases of dehydration require IV fluids so it is important to get your dog to the nearest clinic as soon as possible in order to begin the rehydration process.

Can I Give My Dog Electrolytes?

We often hear about the importance of electrolytes for humans, especially athletes, but did you know that electrolytes are also naturally occurring in dogs, too? Electrolytes include minerals such as sodium, chloride, and potassium and are responsible for important bodily functions, such as pH balance and nerve function.

You can give your dog electrolytes, but not in the same way you drink them yourself. There are electrolytes made specifically for dogs. Some human electrolytes contain xylitol, which is toxic to dogs. The recommendation is to carry a single-use pack of a dog-specific electrolyte in your pet first aid kit and *avoid giving your dog a sip of your personal electrolyte mix*. This way, you'll avoid two emergencies.

Drinking from Natural Water Sources

Like humans, dogs can get giardia, or worse Leptospirosis, so if you doubt the water source, don't let your dog drink from it. It is best to stay away from water used for agricultural purposes and livestock. Also, don't allow your dog to drink from lakes or rivers closer to urban populations, and never from puddles.

* * * * *

Just a few doggie laughs . . .

Day 4 and they suspect nothing 🤔🤔



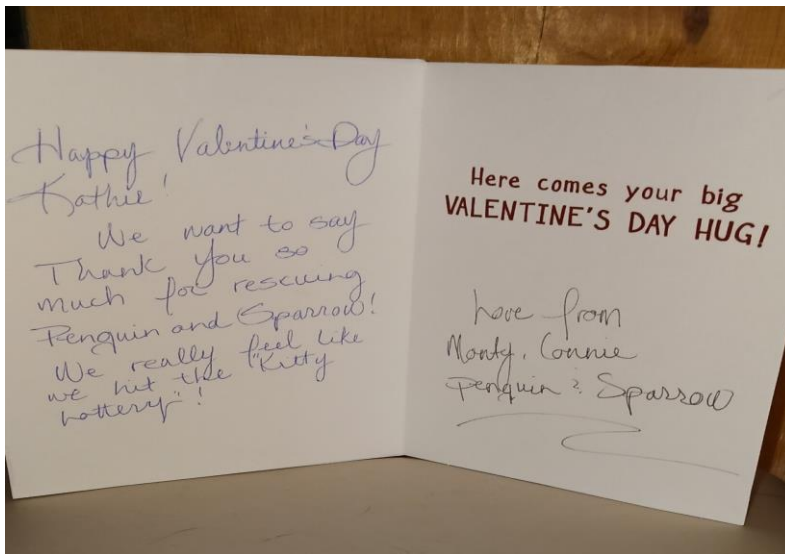
I agree it is dangerous to leave children alone with pit bulls...kids are scary



HIM? NO, HE DOESN'T WANT A COOKIE

HE SAYS I CAN HAVE TWO

A look back



← Every time we get an update on “Penguin” and “Sparrow” they look better and better – their coats are sleek and their bodies healthy. Monty & Connie adopted these two look-alikes back in October 2022, and, as you can tell by the Valentine’s card that they sent to their foster mom, Kathie, the kitties are certainly a big part of their family. We are sure that both Penguin & Sparrow feel like they hit the “adopter parent” lottery too – such a loving home!



A policeman in the big city stops a man in a car with a Siberian Lynx in the front seat. “What are you doing with that Siberian Lynx?” He exclaimed, “You should take it to the zoo.” The following week, the same policeman sees the same man with the cat again in the front seat, with both of them wearing sunglasses. The policeman pulls him over. “I thought you were going to take that cat to the zoo!” The man replied, “I did. We had such a good time we are going to the beach this weekend!”



The Delta County Humane Society is a non-profit organization. This means all of your donations of money and materials are tax deductible. The organization is not funded by your government tax dollars. This is why YOUR membership and donations are so very vital to us. As many of you are aware, we have only a small force of volunteers who care for the abandoned and unwanted animals in their homes until they can be provided with a permanent and suitable home. If you are concerned with the well-being of our animals and would like to help financially with a membership or donation, please fill out this form and return it with your check. If you have material items with a value, please call our office (970-874-2149) and leave a message. (We are always in need of blankets, towels, dog houses and runs, pet food, carriers, collars, leashes, food bowls, large food storage containers, wire fencing, etc.)

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MEMBERSHIP: \$10 (annual) \$20 (supporting) \$100 (lifetime)

MEMBERSHIP: \$_____ DONATION: \$_____ PHONE: _____

GYPSY FUND DONATION \$_____ (feral cats)

Name: _____

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MAIL TO: DELTA COUNTY HUMANE SOCIETY
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THANK YOU FOR HELPING THE HOMELESS ANIMALS
OF DELTA COUNTY