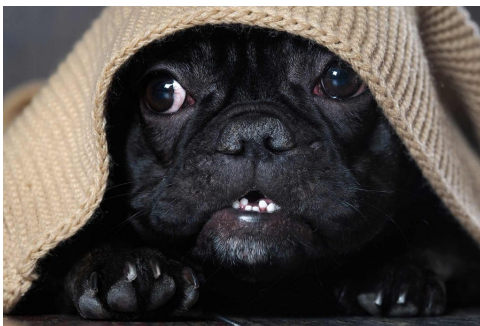




## Wags and Purrs Comfort Corner

### Noise Phobias



It's that time of year again – time for fireworks, loud celebrations and thunderous, summer storms. A time of year many pet parents would rather avoid entirely. If you're one of those pet parents, you're

not alone. Up to 30% of dogs have a thunderstorm phobia and 45% of dogs have a fireworks phobia.

Seeing a beloved pet shake, pant and attempt to hide can be a very upsetting experience for pet parents. Some pets even try to outrun the noise, leading to more pets getting lost on Independence Day than any other day of the year!

The first line of defense is attempting to distract the pet with a game, a puzzle treat dispenser or even cuddling. This option works best for pets that have mild noise phobias but may not work on pets with more severe symptoms.

Adding background music, such as a TV or radio playing soft, instrumental music can help to drown out or muffle the fear-inducing noises. There are also CDs specially made to help pets with noise phobias - [Wholetones](#) and [Through a Dog's Ear](#). Many pet parents will think the louder the background music the better, unfortunately, this isn't true. Loud music can not only be jarring to pets but can hurt their ears.

Another popular option for pet parents is the [Thundershirt](#). According to their website, the Thundershirt "Applies gentle, constant pressure, similar to swaddling

### Health Tip for the Season

Some pets suffer so severely with noise phobias that they can injure themselves attempting to hide or out run the noise. If a pet is suffering from extreme noise phobia and anxiety, speak with the pet's veterinarian about prescription medications and calming options.

### Training Tip for the Season

Some pets can be helped by slowly desensitizing them to certain noises that cause them to be fearful. This can be done by playing videos of fireworks or storms on your phone or television. Always start slowly and at a low volume and watch for signs of distress from your pet. If your pet starts exhibiting signs of anxiety, stop

an infant." This effect can also be made with a properly placed aced bandage, scarf or form fitting t-shirt.

Rescue Remedy is a natural stress and tension relief option. Rescue Remedy can be given by placing a few drops on your finger and rubbing it on a pet's gums, or putting a few drops on a treat.

Dogs love a safe place to den and their crate can be used as their safe place. If a pet is still experiencing anxiety while in their crate, a thick blanket can be draped over the top for an added feeling of safety and noise reduction.

Pets with severe noise phobia may need anti-anxiety medication prescribed by their veterinarian. Always check with your vet first before adding any new medications to avoid possible medication interactions.

Thankfully, there are ways to help pets get through the fireworks displays and claps of thunder. Not all options will work with all pets, so a pet parent may have to try a few before finding the one that works for their pet.

immediately, allow your pet to relax and try again at a later time.

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### Pet Sitter Tip for the Season

Pets with both noise phobias and anxiety issues can be soothed by having some kind of background noise. There are CDs that are made to help pets relax but something as simple as leaving on a television or setting the radio to soft, classical music can help pets relax and will block out noises.

## Featured Organization of the Month



**JOEY'S PAW**  
PROSTHETICS AND WHEELS

Joey's  
PAW

Joey's PAW (PAW stands for prosthetic and wheelchairs ) helps rescues, shelters and individual dogs get prosthetic and wheelchairs for those in need. They give those pets the chance at living



their best life possible! Joey's Paw also hopes that with these devices, the pets will have a better chance at getting adopted.

Boone is the ambassador for Joey's PAW and he attends all their events. Joey's PAW initially pledged a wheelchair to the rescue that had Boone but Joey's Paw founders were complete foster failures (they adopted him) almost immediately. They got him a wheelchair and he became a whole new dog and

came to life!

You can donate to Joey's Paw via their [Facebook page](#), [website](#) or through Paypal at <https://www.paypal.me/Joey'sPAW>

Instagram: @Joey's\_paw

Boone's Instagram account @ a.miracle.named.boone

Email : [Joey.diable@yahoo.com](mailto:Joey.diable@yahoo.com)

Phone Number 724-290-6683

Address : 301 Belmont Rd

Butler Pa, 16001

We are a 501(c)3 nonprofit

Founders: Charlie and Tanya Diable



## July Birthdays

Rugby Sybol  
Nala McGowan  
Dewey McGowan  
Sissy Masaitis  
Cassie Overmyer-Workman  
Minx Paal  
Misty Paal  
Luciano Bearley  
Gray Roe  
Fafhrd Roe  
Mavis Petrie  
Book Pawelski

Rex Paredes  
Nina Paredes  
Sailer Stefanos  
Lexi Galia  
Suki Oslick  
Phoebe Oslick  
Lucy Mack  
Arnold Pape  
Cooper Ashley  
Ava LaBella  
Gordon Ellis  
Zahra Soxman  
Nebula Botts  
Lady Ashley  
Roman Marcus  
Kitty Boczar  
Fern Escalante  
Milo Klaput  
Calico Heiden  
Dakota Miller  
Nellie Fine  
Harley Borrasso

Happy Birthday, all! Paw-ty hard!

## Healthy Homemade Treats for the Season

### Red, White and Blueberry Yogurt Bites

#### INGREDIENTS:

- 1 large container (32 oz.) of low-fat, plain, organic yogurt
- 1 cup blueberries
- 1 cup strawberries

#### DIRECTIONS:

Cut strawberries and blueberries into small pieces and mix all ingredients together.

Place the mixture in ice cube trays or your favorite molds and freeze for about 3 hours.



### Homemade Organic Spinach and Chicken Cat Treats

#### INGREDIENTS

- 1/2 pound steamed organic boneless and skinless chicken thighs
- 1 cup fresh organic spinach leaves

- 1 cup organic quick-cooking oats
- 1 organic brown egg
- 1 tablespoon organic catnip
- 1/4 cup flour

## DIRECTIONS

Preheat your oven to 350°F. Steam the boneless and skinless chicken thighs until cooked through. You can swap for boneless and skinless organic chicken breasts, salmon, or tuna with cat-loving results too. Let the chicken cool for 20 minutes before the next step.



Place the chicken, oats, spinach leaves, egg, and catnip in a blender or food processor, and pulse on low until the mixture blends together. It should still be a bit chunky but also smooth, similar to the texture of wet sand.

Pop the mixture into a bowl and add the flour. You can also add a dash of salt or sugar to mix up the flavor. Use your hands to knead the dough until it's no longer sticky, then place on a flour-dusted work surface.

Use a rolling pin to create a rectangle of dough around 1/2 inch thick. With the help of a pizza cutter or small cookie cutter, create small shapes for the finished treats.

Place the kitty treats on a parchment-lined sheet tray, and bake for 20 minutes. Remove from the oven, cool until room temperature, and then toss to your cat.

## Barking Truth

Clients, followers and friends have voiced their appreciation of our educational blogs and monthly newsletters and have urged us to release a pet care podcast. We are excited to announce that we have answered the call with [Barking Truth](#), a podcast exposing the truth in the pet industry to keep all pets safe, healthy and well.

We will be releasing a new podcast every Wednesday and hope you can tune in and support pets everywhere by uncovering the truth of pet care.

Be sure to follow us on Anchor, Spotify or your favorite podcast service.

Wags and Purrs Comfort Corner strives to provide educational, informative and fun content to our readers! We love



hearing your feedback on our newsletters and blogs and want to know what you, dear reader, would like to see in future newsletters and blogs. Are there topics you are interested in that we haven't covered or you would like more specific information? Please feel free to let us know. We'd love to hear from you!

Please email suggestions to [Jen@comforhomepetservices.com](mailto:Jen@comforhomepetservices.com)

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