



Wags and Purrs Comfort Corner

Health Tips for Senior Pets



Our senior pets have been our constant companions, running pals, snuggle buddies and best friends. As they begin to age, senior pets will need to rely on that bond more than ever.

As your pet ages, ailments can come on much faster and even be hidden. It's recommended that after a pet is considered senior age, you should be scheduling routine wellness appointments with your veterinarian every 6 months, instead of once a year. Veterinary medicine is making great strides in being able to treat and cure disease that were once considered incurable. However, as with us, an early detection can greatly increase the possibility of a favorable prognosis. By having wellness checks every 6 months instead of once a year, you greatly increase the chances of finding something early.

It's always important to feed your pet a quality food but it's even more important for senior pets as they may be starting to slow down a little and won't be burning the calories they used to in their youth. A healthy, quality diet will also ensure your pet is at a

Health Tip for the Season

Like us, as pets begin to age, health problems and ailments are more likely to show up. While we would do almost anything for our pets, some veterinary care can be costly. As your pet starts to enter their senior years, it's time to consider pet health insurance, if you don't already have it. Be aware, almost all health insurances won't cover pre-existing conditions. For this reason, it's recommended to have some type of insurance before a pet gets ill. Our article on [Pet Health Insurance and Financial Assistance](#) provides great information on ways a pet parent can help cover some of their pet's health expenses.

Training Tip for the Season

As our pets age, it's imperative we are able to check them over for new bumps or lumps, put on topical medications or

healthy weight. Overweight dogs have a higher incidence of diseases such as diabetes and heart disease and the extra weight can be a serious detriment to arthritic pets.

Senior pets still require exercise! They may not bolt around the yard after their favorite ball like they used to but they will still enjoy a nice leisurely walk, stopping to allow them to smell engages their minds. Be willing to make adjustments to their exercise based on their abilities. If a pool is available to you, swimming can be great exercise for senior or arthritic pets, as it provides cardiovascular benefits. If a pet doesn't have the mobility for walks or swimming, our article on [Mental Stimulation](#) provides great ideas for fun games that can be played while a pet is laying down.

Your senior pets don't want to spend their lives in bed, and they still want to be with you! Thankfully, there are now numerous and varied assistive devices available to your senior pet if they are having mobility issues. Assistive devices, such as ramps, steps, orthopedic beds, slings and harnesses can help your pet maintain their lifestyle while still keeping them comfortable and safe. Always make sure to read the instructions carefully to avoid injury to yourself and/or your pet.

You've been friends a good long time now, you know each other well, and have been through a lot together. Senior pets may require more help and accommodations than they did in their youth, but they are still the same, loving faithful companion they have always been! Your pet has always been there for you, it's now time to return the favor to your best friend.

just to do a wellness check. Due to arthritis, soreness or illness, some older pets will start to not want to be handled as much. Now is a great time to go back to basics with pets on being handled. Just as when they were very young, work with them on being touched and rewarding them. After they allow you to check their teeth for signs of gum disease or gingivitis, praise them and offer a treat. If they allow you to pick up their paw, praise them and give a treat.

Pet Sitter Tip for the Season

To provide the best care for your pets, your Professional Pet Care Specialist will need to be kept aware of all changing conditions and new medications. This can be as simple as a new food to as complex as medications and fluids. Always make it a point to keep your pet's profile updated in the system with any new changes to their health.

Featured Organization of the Month



Live Like Roo Foundation is a volunteer-run 501c3 that assists animals through a cancer diagnosis by providing financial and emotional support to their owners.

Through grants, care packages, special experiences and genuine human support and kindness, The Live Like Roo Foundation has been able to assist over 8200 pets and their families through cancer diagnoses.

Having experienced this devastation first-hand with the loss of Roosevelt, The Live Like Roo Foundation strives to be a helping hand in a difficult and sometimes confusing time. We want to be a real life sounding board and support system for people that need guidance and hope, sharing compassion and strength along the way. Ultimately, our mission is that you and your pet will #LiveLikeRoo.

We are nationwide, but are based in Chicago. Since 2016, we have granted over \$500,000 to families going through one of the most difficult times of their lives. We also send cancer care packages that include a blanket, a tennis ball, toys, treats, a McDonald's gift card, and tissues. All of the things that Roo the rescue dog loved. All of this in the name of a dog named Roo, who passed away far too soon from cancer. We created a bucket list and he lived life to the fullest for 5 months, inspiring others to live every day like it is your last-Live Like Roo.

Donations can be made at livelikeroo.org/donate

Find Live Like Roo Foundation online:

Website - <http://livelikeroo.org/>

Facebook - <http://facebook.com/livelikeroo>

Instagram - <http://instagram.com/livelikeroofoundation>

Twitter - <http://twitter.com/livelikeroo>

November Birthdays



These pets will be celebrating a birthday in the month of November!

Jayden Barger
Sasha Boczar
Iowa Bytner
Baby Derrick
Madison Escalante

Joey Favocci
Pretty Boy Groskin
Ellie Kearns
Daisy Kowalski
Sunny Kowalski
Butler McCrossin
Bourbon Nelson
Sophie Swarts

Happy Birthday, all! Paw-ty hard!

Healthy Homemade Treats for the Season

Turkey Cranberry Dog Treats

Ingredients

- 3 1/2 cups whole wheat flour
- 1 teaspoon baking powder
- 1 cup shredded cooked turkey
- 1 cup dried cranberries
- 1 egg
- 1 tablespoon olive oil
- 1 cup low-sodium chicken broth, or as needed

Directions

Preheat oven to 350 degrees F.
Lightly grease baking sheets, or line them with parchment paper.

In a large bowl, whisk the whole wheat flour and baking powder together until thoroughly combined, and stir in the cooked turkey meat and dried cranberries.

Make a well in the center of the flour mixture, and drop the egg into the center; pour in the olive oil and about 1/2 cup of chicken broth. Mix into a soft dough. If mixture is too dry, mix in more chicken broth, about 1 tablespoon at a time, until dough is of desired consistency.

Turn the dough out onto a floured work surface, and knead for 1 to 2 minutes. Roll the dough out 1/4 inch thick, and cut out with your favorite cookie cutters.

Bake until the treats turn brown, about 25 minutes. Turn the oven off, and leave the dog treats in the oven an additional 30 minutes to dry out. Refrigerate leftover dog treats.



Turkey Cranberry Cat Treats

Ingredients:

- 1 heaping cup rolled oats
- 3 tablespoons UNSweetened, low-moisture, dried cranberries
- 4 ounces cooked, plain turkey

- 2 tablespoons + 1/2 teaspoon olive oil
- 1 heaping tablespoon dried catnip
- 1 large egg

Directions:

Preheat oven to 350° F. Line two baking sheets with parchment paper.

Grind all dry ingredient in a food processor until they are ground fine. Add remaining ingredients to the food processor and pulse until well combined. Turn out into a bowl.

Measure out 1/4 teaspoon-sized portions. Roll each portion into a ball and press flat using your finger. Line up evenly on the prepared baking sheets.

Bake for 15-17 minutes, or until golden and dried out on the top



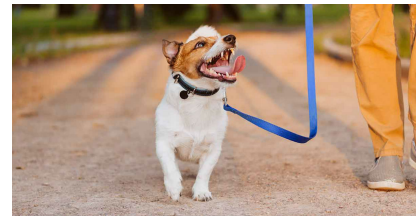
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