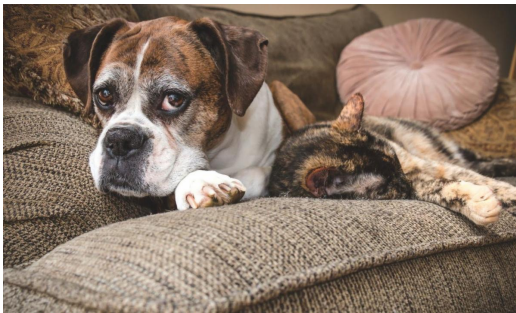




Wags and Purrs Comfort Corner

National Senior Pet Month



Old friends don't happen overnight! Puppies and kittens are cute and fun, but it takes time to develop the deep bond and connection that

comes with an old friend. Our senior pets have been there with us for years of happy memories, countless snuggles, laughter and love, we owe it to them to be there for them as they start to age.

Depending on the breed, our pets can become seniors as early as 7 years old! While many pets won't start to show the signs of aging for years after, it's imperative to start twice a year wellness checks when they become seniors. As our pets age, they become at higher risk for developing health conditions, cognitive decline, arthritis and mobility issues, and vision and hearing loss. Twice a year wellness checks allow any possible conditions to be found early and early diagnosis often gives a better prognosis.

As a senior, your pet will have different and [changing needs than when they were younger](#). [Nutrition](#) and exercise are just as important as when they were younger but walks may need to be shorter or slower or they may need more mental stimulation or games that can be played indoors without a lot of running on sore muscles and joints. [Our senior pets will still require grooming](#) to not only keep them clean and smelling good but to ward off any infections or skin conditions that could arise.

Generally, the first sign of aging will be [arthritis](#). Our blog

Health Tip for the Season

Thankfully, as homeopathic remedies are becoming more popular, pet parents and veterinarians are turning to supplements to help our pets. Our blog post [Pet Supplements](#) details pet safe supplements that can help with everything from arthritis to liver and kidney detoxification. While supplements are considered safe, it's always best to check with your vet before adding any new supplements to your pet's diet.

Training Tip for the Season

Even as our pets begin to age, they still need exercise and want to be included in fun activities. If your pet doesn't like to run around like they used

article [Pet Supplements](#) outlines some of the homeopathic ways we can help our arthritic pets. [Pets with minor mobility issues due to age and arthritis](#) can benefit from area rugs on slippery surfaces and pet friendly ramps for cars and homes. If using area rugs, please make sure they are kept in place with either backing or carpet tape, as throw rugs can be a tripping hazard if not secured. If your pet is starting to experience moderate to severe mobility issues, [things like slings and carts](#) can help them maintain their quality of life while still moving around with a little help from their best friend. Mobility help doesn't need to be expensive, and many times you can [help your pet with things that are already found around your home](#).

[Senior pets may start to show signs of behavior changes as they age](#), such as cognitive decline, changes in sleeping patterns, disorientation, house soiling and [senior onset separation anxiety](#). If you believe your pet is starting to show signs of cognitive decline, speak with your vet about possible medications and supplements that can help alleviate symptoms. You can also [help keep your pet's mind sharp](#) with games, walks adapted to their comfort level and [mental stimulation](#)! Our pets still want to be part of our lives, and even a short trip to the yard will engage their minds, allowing them to sniff and be with their family.

No one knows each other the way old friends know each other. A pet parent will be the first to see changes in their senior pets but with a little help, direction and guidance, you can gently guide your best friend into their golden years with ease.

to, they can still be trained and [learn new tricks](#) for their comfort level. Pets with mobility issues or severe arthritis can benefit from [mental stimulation games](#) that allow their minds to stay engaged.

Pet Sitter Tip for the Season

Senior pets still need exercise! Regular exercise helps with pain management, joint health, muscle tone and blood pressure. If your pet is experiencing pain or limited mobility, speak with your Professional Pet Care Specialist about shorter walks, play in the yard or house and pet massage.

Featured Organization of the Month



C.A.R.T

The Westmoreland/Fayette/Allegheny County Animal Response Team (CART) is an all-volunteer, non-profit organization dedicated to helping animals in times of disaster or emergency. Every County has a CART, which operates under the

guidance of the State Animal Response Team (SART). CART Members come from all walks of life but share a love for animals, and are trained, credentialed emergency response officials. CART has two primary missions. The first is temporary sheltering for animals displaced by emergencies or disasters, such as fires, floods, extreme weather, etc. Like the Red Cross, which opens temporary shelters for people who have had to evacuate their home, CART can quickly set up a temporary animal shelter for animals displaced as a result of a disaster or emergency. It is critically important that when people must evacuate their home that they take their pets with them, and CART can give them peace of mind knowing that there is a safe place for their pets to go while they are in a temporary shelter for people. CART does not just deal with small animals like dogs, cats, reptiles, birds, etc., but can also, if need be during a disaster, arrange temporary sheltering for large animals such as horses as well as livestock. CART can also provide "Pet Care Comfort Kits" of supplies for people who may have lost everything in a disaster.

CART's other main mission is technical rescue, and that generally involves the use of specialized equipment to rescue animals that have somehow gotten themselves "stuck." Just a few of the technical rescues CART has conducted include the rescue of horses stuck in mud or cast in a trailer or stall, the extrication of a calf that had fallen into an abandoned mine shaft, a cat in a wall, and a dog in a sewer line. While all CART Members have completed extensive training, those serving on the Large Animal Team are required to complete specialized large animal technical rescue training due to the dangers involved when dealing with large animals such as horses or livestock, as well as the need to be proficient in the use of specialized rescue equipment.

CART is generally called out through 911 or by other First Responders or the Red Cross. While CART is not authorized to enforce animal cruelty laws, it can be called out to assist Humane Officers or Police for such things as animal hoarding situations. Also, while CART does not normally deal with wildlife, it can provide assistance to the Game Commission or Wildlife Centers by transporting injured wildlife.

CART is especially proud of its Pet Oxygen Mask Program. Program Sponsors provide funding for the purchase of special pet oxygen masks, and CART then distributes the masks to fire departments and other first responders, and also provides them with training on the masks as well as pet first aid and CPR. To date CART has been able to provide over 370 sets of pet oxygen masks to over 125 fire departments or other emergency response organizations.

More information about CART, including how to become a CART Member, sponsor pet oxygen masks, make a monetary donation, or donate items for our Pet Care Comfort Kits, can be found on CART's website: <http://westmorelandcart.weebly.com/>

You can also find information about recent incidents, activities, etc. on CART's Facebook page at <https://www.facebook.com/WFACART.PA/>

November Birthdays



Professional Pet Care Specialists celebrating a birthday in November

Jen Sybol

Pets celebrating a birthday in the month of November!

Bourbon Nelson
Ellie Kearns
Kayos Regan
Sunny Kowalski
Madison Escalante
Reece Gomez-O'Toole
Sasha Boczar
New Year Bernat
Sophie Swarts
Daisy Kowalski
Saddi Miller
Joey Favocci
Ernie Borrasso
Iowa Bytner

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

Comfort at Home Pet Services has been featuring many different types of contests on our social media pages! Our contests are fun and educational! Make sure you are following us on all our social media pages for your chance to enter to win fun prizes like a copy of our cookbook or e-gift cards!

You can't win if you don't play! So join the fun!

[Facebook](#)



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@comforthomepetservices.com

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