



Wags and Purrs Comfort Corner

National Pet Wellness Month



This month we are celebrating National Pet Wellness Month! The foundation for a long healthy life for your pet is a solid health and wellness plan, which includes diet and exercise, socialization, modern- scientific based-positive reinforcement

training and proper veterinary care.

Proper nutrition for our pets is the building block for all over health and wellness. If a pet isn't getting the proper nutrition, they could suffer from illness, diabetes, muscle loss, tooth decay and poor skin and coat health. Balanced, raw diets are the best, followed closely by balanced, home cooked meals that include high quality organic meats, fresh fruit (no grapes, raisins) and vegetables, omega-3 fatty acids, vitamins D and E and digestive enzymes. Snacks are a fun addition for our pets, but too many can lead to problems with weight gain and obesity. It's a scary statistic that according to recent findings by the Association for Pet Obesity Prevention (APOP), more than 45 percent of dogs and 58 percent of cats can be classified as overweight or obese!

Exercise is a fun, positive way to keep our pets physically and mentally healthy while also keeping away the extra pounds! Walking is a simple way to exercise pets and includes great benefits for pet parents as well! Our article on Loose Leash Walking will help teach a pet how to

Health Tip for the Season

Puppies, kittens and adult pets should visit the veterinarian once a year for a health and wellness check-up. Senior pets or pets with pre-existing conditions should visit the vet twice a year. A complete blood panel should be done during your pet's health and wellness exam, so if your pet does become ill, your vet will have their baseline numbers.

Training Tip for the Season

There are many times a muzzle will benefit the pet parent, pet, groomer or their health care provider. Injured and sick pets can react out of pain and bite their caretakers. A frightened or anxious pet is also more apt to bite. Training a pet to wear a muzzle

make the walk both fun and enjoyable for all! An anxious, aggressive or fearful pet will not enjoy being outside, therefore it's imperative that pet parents work on [socialization with their pets](#). Our pets enjoy the fresh air, exercise and opportunity to sniff, but being outside, especially in the winter months isn't always possible. For the cold, wet and rainy days of [winter](#), pets can benefit from [mental stimulation games](#)!

Lastly, but most definitely not least, proper veterinary care is an essential part of any pet's health and wellness plan. [Our pets have different needs over their lifetime](#) and proper veterinary care is needed to make sure their life stage needs are being met. Veterinary appointments should be once a year for adult dogs and once every six months for senior pets. In between veterinary appointments, pet parents can do their [own nose to tail check-up](#) on their pets to make sure they are healthy and happy.

It's often said the only fault of pets is they don't live as long as we do, but with proper diet, exercise, socialization, training and veterinary care, we can extend their lives as long as possible!

before they need it will help them feel more confident if the need should arise. Visit the [Muzzle up project](#) for more information on education and training with muzzles.

Pet Sitter Tip for the Season

Professional Pet Care Specialists work extremely hard to educate themselves on pet health and wellness, disease progression and diet and exercise for pets. If you have questions on pet health and wellness, don't be afraid to ask your Professional Pet Care Specialist.

Featured Pets of the Month



Cici and
Duppy

Cici is a 5 and a half year old American Pit Bull Terrier with special needs. Cici is paralyzed and has no use of her back legs. She is currently learning to use her wheelchair and is working hard to remain her sweet and spunky self. Cici requires a home with no other dogs and no children. She is looking for someone compassionate and loving who will have the time to help with her special needs.

Duppy is a 75lb, 6 and a half year old pit/lab mix. Duppy was found emaciated and weak and even though his physical issues have healed, his trust issues remain. Duppy is very fearful and takes a long time to trust, but once you earn his trust, he is a friendly and loving companion. He is housebroken, playful and affectionate. He loves stuffed toys and just wants to be beside his 'person.' Duppy would do best in a home with no children and a fenced yard. He needs someone with the patience and understanding to help him overcome his fears.

Cici and Duppy have lived next to each other at White Oak Animal Safe Haven for over 2 years and have become bonded during that time. It would be nice if they could go to a home together, but it's not a requirement.

For more information on Cici and Duppy contact White Oak Animal Safe Haven at 412-672-8901 or visit their [Facebook page](#).

October Birthdays



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

Sabrina Pollak
Kiki Wellman
Ruby McGuigan
Rosie Cortez
Lyric Paal
Meena Roe
Ruby Chatlos
Lola McGowan
Charlie McGowan
Sherbert Konek
Kali Davis
Buddy Arnold
Julie Surgent
Libby Surgent
Sharky Karelitz
Grayson Lupovitz
Skye Schroeder
Chunk Slobodnyak
Iggy Conte

Happy Birthday, all! Paw-ty hard!

Healthy Homemade Treats for the Season

Pumpkin Apple Dog Treats

Ingredients:

- 4 - 4.5 cups oatmeal, plus
- additional
- 1 medium apple
- 1 egg
- 1 cup canned unsweetened
- pumpkin puree



Directions

Preheat oven to 400 degrees F. Grind the oatmeal down in a food processor or blender. Transfer to mixing bowl.

Core apple, being sure to remove all of the seeds. Grate apple, and add to bowl with oatmeal.

Add egg and canned pumpkin to bowl and mix well to combine. The mixture will be thick and slightly sticky.

On a surface dusted with oatmeal (ground or not, your choice) roll the dough out to approximately 1/2" thick. Use a doggy bone cookie cutter to cut dough into shapes, and transfer to a lined baking sheet.

Bake for approximately 12-15 minutes, or until golden and crispy. Allow to cool to room temperature, then store in an airtight container for up to a week.

Pumpkin Pie Cat Treats

Ingredients

- 2 cups brown rice flour
- 1/2 cup uncooked oatmeal
- 1 cup canned unsweetened
- pumpkin puree
- 1 cup grated carrots
- 1/2 cup unsweetened plain
- applesauce
- 1/4 cup brown rice flour for rolling



Directions:

Preheat oven to 350 degrees.

In a food processor blend pumpkin, applesauce, and carrots until smooth. Mix brown rice flour and oatmeal in a bowl. Add wet ingredients to the dry and mix by hand until dough forms.

On a floured countertop or cutting board, roll dough to about 1/4-inch thick. Use cookie cutter to form cute shapes or cut into small squares.

Place cookies on a greased cookie sheet and bake for 7 minutes. Flip treats over and bake for another 5 minutes. Remove from oven and cool thoroughly. Store in fridge or freezer; keeps for months.



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!

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