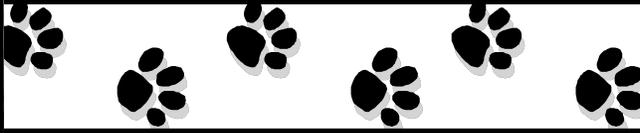


HSSA Pet VIP

www.petvip.org



September 2007

Latest Graduates Celebrate!



Doggie biscuits all around!
On Sunday, August 12th HSSA
welcomed 13 new Pet VIP
teams to the program.
Give a bark for the new recruits!

Sandra Darang and Thunder
Marv Kaplan and Jett
Frances Madrid and Rio
Anne Nelson and Victoria
Becky Payette and Poppie
Vickie Reason and Victoria
Margie Shiffman and Sadie
Linda Stenzel and Chloe
Jennifer Turner and Louie
Jane White and Chloe
Cheryl Diamond and Cocopele
Lisa Norman and Kate
Andrea Garcia and Athena

Don't forget
to complete
and turn in
your
volunteer
hour
sheets!

Cat's Prayer

Now I lay me down to sleep,
I pray this cushy life to keep.
I pray for toys that look like mice,
and sofa cushions soft and nice.

I pray for gourmet kitty snacks,
and someone nice to scratch my back.
For window sills all warm and bright,
for shadows to explore at night.

I pray I'll always stay real cool,
and keep the secret feline rule;
to never tell a human that. . .
the world is really ruled by cats!



Cattitude
Cattitude



Studies have shown that owning
and caring for a dog can reduce
your stress, lower your heart
rate and lower your blood
pressure. It is one of the
healthiest things you can do!

Inside this issue:

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Here are some of the specific ways that dogs improve our health:

- Children who have dogs tend to be more self-reliant, sociable, and less selfish than children without pets.
- Elderly people with dogs are better able than non-pet-owning elderly people to cope with daily activities.
- Owning a dog gives isolated people a routine, a sense of purpose, and a sense of fulfillment that helps prevent depression and loneliness.
- Stroking and patting a dog can be relaxing, which is measured by a slower heart rate and a drop in blood pressure.
- Dog owners are more likely to survive heart attacks than non-pet owners are.
- People with dogs have been found to have lower cholesterol and triglyceride levels when compared to people who do not.

Rethinking Stress

We know of stress as a negative thing: a health risk, something that brings us to our boiling point at work or with family, an everyday reaction to irritating or traumatic situations. Regarding dogs, stress is something that is frequently destructive, such as our wonderful family pet chewing furniture the moment we leave for the day. Some dogs may give themselves hotspots, while others develop aggressive or dangerous behaviors in response to something that is repeatedly causing them worry.

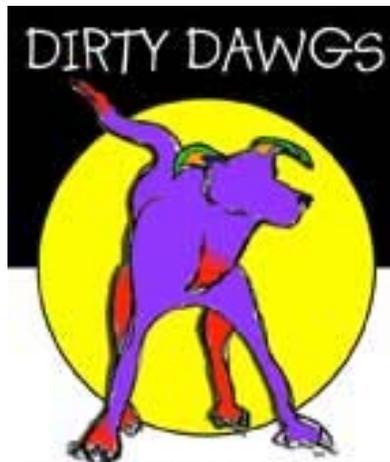
Some signs of stress include:

- Sweaty paws
- Accepts food too rapidly or won't eat food at all
- Trembling
- Chattering teeth
- Excessive and exaggerated self-grooming
- Panting/heavy breathing
- Poor concentration/forgetfulness
- Puffing cheeks
- Won't drink water or drinks excessively

It is time to rethink Stress!

Stress is a tool we can use to protect our dogs, or possibly prevent a pet therapy visit from going very wrong. Simply put, when we . . . and our dogs . . . experience a stressful situation our body reacts by releasing hormones into our bloodstreams. As a result, we see visible (sometimes subtle) signs of stress. When you spot any sign of stress, it is important to immediately identify the source and safely remove your pet from the situation. Don't feel bad if you have to end your pet therapy session early: it will keep your pet and the patients safe.

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WHERE DIRTY DOGS COME CLEAN
A Self-Serve Dog Wash

Hours of Operation:

Tuesday thru Friday:

10 am to 7 pm

Saturday:

11 am to 6 pm

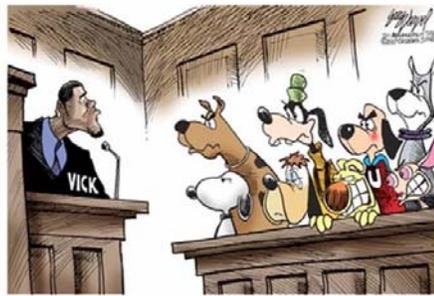
Sunday:

12 noon to 5 pm

Fun Stuff

If you have a fun photo, cartoon, movie or book you would like to share, email it to jennifert@habitattucson.org for the newsletter!

They just finished the jury selection phase of the Michael Vick case...



Ready for A Raise!

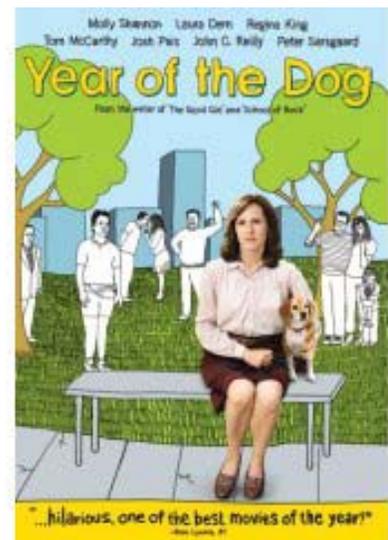
Louie Turner poses for the camera.

Websites to Visit

aventurapups.com

www.mybabyhaspawz.com

Must See Movie: Year of the Dog



Why do we need your volunteer hours?

Your hours help secure funding! The Humane Society of Southern Arizona's Pet Visitation Program (Pet V.I.P.) recently received desperately needed funding which will allow program staff and volunteers to carry on their vital therapeutic work in our community.

Thanks to a generous \$15,000 donation from Mel and Enid Zuckerman, owners of Canyon Ranch, the HSSA Pet V.I.P. program will continue to aid the residents of southern Arizona.

"Everyone in our family is a dog lover and we all treasure having dogs in our lives," said Mel Zuckerman, "Nothing can lift the spirits better than the unconditional love and companionship of a pet."



Thank you Canyon Ranch and Mel & Enid Zuckerman for your wonderful support of our Visitation Program!



**Be sure to visit
www.petvip.org
to log your
hours!!**

The HSSA is an independent, local 501 (C) 3 organization. We are not affiliated with nor receive any funding from any national organization.

We save the lives of thousands more animals than all other agencies in Southern Arizona combined.

OUR WORK

We save the lives of our homeless, abandoned, and often abused, animals. We receive, shelter and care for nearly 12,000 lost and unwanted companion animals each year.

OUR MISSION

The Humane Society of Southern Arizona is a nonprofit organization dedicated to the general welfare, sheltering and placement of animals; prevention of cruelty to animals and animal overpopulation; education concerning humane treatment of animals; and involvement in other animal welfare issues.

OUR VISION

To end euthanasia of adoptable animals... where one day, no healthy companion animal will be euthanized for lack of a home, for lack of space, or for lack of compassion.



The Humane Society of Southern Arizona's Rosco Cookbook has arrived!

The cookbook features beautiful 4-color illustrations by renowned local artist, Allan Mardon, and over 400 recipes from the Tucson Originals restaurants and local cat & dog connoisseurs!

Order your copy now for \$29.95!

Frosty Paw

- 1 - 32oz container of fat free plain yogurt
- 1 - 25oz jar of unsweetened applesauce
- 1/8 cup of honey
- 1/8 cup of peanut butter
- 1 cup water
- 1 - small pkg of sugar free/fat free White Chocolate instant pudding

Mix all together in large bowl, divide in cups and freeze.

**doggy
delicacy**

DESERT DOG NEWS

<http://www.desertdogtucson.com/>

So what IS Desert Dog News?

Desert Dog News is Tucson's premier pet culture newspaper. Published bi-monthly and offered FREE at select locations, Desert Dog News is a entertaining and informative newspaper for Tucson's community of pets and their people. Each issue will be packed full of fun and informative articles covering health, training, nutrition, travel, activities, activism, events, product reviews and more.

Did You Know?

This year, Americans are expected to spend a jaw-dropping \$36 billion on their pets. From hidden litter boxes to high-end spa products, the discriminating pet owner can find just about anything to pamper his or her pet.

We are looking for your stories & photos for the Pet VIP newsletter!
 If you have something you would like included, please email jennifert@habitattucson.org.
 Thank you for your participation!!

Rethinking Stress

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It is important to note that after experiencing mild or intense stress, pet therapy dogs are frequently exhausted. Therefore, it is important to give your pet ample recovery time before their next visit.



Helpful tip: Once you identify something that may stress your dog, redirect his attention. I remove my dog BEFORE he sees the object that might stress him, and have him perform some of his favorite tricks just for me! He stays focused and confident!

October 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 10am-1:30pm Emich Subaru Oldsmobile annual car show	8	9	10	11	12	13
14 Small Pets 101 Weekend	15	16	17	18	19	20
21	22	23 6:15pm Annual Board Meeting	24	25	26	27
28	29	30	31 Halloween			

For more information about events listed on the calendar, please visit the HSSA website at www.hssaz.org!

The Humane Society of Southern Arizona
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