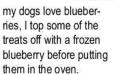
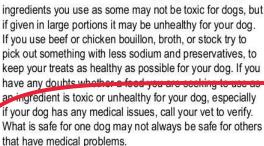
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DOG TREATS, CONTINUED FROM PAGE 26



If you have a few minutes, making dog treats with your kids can be a fun activity that your dog will appreciate. Be careful with what



Thanks Mom!

HOW TO HELP MANAGE PET SEPARATION ANXIETY

For more than a year, working from home and keeping social circles small due to COVID-19 has meant people have been able to spend more time with their pets. However, as more Americans are vaccinated and restrictions loosen across the country, it's likely many are spending less time at home with their pets. As a result, pet parents should be prepared to spot the signs of separation anxiety and help their pets manage.

When left at home alone, pets can exhibit behaviors that could indicate they're experiencing separation anxiety. It's not a new problem, but it can become more pronounced as pet parents begin to spend less time at home, whether they're returning to work full-time or just leaving the house more often. It may be especially challenging for pets that found their forever homes during the pandemic, as being alone may be a stack contrast to what they've become accustomed to. In these cases, personal struggle to learn how to cope with being by themselves.

To help pet parents identify separation arrivety in their pets and embrace alone time, consider these lips from

Dr. Crista Coppola, PetSmart's consulting animal behavior st and separation anxiety expert.

How to Identify
Separation Anxiety

Changes in behavior re some of the most common indicators of separation anxiety. These be aviors are coping mechanisms and can include excessive barking or whining, destriction near exit oints or windows, naving accidents around the house hyper salivating pacing, decrease appetite and depression. To better understand what your pet is experiencing, consider setting up a video camera when you leave to see how he or she belaves when

you're not there.

Ways to Prepare Your Pet for Se

Unpredictability has been shot animals, including dogs, Coppola can help many pets cope with strate a vacation or long weekend geta in your pet's routine, these seem make him or her susceptible to sknow change is coming, slowly it idea of being alone beforehand the friend prepare. Start by taking she without your pet — even if just for consider leaving treats or toys to more enjoyable.

When you are ready to leave t inviting space for your pet, where items or get hurt trying to escape area in case of accidents or insta going outside when necessary. F time, mentally and physically enç a walk or run, or working on quic it more likely he or she spends a you're gone resting.

While you're gone, Coppola nets with enrichment activities sucalming aids like the Adaptil Calr Calming vests like the veterinaria shirt can also help pets transition

Solutions for Coping with Anxi If your pet is excessively barki behaviors, never punish him or h disappointment or frustration, Co standable to feel this way, but it and add to the stress he or she r Instead, spend time having fun to and consider an option like PetS which can help ease the transitio

ing your pet to the amount of time left alone. Available at more than 200 locations in full- or half-day sessions – including themed playdates – your furry friend will receive expert care, exercise, mentally stimulating playtime and socialization with other pups.

Learn more and find additional solutions to help deal with separation anxiety at petsmart. com/newnormal.

VOLUNTEERS WITH GARFIELD'S RESCUE, INC. (GRI) AND 14-YEAR-OLD CAT, MITTENS, VISIT TO COMMONWEALTH SENIOR LIVING IN KILMARNOCK

Volunteers with Garfield's Rescue, Inc. (GRI) and 14-year-old cat "Mittens", had an engaging



(Top, L to R) GRI President Ann Bedford and Volunteer Karen Peterson

morning recently visiting with many of the lovely residents and staff from Commonwealth Senior Living in Kilmarnock. Mittens is one of the 109 homeless cats and kittens rescued and currently being fostered by GRI, the Northern Neck's unique, homeless community cat rescue, foster to adopt charitable organization. The Commonwealth residents entertained GRI volunteers with their many amusing stories about their cats and their whimsical names. GRI volunteers shared many of their happy rescue and adoption stories and their mission to eliminate the suffering of homeless community cats on the Northern Neck through humane rescue and compassionate care. A good time was had by all, and GRI is looking forward to a return visit. GRI and their cats/ kittens available for adoption can be found

on their website at www.garfieldsrescue.org, or on their Facebook











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