

MISSION EMPAWTHY NEWSLETTER

WWW.MISSIONEMPAWTHY.COM

October 2024



MISSION EMPAWTHY, LLC



Upcoming events!

- Come show your support with us at the "Out of the Darkness" Walk by the American Foundation of Suicide Prevention Ohio Chapter on October 5th, 2024. Registration opens at 9AM EST at 40 Wade Oval, Cleveland, OH 44106. For more information visit:
 - <https://supporting.afsp.org> or
 - <https://www.facebook.com/events/3582765685306522/>

Welcome!

Thank you for signing up for our newsletter. We hope you find some useful tips and tricks and learn a little something along the way!

Fall is upon on us and cool crisp air, changing leaves, and the back-to-school season is here! In this issue, we will discuss the importance of canine enrichment, remind you of some critical safety tips to avoid dangerous and costly veterinary visits, and tell you more about a beautiful hidden gem that you can take your dogs to in Geauga County!



Visit us at
www.missionempawthy.com



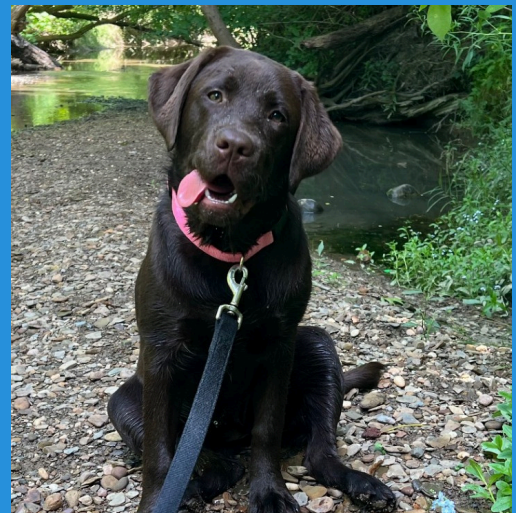
Senior Dog Tip!

No one wants to think about their canine growing old and slowing down, but the reality is, this happens to all of us! One idea that I highly recommend to everyone, is to train your puppy or dog to be comfortable walking up and down a weight-appropriate, dog-specific ramp. The more you get your dog used to these ramps when they're younger, the easier it will be when they're starting to show signs of mobility impairment as they begin to age. This is especially helpful when you need to get them in and out of your vehicle safely for vet. appointments!

Did you know?

- That there are wonderful local farms like **Rogish Farm** in Chesterland, Ohio (8637 Mulberry Rd., Chesterland, OH 44026) that will allow you to do private photo sessions with your canine companion and even sponsor "Doggy Nights" where you can cut your own flowers and take beautiful photos with you and your pup? The owners, Amy and Bob Rogish, have created a utopia in which they specialize in growing sunflowers, cut flowers, lavender, blueberries, and Christmas Trees. Be sure to check out their website, follow them on Facebook and Instagram, or contact them for more information!
- Rogishfarm.com
- Rogishfarm@yahoo.com
- (440)- 742-4692

Trash Safety



One thing we don't always think about is our trash! The smells of your kitchen and bathroom trash can be extremely enticing to dogs of all ages. Be sure to utilize lids, trash locks, or store your garbage bins in cupboards away from where you dog may have access to avoid digestive obstructions and potential toxins in your garbage! This is an easily avoidable emergency veterinary visit!





Photo credit: Sean Brody

What is Animal Enrichment and how do it do it?

The body and mind of all animals (and humans!) are inextricably connected. Animal enrichment falls into the following categories:

- Health/Veterinary Care
- Hygiene
- Diet/Nutrition
- Physical exercise
- Sensory stimulation
- Safety
- Security
- Instinctual behaviors
- Foraging
- Social interaction
- Mental exercise
- Independence
- Environment and
- Calming

So what exactly is “animal enrichment” and why should I care? How do it do it?

You may have heard of the term ‘enrichment’ for zoo animals, farm, laboratory, or other captive critters. Animal enrichment is also known as “behavioral or environmental enrichment.” It’s defined as the process in which you as the caregiver, provide a form of mental or physical stimulation to your pets in order to encourage your animal to conduct natural behaviors that they would normally conduct in the wild. In short, enrichment helps encourage their physical and mental well-being so that your pup is happy and healthy! Providing your dog with enrichment is also an excellent way to prevent behavioral problems that arise from boredom or lack of mental stimulation. Many dog guardians often think about physical exercise for their dogs, but what have you done recently to work out their brains??

References:

<https://www.aspc.org/pet-care/dog-care/canine-diy-enrichment>

Canine Enrichment for the Real World: Making it a Part of Your Dog's Daily Life, Dogwise Publishing, Wenatchee, WA, 2019

When choosing to provide enrichment for your canine companion, it is critical that different types of enrichment are chosen from the above categories. The best part about enrichment is that it doesn't have to take a lot of time, or cost you any money, sometimes it just takes a little creativity!

For example, think about the things you do with your dog everyday, and think creatively about how you might apply one of the categories above...

[Continued on next page...]





What is Animal Enrichment and How do I do it (Continued)

For example, we all feed our dogs everyday. So today, instead of feeding them in their normal dog bowl, perhaps you get a “snuffle mat” (strips of fabric, often made of fleece tied to a frame that act as a great hiding spot for kibble) and place their whole meal inside the mat to promote foraging behavior. Don't have a snuffle mat? No problem! Throw their meal in the grass outside and let them find their kibble. Don't have a yard in which to do that? Grab a bunch of old towels and layer the kibble amongst your towels and let your dog dig and forage for their food.

Want to promote the instinctual behavior of shredding things and gnawing on bones without the risk of cracked canine teeth? Look no further than your recycling! You know all those phone books that keep showing up randomly on your doorstep? Grab one of those, and a few old pop bottles, remove the labels, caps, and anything else that may become a (contd.)

choking hazard, and watch your pups shred it all to pieces ! Make sure that you're supervising them the entire time to make sure your dog is not ingesting the paper or bottle, but rather just shredding and chewing it.

Another idea is to save those old toilet paper rolls, once you get a handful of them, fill them with treats or kibble and duct tape the ends closed, poke a few holes in the tubes, and watch your dog enjoy shredding them to bits to get the treats out!

Happy Training!

-Victoria R. Brody, MPH, KPA-CTP, FFCP

