



Indoor-Only Cats Need Vet Care, Too

BY *Katie McHenry*

At the SPCA of Northern Virginia, we often hear the question, “Why does my cat need to see the vet for an annual checkup and vaccinations? She’s indoor-only, so she doesn’t get exposed to diseases from fleas, ticks, or other animals outdoors.”

We are also sometimes surprised to hear how people take their dogs to the vet for annual vet visits “because they go outdoors,” but don’t do the same for their indoor-only cats. Or if they don’t have dogs, they just put off taking their cats to see a vet until, sadly,

the cat is showing serious signs of being sick – which is often too late to effectively manage many serious conditions.

It is just plain wrong to assume that indoor-only cats don’t really need proactive vet care, or that they will let you know if they are sick! Just as humans need regular visits to the doctor or dentist to prevent health problems or catch them early, **all** cats need proactive vet care to keep them healthy. You wouldn’t wait until your teeth start falling out to see a dentist, right?

We take the issue of preventive vet care for indoor-only cats very seriously. When processing applications for adoption, we do vet checks on current/ previous

cats and/or dogs to determine how well potential adopters have been taking care of them. We also spend time educating potential adopters about their prospective cat’s health history, vet care we’ve provided (which is often extensive), and the importance of preventive care.

Vet Street says a good rule to remember is that the first two years of a cat’s life are equivalent to the first 24 years of a human’s life. After that, each feline year is equivalent to four human years. Thus, your cat is aging faster than you are!

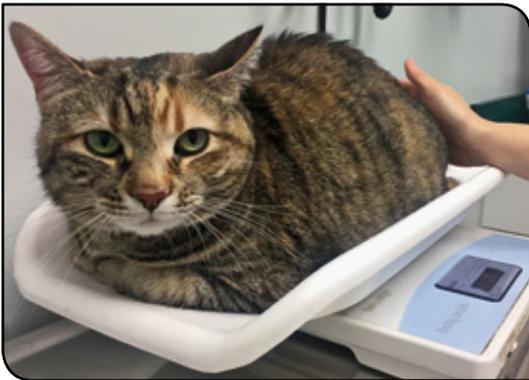
Common Excuses for Not Taking Cats to Vet

Unfortunately, according to Spruce Pets, a 2010 study showed that one-third of cats hadn’t been taken to the vet by their guardians in the past year, despite recommendations for annual checkups. The reasons boiled down to three excuses:

1. Cost of vet care,
2. Discomfort of subjecting their cats to a trip to the vet, and
3. Ease of checking their cat’s symptoms online.

Also, based on our interactions with potential adopters, we have found an even more startling reason:

4. A misguided notion that a cat’s health depends only on external factors from being outdoors.



ABOVE: April gets weighed during a vet visit. Obesity in cats is a serious health problem. April has lost eight pounds over the last year under the supervision of a vet.

TOP: A vet does a dental exam on a rescue cat. Tooth and gum problems can turn into bigger health issues.

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President's Letter

Foster Homes Critical to Our Work

BY *Dana Meeker*

It occurred to me recently that we often overlook a crucial part of our rescue stories. We often share about the medical care we provide or the successful adoptions we've facilitated, but the truth is we cannot rescue animals in need without having foster homes – people willing to take in these animals and care for them until they are adopted. We often say foster homes are like gold because they are so valuable to our program. If we do not have a foster home available, we have to turn people away, and that means an animal may not get care as quickly as necessary – or at all.

I can't emphasize enough how urgent our need is right now for foster homes! We are currently in the thick of "kitten season" (typically April through October in this region). During kitten season, homed and stray intact female cats produce litter after litter of kittens. When we get calls about mom cats with kittens, we need to move quickly to bring them in to ensure the kittens are healthy and well-socialized for adoption and mom cat is spayed to prevent future litters. Before we can make the rescue and find homes

for our kittens, though, we need foster homes. One-hundred percent of our cats and kittens live in foster homes while waiting for adoption.

Fostering kittens is a lot of fun, and all it takes is a safe place for them to learn the ropes of life without getting into trouble – a lot like having a toddler around the house. You spend time with them to get them comfortable with people and common household noises. You keep an eye out for signs of upset tummies or digestion issues, in which case you would promptly get in touch with your SPCA NOVA contact for guidance. You take them to the vet for exams and vaccinations and to address any other needs that arise (at our expense). And when the kittens are old enough, you introduce them to prospective adopters, sing their praises, and send them on to their forever homes. Nothing is more rewarding than knowing you have saved these lives.

If adult cats are a better fit for your lifestyle, fostering an adult cat will bring them from danger to safety. Their needs vary from basic to special, but we will work with you to find the right fit, just as we do with adopters. Again, it is so rewarding

to know you have saved their lives and made it possible for an adult cat to find their forever home.

While most of our dogs are in a private boarding facility, we sometimes have a dog that will benefit from life in a foster home. Sometimes a dog needs to be with another dog to feel safe, sometimes they need to be away from other dogs. A foster home may give the dog exactly what they need to blossom, learn house manners, and gain confidence so they can be adopted.

Fostering can be a one-time thing – one dog or adult cat, one pair of cats, or one litter of kittens. Or you can join our elite group of regular fosters who have helped save lives for years. If you would like to give fostering a try, please go to our website and visit the Foster Care pages.

In this issue, you can read about Davin (page 6) and Harry (page 9), two rescues whose journeys began in foster care. The loving care Davin and Harry have enjoyed in their respective homes is truly the best reward for their foster parents and SPCA NOVA. If you've adopted an animal from us, please send us updates so we can celebrate with you.

In Case of Emergency, Be Prepared

We have seen unprecedented natural disasters in the last year – three devastating hurricanes, wildfires, record rainfalls causing mud slides and flooding, earthquakes, and even an erupting volcano. You may feel pretty safe here in northern Virginia, but disasters come in all shapes and sizes, and, by their very nature, they can be unexpected.

For example, if you live near a chemical plant or railroad track, you may be forced to evacuate due to dangerous gases from a leak or train car derailment. Tornadoes can strike anywhere. Severe summer storms can fell trees or bring dangerous lightning resulting in lost power, water damage, or fire.

All of this is not meant to frighten you or cause you to live in fear. It is meant to start you thinking about making a family disaster preparedness plan. With advance planning, you can keep yourself, your family, and your pets safe. With planning, you can sleep soundly knowing that whatever may come, you will get through it with maybe inconvenience, perhaps loss of property, but no loss of life.

Hurricane Katrina in 2005 taught us that many people were willing to stay behind in dangerous

conditions rather than abandon their pets, who many consider to be family members. As a result of this lesson, the PETS Act came into being. The PETS Act requires state and local governments that want to qualify for aid from the Federal Emergency Management Agency (FEMA) to include animals in their disaster plans. The message you now hear – which you didn't hear much before Katrina – is “If it's not safe for you, it's not safe for your pets.”

PETS and the subsequent municipal and state disaster plans go a long way toward getting animals out of harm's way, but they are not meant to be the end-all. If a disaster is very localized, the state may not designate emergency shelters. Also, while a state or local plan may make provision for animals in emergency shelters, that space will not be a cushy boarding kennel. It may be a crate or a cage and, if you are also taking refuge in that shelter, you will be expected to provide food, water, and care for your own pets. Shelters should be considered a last resort. This is where



your disaster preparedness plan comes in.

There are many resources for creating your family's plan.

Ready.gov and the

Humane Society of the United States are great places to start, as well as the Red Cross, FEMA, and DoIThing. Following are most of the key pet/animal components to consider for your plan.

Get ID for Your Pet

- Get an ID tag and collar for each pet. Put your cell phone number on the tag, if possible. (Of course, charge your cell phone, and make sure you can receive voice mail!)
- Since collars can be lost, have your pet microchipped and register the chip online at a site such as www.FoundAnimals.org or www.FreePetChipRegistry.com. Include your current contact information, preferably with a cell phone number in case land lines are down, and a secondary contact who lives out of your area who can help if you need to evacuate.
- Remember, during the chaos of a disaster, someone finding your pet may not have a

microchip scanner, so a good old-fashioned collar and tag may ensure you are reunited with your pet should you be separated.

Find Pet-Friendly Haven in Advance

- Research lodging outside your area to find a place that will accept pets. Ask if “no pets” policies will be waived in the event of an evacuation. Keep their numbers handy and plan to make reservations early if it looks like you may need to evacuate.
- Contact your local office of emergency management (nearly every locality has one now). Ask about their pet policy and the location of an emergency shelter that will accept pets.
- Ask friends and relatives outside your area if they would be willing to house you and your pets in the event of an evacuation. You may need to arrange for multiple locations if you have multiple pets.
- Make a list of boarding kennels and veterinarian offices outside your area (including their 24-hour emergency numbers) that can provide shelter during an emergency.

See **Emergency** on page 11

Cat Care *from page 1*

We hear this over and over again. What people fail to realize is that a cat's health **also** depends on:

1. What they may have been exposed to early in life from their mother or other cats with which they have interacted,
2. How their organs are working, and
3. Various hereditary issues, especially as they get older.

Addressing Excuses

Cost of Vet Care:

Not everyone realizes it's possible to shop around. Prices vary widely among vets and animal clinics. Of course, this isn't to say you should immediately opt for the cheapest one because the quality of care might not be as good. Talk to friends and neighbors who have cats to ask for recommendations. Supplement this with online research from a reputable site such as Angie's List.

In addition to shopping around for vets, you can also shop around for pet health insurance, which is one of the fastest-growing areas of the booming pet services industry. Some plans offer reimbursement for annual checkups while others cover only accidents and illnesses.

Stress of Vet Visits:

You may have heard of mobile groomers, but did you know there are mobile vets who will come to your home to give your cat their annual checkup? It's usually a little more expensive, but sparing your cat the ride to and from the vet's office, as well as exposure to a potentially noisy environment with other cats and dogs, would remove most of the usual stressors for both of you! Or look for a cat-only vet practice, which would at least eliminate the noise of barking dogs.

You can also ask your vet about a prescription sedative for your cat to help reduce anxiety ahead of the visit. We have used mild sedatives with remarkably positive results for several SPCA NOVA cats who are very stressed with car rides and trips to the vet.

Checking Symptoms Online:

While the internet can provide a wealth of information, the literature or symptom checkers online might be misleading or confusing. Think about the last time you checked your symptoms online and were led to believe you had a deadly illness! A cough and throat irritation could be tuberculosis or lung cancer... but it's

more likely a common cold.

There is no substitute for having an experienced vet examine your cat – and, when needed, perform lab work to check things like heart, kidney, and liver functions, and for signs of infections or various diseases. Unfortunately, by the time your cat has begun exhibiting symptoms that lead you to perform your online research, the illness could have progressed beyond what would have been found sooner by a simple trip for an annual checkup.

No Outdoor Exposure:

Maintaining your cat's health isn't just about preventing exposure to things found outdoors, like fleas, ticks, other animals, and cars.

Why Vet Visits Should Be Annual (or More Often, If Needed)

An initial vet visit will provide a health baseline for your cat, which gives a starting point to use for later comparisons. Perhaps your cat visits



Local vet Dr. Flynn listens to Pockets' heart – just as a human doctor would at a regular health check-up.

the clinic today, where the vet tech records that they weigh 10 pounds; the next checkup a year later shows your cat has lost a pound or two (despite no changes in their feeding routine). This clue might indicate to the vet that your cat has a health issue such as inflammatory bowel disease (IBD) or an overactive thyroid (hyperthyroidism), which are both very common in cats. As with all diagnoses, the earlier your vet catches and addresses these health issues, the better! Both IBD and hyperthyroidism can be managed (often with food and/or various medications). However, if they're not caught and treated early and managed effectively, they can sadly become very serious and even cause premature death.

Additionally, it's very important that cats receive two types of

vaccinations throughout their lives to keep their immune system at peak performance: FVRCP (often called a “distemper” vaccination) and rabies.

FVRCP stands for feline viral rhinotracheitis, calicivirus and panleukopenia. FVRCPs are especially important. Cats and kittens need a series of two to three initial FVRCPs depending on the age they start the series, followed by an FVRCP a year later, then generally every three years after that, depending on your cat’s individual health history, age, and various risk factors. These boosters are needed because the initial vaccinations are generally effective for only one year; subsequent boosters are generally effective for three years after that. Imagine taking your older cat to the vet as their health has started to naturally decline and they get exposed to a cat with a nasty upper respiratory virus. Without having had prior FVRCPs, it can be very challenging for your cat’s immune system to fight off the virus, and such viruses can even be deadly.

Rabies vaccinations are also important even for indoor-only cats. All jurisdictions in this area – Virginia, Maryland, and Washington, D.C. – require rabies shots for all cats, including indoor-only cats. Imagine

your cat getting outside accidentally and encountering a rabid fox or raccoon. Even though that’s an unlikely event, if your cat bites someone in your home or in a vet office, by law, they are supposed to be reported to the appropriate animal control jurisdiction, which will take measures to determine what type of quarantine is needed. Depending on the jurisdiction and the last time your cat got a rabies vaccination, your cat could be required to be quarantined at the vet office or the shelter for 10 days, rather than in your home.

We believe in a conservative approach to vaccinations – only vaccinate your indoor-only cat for what’s necessary: FVRCP and rabies. It’s not generally necessary, or even recommended, unless there is a risk factor of being exposed to other cats, for your cat to be vaccinated for leukemia or other feline diseases, since all vaccinations themselves pose some risk.

Finally, evolution has taught cats to mask pain in order to survive in the wild, which means that humans often remain unaware when their cats experience health problems until the problem is very serious and harder to treat. Many humans are surprised when the vet finds that their cat actually has a painful

issue, such as serious gingivitis in their gums or broken teeth, as the cat never showed symptoms prior to the vet visit. Dental care is especially important, as most people don’t check their cat’s gums or brush their teeth. Gingivitis and tartar buildup can lead to infections that can travel to the heart and kidneys, causing preventable problems and even premature death, not to mention pain and discomfort that the cat has likely masked for quite some time.

Conclusion

As Benjamin Franklin said in Poor Richard’s Almanack, “An ounce of prevention is worth a pound of cure.” Whether in cats or humans, we should all remain proactive where health is concerned, and an annual visit to the vet is the best way to ensure your cat leads a long, healthy life. This becomes even more vital as your cat gets older and runs a greater risk of health problems. In fact, senior cats might even require semiannual vet visits.

Some people opt for pet insurance, paying a little each month to help offset the cost of pet healthcare. Whatever you decide in terms of insurance (or not), please also decide to commit to preventive care for your cat for the rest of their life.

Dog Adoption Fairs

Weber’s Pet Supermarket

11021 Lee Hwy
Fairfax, VA 22030
(703) 385-3766

Saturdays

August

11 12:30 to 3 p.m.
25 12:30 to 3 p.m.

September

8 **1 to 3:30 p.m.**
22 12:30 to 3 p.m.

October

13 12:30 to 3 p.m.
27 12:30 to 3 p.m.

November

10 12:30 to 3 p.m.
17 12:30 to 3 p.m.

December

8 12:30 to 3 p.m.

Schedule is subject to change, so please check our website for updates.



Shopping Can Save Lives!

Shop at the iGive Mall, Best Bully’s, or Big Dog Cares through the links at the bottom of our home page, and a portion of your purchase will be donated to SPCA NOVA!

Start your shopping at
www.spcanova.org

Davin's Journey

A Story of Rescue through One Cat's Eyes

BY Davin, as told to Tim & Polly



Hello! I think my name is Davin because sometimes when my humans put food down for me, they call out the name "Davin." I came to live with my humans on Dec. 10, 2014. Before that I was outside in the cold until a very nice lady called SPCA NOVA. They came and got me and took me to a vet clinic where I spent some time. There they took out some of my painful teeth and helped me to feel better. Not long after that, a man and woman came and took me home to their house. I spent a few days in a special room just for me until it was time for me to meet my other two roommates. Both were black female kitties, and they were nice to me so I was nice to them. Soon I was invited to eat with "the girls" (Lola and Beauty). We got along great. Here we are sharing the sunshine:



Come springtime, I got very worried as my humans cared for Lola. She was sick, and she was my favorite of the two girls. I always watched out for Lola. I had to watch everything my humans did for her, with Beauty watching right there beside me. They fed her with a syringe and took her to the vet but in the end, Lola lost her battle. I miss her. After that, it was just Beauty and me.

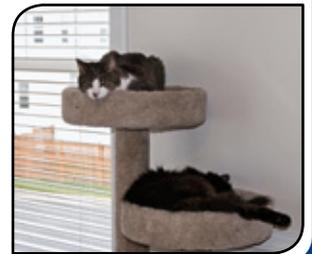
When I first came to live here, I didn't quite know what to do. The girls did things that were new to me. So I watched them and took my clues from them. One of the strange things Beauty did was to sit or lay down in a box. She seemed to really enjoy it. I could not imagine why. My human tried putting me in a box, but I was nervous about that and jumped right out. I guess they put me in there because they wanted me to sit in it like Beauty. Still I was not sure about boxes, so I just watched Beauty in hers. I watched her for a long time. Then one day I decided it was time to try out box sitting for myself. Beauty was right. Boxes are cool! It turns out I really like boxes! My humans were kind enough to place them all over the house for me.



I also learned to eat raw food. Where has this been all my life? Wow! The eating is really good in this family, and my favorite time of day is mealtime! When my humans make up a batch of raw food, they even let us lick the bowl! How cool is that?



I settled into my new home with a very nice sunny window to enjoy, plenty of scratching posts with one in particular that is my favorite. I loved it so much my humans got another one for upstairs so I can stretch my legs when I wake up in the morning. One is upright so I can stretch out when I use it, and one is on its side so I can climb on it and scratch to my heart's content. I also enjoy the cat tree in my new home.



Everything was going along very well until one day I noticed my humans piling up stuff in the foyer. The next thing I knew, the stuff was being loaded in the car. Before I knew what was happening, Beauty and I were put in our carriers and tucked in among all the stuff in the car. This can't be good, I thought. Even Beauty seemed a little nervous about this latest development. We were in that car a long time – long enough for me to realize that it wasn't going to kill me. Beauty relaxed shortly after we left so, eventually, I felt better as well. Toward the end of the day, we arrived at a new place in the mountains. This place had lots of trees and way different smells to it. I was scared at first, but Beauty seemed to know this place, and I think she liked it.

It took me a day or two to realize that this place had its perks and that maybe it wasn't so bad. I still got my raw food on time, which was important. There was a very nice cat tree here where I could look out across the mountains and watch the birds and squirrels in the trees. I had my favorite scratching post at this house as well. The thing I liked the best about this place was the screened-in porch. It's like being in a tree house! The breeze is nice, and it's a great place to take a little nap. Beauty likes it, too.

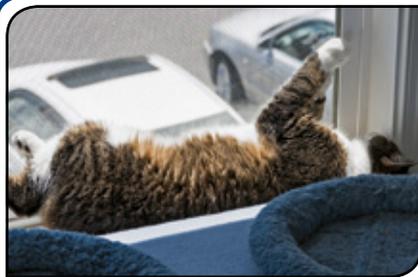


We stayed at this country house until it got too cold to go out on the porch. Then my humans packed up the car again and down the mountain we all went. We had another long ride in the car, but this time I was not so scared. We traveled all day back to the first house in Virginia. Everything was just as I remembered it.



It wasn't long after we were back in Virginia that I could not help but notice Beauty was not acting herself. She was sick, too. She was older than I am, and again our humans tried very hard to take care of her. But one day, the vet came to the house, and Beauty was gone. Now I am the only kitty in the family and I take my responsibilities very seriously.

I need to wake my humans up each morning so they will give me breakfast. I always remind them when it's time to feed me. This is a very important job! I also enjoy getting brushed every day just like I saw my human do for Beauty. I think Beauty would be pleased that I continue her tradition. There are boxes to sleep in, scratching posts that need scratching, cat trees to climb, and toys to play with. I even get to watch cat TV! Then there are my neighborhood watch duties. Good we have some nice windows that makes my job easier. Sometimes all these activities wear a fellow out and I am overcome with the desire to nap in the sun. I have just the place to do that!



I am very grateful to the nice lady that notified SPCA NOVA that I was outside, alone, hungry, and cold. My life now is so much better. No more being outside in the rain and cold. Thanks SPCA NOVA! My humans tell me they love me each and every day, and they show it, too. I try to show them I love them right back! I can't believe my good luck. I wish all kitties could enjoy the life I am now enjoying!

Cat & Kitten Adoptions

Meet Our Cats

You can arrange to meet available cats and kittens by appointment in their foster homes or at select Pet Valu stores in Fairfax and Reston (schedules vary).

View details at www.spcanova.org/adoption/catvisits.php.

SPCA NOVA's Annual Dog Wash Fundraiser

Saturday, August 18
11 a.m. to 4 p.m.

Weber's Pet Supermarket
11021 Lee Highway
Fairfax, VA 22030



Our volunteers will pamper your pooch with a bath, nail clipping, and even ear clipping!

Want more information or want to volunteer?
www.spcanova.org
(703) 799-9390



Gifts in Remembrance

SPCA NOVA welcomes donations made in memory or honor of someone special in your life. Please include the name and address of the person you would like notified of your donation, along with the name of the person or pet being remembered or honored.

In Memory of

- ♥ **"Amber"**
~ Mary A Goodspeed
- ♥ **"Anna" & "Patty" Berry**
~ Kathleen MacKinnon
- ♥ **"Belle"**
~ Wendy McLaughlin
- ♥ **"Boomer" Lagomarcino, in remembrance of a long happy life**
~ James Overdahl & Janis Johnson
- ♥ **"Boots"**
~ Virginia Paulus
- ♥ **"Buddy," SPCA NOVA's sweet Dalmatian**
~ Dana Meeker
- ♥ **"Cody"**
~ Virginia Paulus
- ♥ **"Josey" Vaughn**
~ Dana Meeker
- ♥ **"Lucky"**
~ Elizabeth Stewart
- ♥ **"Mattie"**
~ Robert Cox
- ♥ **"Mootza," from living in a hoarder's closet to living the good life with me**
~ Dana Meeker
- ♥ **"Princess" Jensen**
~ Lene Jensen, light of my life
~ Dana Meeker
- ♥ **"Sage" Schroeder**
~ Samantha Dorn
- ♥ **"Scarlett," gone but not forgotten**
~ Renee O'Brien
- ♥ **"Wally"**
~ Linda Jeffers
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~ Katharine Norris
- ♥ **Anice Hendelman**
~ Fairfax County Fire & Rescue Retirement Association
- ♥ **Bacon's departed owner, a fellow veteran**
~ Nicholas Theodorson
- ♥ **Barbara Cohen**
~ Virginia Ferdensi
- ♥ **Betty Weimer**
~ Phillip Weimer
- ♥ **Bill Schuck, brother & Vietnam vet**
~ David & Bonnie Sheehan
- ♥ **Cherry Seys Llewellyn**
~ Diana Zeitzer
- ♥ **Corporal Bradley J. Schmitt**
~ Michael Nassoioy
- ♥ **Donald "Donnie" Settle**
~ Margaret Yowell
- ♥ **Felix**
~ Margaret Pearson
- ♥ **Frances & Henry, in loving memory**
~ Mark, Elizabeth & Tessa Lemon
- ♥ **Frances Turner**
~ Susan Pohlmann
- ♥ **Hanne Berg**
~ Thomas Berg
- ♥ **Jimmie Jones**
~ David & Patricia Spittler
- ♥ **John Bardwell**
~ Kristin Fuller
- ♥ **Lance Corporal Giancarlo Y. Goyone**
~ Michael Nassoioy
- ♥ **Lily & Shamrock**
~ Nicholas Theodorson
- ♥ **Lois A Brady**
~ Brian Snyder
- ♥ **Mia Wynne Schnitzer**
~ Eileen Wynne
- ♥ **Michael Mueller**
~ Richard & Joanne Mueller
- ♥ **Ralph Endicott**
~ Military Housing & Lodging Institute
- ♥ **Robert Eugene Wilson**
~ Pollyanna Hampton
- ♥ **Ronald Hawkins Sr.**
~ Gregg Rossen
- ♥ **Rosemary Lucas & Barbara Lucas Clark**
~ Esther Esses
- ♥ **Susan Claire Griffing, an eternal cat lover**
~ Owen Griffing
- ♥ **Toni**
~ Marc Friedman
- ♥ **Virginia E Lee, Dr.**
~ Carol Akiyama
~ Suzanne Dawley
~ Jaap Van Opstal
~ Daniel Siegel
~ Kelley Taylor
~ Katherine Werner

In Honor of

- ♥ **"Cindi" & "Patchie," our beloved rescue cats**
~ Kitty & Tad McCall
- ♥ **"Ellie Mae" & "Billy" the cat**
~ Whitaker Shelburn-LaGioia
- ♥ **"Harry," in honor of SPCA Alum on his 15th birthday**
~ Melissa Thomas
- ♥ **"Jeff" the Birman**
~ Rosalie Begun
- ♥ **"Josie"**
~ Heather Mardaga
- ♥ **"Kelsey," adopted February 2010**
~ Paula Slan
- ♥ **"Orange Man" a.k.a. "Chickie," the cat who came with the house**
~ Lynn Newbill
- ♥ **"Paisley," our SPCA cat alum**
~ Maria Mlynar & Brian Toth
- ♥ **Allison Samis' birthday**
~ Michelle Grauer
- ♥ **Apollo, in honor of my new cat that I adopted through you**
~ Jennifer Brown
- ♥ **Arbour**
~ Daniel LaCroix
- ♥ **Baxter Fein**
~ Bruce Fein
- ♥ **Bock, Parkinson, & Woodrow**
~ Mr Chris Prochaska
- ♥ **Caroline Curran's birthday**
~ Mallory Kim Elizondo
~ Carla Rothgery
- ♥ **Chico Gholz**
~ Eugene Gholz
- ♥ **Chris Cover, Congratulations on your 5-year anniversary. We're honored to make this donation in your name**
~ Perfect Sense Digital
- ♥ **Dr. Paul Gorski**
~ Stephanie Zeher
- ♥ **George & Mary Niebuhr, animal lovers**
~ Steve Breen
- ♥ **Hillary Haag & Karen Helm**
~ Morgan & Patricia Wright
- ♥ **Kelly, In celebration of you turning 40!**
~ Matthew Zaft
- ♥ **Jack Hadley for Father's Day**
~ Elizabeth Hadley
- ♥ **Jasmine Perilla's birthday**
~ Kristina Hernandez
~ Gabriela & Tin Nguyen
- ♥ **John Klenk Jr.**
~ John & Linda Klenk

When Harry Met Melissa

In Honor of

- ♥ **Jolie Gendler**
~ English Edwards
- ♥ **Kaitlyn, Nox, & Viggo Siragusa**
~ Erik Lorenz
- ♥ **Kerrie Queen for Christmas**
~ English Edwards
- ♥ **Lesley Frome, Merry Christmas**
~ Andrea Frome
- ♥ **Lisbeth Russell**
~ Joanie & Jerall Ross
- ♥ **Margie Mendoza**
~ Brandon Phillips
- ♥ **Mary Portelly & Ken, in gratitude**
~ Kathleen Coffey
- ♥ **Meghan & Chloe Puryear**
~ Jack Bondurant
- ♥ **Nik Martin**
~ Marta Sparrow
- ♥ **Office of Rural Health Team**
~ Emily Oehler
- ♥ **Patricia Davison, Merry Christmas**
~ Laura Attanasio
- ♥ **Payson**
~ Theresa Varner
- ♥ **Rick & Mary Bader, Happy Holidays**
~ Barbara Bader
- ♥ **Robert Clayton, Happy Holidays**
~ Kirsten Hencken
- ♥ **Sophia Kohn's birthday and wonderful passion and concern for the welfare of animals**
~ Judith Brown
- ♥ **Von Ellings**
~ Jennifer Clark
- ♥ **Will, who brought Zorro to me**
~ Katharine Norris
- ♥ **Yubin Choi, Ellie Maaseide & Aisha Younes, in honor of students who want to help animals**
~ Beth Coakley

Harry, his mother, and five littermates were rescued in April 2003 by Barbara Cohen, one of SPCA NOVA's humane investigators at the time, when she received a report of dogs being left on an apartment balcony in inclement weather. In June, Harry met Melissa Thomas and stole her heart. Here's her story:

Happy Tails!

I first met Harry in June 2003 at a Weber's pet adoption fair and originally went there looking for an older dog. I remember I saw a 5-year-old German Shepherd on the website that I wanted to meet. Unfortunately, he had territorial food issues, and with two cats already at home, I knew that could be problematic. Then I saw a beautiful white Shepherd and fell in love. She had a very abusive past and was malnourished. As I was walking to fill out papers for her, I passed the puppy pen, and there were Harry and Bruno sleeping. I told my boyfriend at the time that I "just wanted to hold one of them for a second." That was it, Harry continued to sleep on my shoulder and someone passing by said "now if that's not a picture worth taking." And this is how Harry came to be a member of the family. We picked him up on July 4.

Since then, Harry has had quite a life. We took long walks every day, experienced agility training, 5K runs a few mornings every week, and he made friends wherever he went. He's traveled all around the Maryland/Virginia/D.C. area, to upstate N.Y., as well as to Virginia Beach for a few months where I was transferred temporarily for work. He loved running on the beach every morning before I left for work. For the last four years, he's lived with me in Rome, Italy. I was assigned to the U.S. Embassy for what I thought would only be three years, and even though I've retired, Harry is with me now.

In his early days in Italy, when Harry was "only" 12, we had our special routine: Every morning we walked to the coffee bar. Then we went to the park. Maybe we'd stop at the deli to buy some prosciutto (Harry's favorite part of the day), and then we'd find our way home after a nice walk. He was walking slower then, of course, but he made the best of his walks as he greeted his buddies along the way.

He's 15+ now and in the last few years has been experiencing the aches



and pains of old age. It's hard to watch, but he is quite the trooper, never complaining. He sleeps most of the days now and doesn't have energy to do much of anything, but still pulls me to the fishmonger during the week where he knows treats await him. I'll know something is seriously wrong when he stops doing that, but for now, we're enjoying every day with him as I know it's a blessing that he's still here with us.

He now has two new kittens to keep him company and on his toes when it's time to eat. (They love to steal his food!) As long as he's not complaining, we're going to let him live stress-free. He's my best friend, and while I don't want him to suffer in his old age, I am grateful for what time I've had with him and for what time we still have together. I can't imagine not having him around and can't imagine not having a dog to share life with in the future. I'm grateful to SPCA NOVA and especially Barbara Cohen for helping us find each other.

Special Thanks

THANK YOU TO the following corporations and their employees for their Employee Giving and Matching Gifts Programs:

- Allstate
- ECHO, the Employees Charity Organization of Northrop Grumman
- FM Global Foundation
- IBM

THANK YOU TO all of our supporters who contribute through workplace giving under:

- America's Charities
- Combined Federal Campaign (CFC)
- Commonwealth of Virginia Campaign (CVC)
- Global Impact
- Local United Way campaigns

WE ARE GRATEFUL

to CGI's Charitable Giving Program, which allows its members to request that funds be given to non-profit organizations they are passionate about. Charitable giving is a key component of CGI's Corporate Social Responsibility. We thank SPCA supporter, Margot Gresham, for putting forth SPCA NOVA's name to receive a CGI grant.

CAROLINE CURRAN'S

THIRD birthday party celebrated not just her birthday, but her love of animals as well. She asked her guests to bring donations of money or supplies to help out the animals of the SPCA of Northern Virginia. They came through with money and a great pile of gifts of toys, bowls, and food. We thank Caroline and the entire Curran family for their devotion to our cause.

MATTI CREECH IS

one generous young lady. She donated a portion of her Christmas money to SPCA NOVA because she wanted to help animals.

THANKS TO THE

Girls on the Run team, students, and staff at McKinley Elementary School. The Girls on the Run program (GOTR) for 3rd through 5th grade girls inspires girls to define their lives on their own terms. Its lessons encourage positive emotional, social, mental, and physical development. Each season, GOTR teams must complete a Community Impact Project with a focus on bettering the world around them. This season, the GOTR team at McKinley Elementary School elected to raise funds and supplies for the SPCA of Northern Virginia. They set up a table outside the school and for one hour, collected cash and supply donations from their fellow students. In just one hour, they collected over \$229 and two boxes of pet supplies. What an awesome program!

WE THANK OUR

adoption partner, Pet Valu, their employees, and customers for their generosity. We received a generous gift of over \$4,500, the proceeds of their Paws 2017 campaign.

WE ARE GRATEFUL

for the following bequests:

- Estate of Margaret (Meg) McGaughey Gemmill

THANKS TO

THE generosity of our donors on May 17 and 18 during Do More 24, a local movement powered by the United Way of the National



Capital Area, we raised \$6,659.29. This will subsidize very low-cost cat and dog spay/neuter surgeries for guardians that demonstrate financial need.

FIFTH GRADE STUDENTS

of The Langley School, Ellie, Aisha, and Yubin, decided to help animals in their community and took a page from "old school" fundraising. They knocked on their neighbors' doors to request donations and supplies for our cats and dogs.



Ellie presents the great results to SPCA NOVA President Dana Meeker.

Need Help Getting Your Pet Spayed or Neutered?

Spay Inc. provides low-cost spay/neuter referrals for dogs & cats in Northern Virginia

Easy to Apply & Everyone Qualifies!

Simply fill out a request form online or call Mon.-Fri., 9 a.m. to 4 p.m.



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YES!

I want to help rescue animals in Northern Virginia.

Your tax-deductible donation to SPCA of Northern Virginia makes it possible for us to rescue animals in need, provide them with shelter and nutritious food, medical care, training, and nurturing care, all in preparation for adoptions into homes of their own. Thank you for being a force for animal welfare with your generosity!



Give a Homeless Animal A Second Chance

Donate online:
www.spcanova.org

Donation Amount:

- \$25 \$50 \$75
 \$100 \$250 \$500
 Other: \$ _____

Memorial Gifts:

- In Memory of:

 In Honor of:

 Please send me information on how to leave a bequest to SPCA NOVA.

Name: _____

Address: _____

City, State, Zip: _____

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Sign me up for your: e-Newsletter Print Newsletter

Make checks payable to **SPCA of Northern Virginia** and mail to:
SPCA of Northern Virginia, P.O. Box 100220, Arlington, VA 22210

If your company participates with the United Way or the Combined Federal Campaign (CFC), designate donation to "Society for the Prevention of Cruelty to Animals of Northern Virginia."



United Way NCA Designation Code
8155



CFC Designation Code
94873

If your company participates with the America's Charities Campaign, you can donate to the SPCA of Northern Virginia, #19137.

The SPCA of Northern Virginia is an IRS-registered 501(c)(3) charity, EIN 54-1627788, listed under the name Society for the Prevention of Cruelty to Animals of Northern Virginia.

Emergency *from page 3*

Make a 'Go' Bag for Your Pet

Some of these things can be packed ahead of time and be ready to go in case of an emergency. For things you use on a regular basis, make a list of last-minute-grab items and include it with the bag so you can quickly gather them.

- Food and water for at least five days for each pet, bowls, and a manual can opener, if you are packing canned pet food.
- A list of each pet's medical records, as well as prescriptions

for at least a week, stored in a waterproof container or bag.

- Photos of each pet with descriptions, and written notes documenting feeding schedules, behavioral notes, and medical needs. A picture of you with your pet will also serve to prove ownership if needed.
- Leashes, collars, carriers (including bedding), extra towels for cleaning toxins or mud off your animals.
- Familiar or favorite toys and treats to ease the stress of the situation.

- Pet first-aid kit. You can make one yourself or purchase one ready-made.
- Trash bags; poop bags for dogs; litter box, cat litter, and scoop for cats.

If You Need to Evacuate:

- Pledge to take your pets with you.
- Plan to evacuate early. Don't wait until the last minute or you may not be able get to safety, and there may no longer be space for you or your pets.

Remember: Emergencies Come in Many Forms

- Make a plan for your pets in the event you are away from home and conditions there or at home prevent you from getting home.
- If you need to shelter in place, ensure you know where your pets are and prevent them from getting into dangerous spaces.

Finally, resolve to make your emergency plan, and you will be ready for any disaster... short of a zombie apocalypse.



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Keeping Cats Healthy

Preventive vet visits are important – even for indoor-only cats

page 1



Preparing for the Unexpected

Emergencies can catch us off guard; make plans to be prepared

page 3



Looking through the Eyes of a Cat

The adventures of a rescued cat after his adoption

page 6