

PAW TALES



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**Helping Hungry, Hurting
and Homeless Animals**



2018 Year-End Financial Review

By: Amy Starkey, HPAN Founding Director & Treasurer

Year 2018 has been HPAN's greatest year yet! When I look back at how far we've come since inception nearly eight years ago, I am blown away. Our annual revenue has increased \$40K since that first year! The difference we've been able to make in the lives of rescue animals is humbling. In 2018, we have provided sponsorship for the betterment and wellbeing of over 600 animals at a cost of just over \$44K. This included two capital improvement grants awarded to two deserving rescue organizations, At Risk Intervention (ARI) in Knoxville and the Campbell County Animal Center (CCAC). We were able to fulfill ARI's need for kennel and gate supplies. ARI was able to extend holding space for animals that need short-term sheltering in between rescue and transport and during specialized medical treatment/rest, as well as short-term sheltering while fosters are found for animals pulled by local rescue organizations. For the CCAC, we helped outfit their brand new spay/neuter clinic with two surgery tables and 100 spay/neuter kits. The clinic's primary use will be to alter shelter animals before they leave the shelter. It will be sustained by the public, who purchase low-cost spay/neuter services from the clinic. It's a win-win for the community. Thanks to some sizable year-end gifts and successful fundraisers in November and December, we are once again positioned to offer a capital grant opportunity in early 2019, and will be calling for proposals very soon.

None of this could be possible without support from you! Following are ways you can help us:

1. Sign up for payroll deduction, which is our greatest need! Just \$5-\$10 per pay period makes a huge difference to us. We currently have 42 donors contributing \$5 - \$30 per pay period. Anyone can do this; it's a simple online transaction that we'd be happy to help set up. Contact [Amy Starkey](#).
2. Mail donations to 969 Oak Ridge Turnpike, #304; Oak Ridge, TN 37830.
3. Support our annual fundraisers – Donate to our Facebook auctions, bake sales, and booth events to purchase calendars, t-shirts, and other items; participate in pet photo contests and soup luncheons. Contact [Amy Starkey](#).
4. Link your Kroger Plus Card to Helping Paws Animal Network [here](#). You lose nothing.

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Pet Sitter/Boarding Options/Daycares...

How to choose the right one for your pet?

By: Eboney Johnson

Going away on a vacation can be fun, but it can also be stressful for some pet owners! Between pet sitters and boarding options, how do you choose what is right for your pet?

If you personally know a pet sitter that your pet also knows, this is a great option for you and your pet. Your pet will already be comfortable with the pet sitter, and you will rest easy at night knowing that your pet is in good hands! If you want to use a pet sitter, but you have never met them, you should ask for and check references. If the pet sitter will not be staying at your home, you should also ask for a home visit to see where your pet will be staying.

Boarding your pet is another option. Some places that board also do pet day care. You should visit the facility. A good option would be to let your pet stay at the day-care, see how your pet reacts, and establish some trust with the business. This way, you will be more comfortable leaving your pet, and your pet will be more comfortable in familiar surroundings.

Would you like to be able to check in on your pet at any time? No problem! Some businesses have webcams! Check out the websites for each business regarding technology offered, and see if there is an extra charge. These kennels may cost a little more, but it can be a great comfort to check in on your pet at any time!

Some veterinary offices offer boarding, so check with your pet's veterinarian. The veterinarian's office is also a good source of recommendations for local boarding. Regardless of which kennel you choose, make sure to go online and look for reviews!

Don't forget to leave emergency contact numbers (including your pet's veterinarian) and document any medications your pet may need. If your pet is on a special diet, make sure to take plenty of food for the stay and have clear instructions on how to care for your pet. Be aware, some places may charge extra for these services.

When making these decisions for your pet, ensure you do your research and are comfortable with your decision! For more tips, check out this PDF on 11 Questions to Ask When Picking a Kennel:

http://www.safeharborlabrescue.org/wp-content/uploads/SHLR-Website-Document_Resource-Library_11-Questions-to-Ask-When-Picking-a-Kennel_070116.pdf.



Year in Review

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5. Choose Helping Paws Animal Network when you shop AmazonSmile, iGive, and Chewy. Find all the links [here](#). You lose nothing.
6. Shop the [HPAN store](#) on our website where we have calendars, t-shirts, "In memory of" certificates, and "In honor of" certificates.
7. Join the Network! (Contact any board member: [Amparo Atencio](#), [Betsy Ellis](#), [Eboney Johnson](#), [Chris Kelley](#), [Amy Starkey](#), [Wendy Hill](#) or [Susan Wells](#) to plug in or just be in the know.

Please consider a tax-deductible year-end gift, and THANK YOU for helping us achieve our vision of ending animal suffering, one rescue at a time! Let's forge ahead for a fantastic 2019!

Holiday Meals Are Not for Pets

Submitted By: Amparo Atencio

According to Susan Bird, Care2.com, feeding pets human holiday meals account for annual spikes in food-related pet illnesses, ranging from pancreatitis to gastroenteritis, during the holiday season. She lists the top 10 holiday staples that present a minefield of problems for pets, some of which are innocuous until taken to the next level.

1. Turkey. While feeding your pet small bits of fully cooked white meat is fine, never offer your pet any of the skin. The skin can become soaked in many seasonings that are harmful, such as onion, sage, and garlic used to rub or baste the turkey.
2. Stuffing and gravy. Recipes for these holiday favorites frequently call for onions, sage, leeks, chives, garlic, scallions, and pepper, which are toxic to your pet's central nervous system.
3. Cranberry sauce. Cranberries themselves are fine for pets but when turned into a holiday sauce, they are not because of the huge amounts of sugar or high fructose corn syrup.
4. Green bean casserole. Regular green beans are a healthy snack for Rover, but when they go into a casserole is when the problems begin. Common casserole ingredients include mushroom soup and fried onions!
5. Turkey bones. Cooked bones splinter easily, injuring or even puncturing the stomach or intestines.
6. Dough or batter. Remember what happens to dough when it gets warm? It rises. The same thing happens inside the stomach of a dog or cat, leading to vomiting and painful abdominal bloating.
7. Mashed potatoes. Potatoes by themselves are fine in moderation. It's the additional ingredients that go into the mashed version that are potential problems. If your pet is lactose intolerant, the milk and butter can cause diarrhea.
8. Fruit salads or any salads with fruit. If there are grapes or raisins in the mix, your pet can't have any! Grapes can cause fatal kidney problems for dogs.
9. Walnuts and macadamia nuts. Many nuts are fine for dogs in moderation, but these two are not. Macadamia nuts can cause toxicosis, and walnuts can cause gastric problems. Because of the fatty content in even other types of nuts, if fed too often, can cause pancreatitis over time.
10. Pumpkin and sweet potato pie: Pumpkins and sweet potatoes are just fine for pets; however, pie recipes frequently call for nutmeg and cinnamon. Nutmeg contains myristicin, a toxin which can cause seizures. Cinnamon can cause diarrhea, liver disease, vomiting, and low blood sugar.

Bird recommends these actions to protect your pets during the holiday season:

1. Offer pets raw carrots, broccoli, or a small portion of well-cooked white meat.
2. Tell your visiting guests – especially children – not to feed your pets from their plates and explain the dangers of doing so.

Jen Carlson, Gothamist.com, provides additional recommendations to keep your pets safe:

1. Take out the trash immediately to avoid your dog getting into it later.
2. Don't offer your pet table scraps or leftovers, especially bones.

During this holiday season, remember that several foods on the Top 10 list are perfectly fine until they are combined with other ingredients that can be harmful to your pets. You can take steps to protect your pet as you entertain throughout the holiday season.

Source:

Bird, Susan. Care2.com. 10 Thanksgiving Foods Your Dog or Cat Really Should Not Eat. <https://www.care2.com/causes/10-thanksgiving-foods-your-dog-or-cat-really-should-not-eat.html>. Accessed December 4, 2018.

Carlson, Jen. Gothamist.com. What Thanksgiving Scraps Your Dog Should NOT Eat, Even If He Begs. http://gothamist.com/2011/11/22/psa_what_thanksgiving_scraps_your_d.php. Accessed December 4, 2018.

The Wonders of Fostering

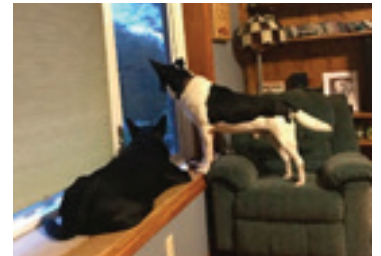
By: Jeannie Parker, Founding Director of the Friends of Oak Ridge Animal Shelter

Ah, the wonders of fostering! Many folks say that they can't foster animals because they wouldn't be able to give them up. Do you cry a little when each one leaves? Sure you do! You spent part of your life with them, and they were a part of your family. However, the joy that comes with seeing those precious ones going to a forever home, where they will be the CENTER of attention, instead of one of many, brings more joy than Santa Claus at Christmas could even imagine! In the meantime, you have saved a life that may have been taken, spent in a lonely shelter, or in an abusive living situation. You have turned this animal's life around. It just doesn't get any better.



Sweet Mark (affectionately known as Marky-Mark) came into Pets Without Parents in Sevierville right before all heck broke loose and they shut down. Mark and his siblings developed Parvo, and several of them died. Rescuers rushed in to try to save them, knowing it would be expensive, and risky. Well, after several stints in the hospital, and about a month in his foster home, Marky Mark went from near-death, and scared of the world, to being a much loved family member and is very attached to the children in the family. He gets to go on camping trips, to soccer games, and all over the place. And best of all, he gets to stay close to his boy. This dog would have died without having a place to go to recuperate – a foster home.

And how about these two sentinels in the window? JoJo's Daddy died in a tragic accident, and JoJo did NOT belong in a shelter to heal. Clyde spent nearly a year in the shelter system after his family abandoned him. He got training from a rescue organization to learn how to get along with other dogs and, once he did, what a great foster dog he became! Both dogs may have just withered away, and never known love. They are happy campers now, in their forever home.



There are many reasons that pets need fostering. Some have been in shelter systems for far too long, and their personalities begin to change for the worse. They become cage aggressive, forget all of their training, and just plain need a break. Other animals come in sick or emaciated and need someone there to make sure they get their meds and be brought back to health safely until they are ready for adoption. Some come in injured, like precious little Nikki, and need recuperation time from a serious surgery. Others come in pregnant and need a temporary home long enough to have and wean their babies. There are also the bottle babies, whose mothers were either killed or rejected them. They all deserve to live, and the fostering process is a critical chain in that link to bring them from the dregs of cruelty and neglect to the full blown status of a very much loved family pet.

So, what's in it for you? First and foremost is the joy of watching them blossom and knowing that you had a LOT to do with their success. Comforting them through their fear, and sometimes their pain, allows you to form a close bond with them. Any legitimate rescue organization not only pays their medical bills and provides food and supplies for them, but they also let you keep up with the animal after they've gone to their permanent homes. The grin on your face from seeing that sweet pup go from being so scared and cage aggressive in his shelter kennel, to playing with a live bunny rabbit in a warm friendly home, spreads from ear to ear! And giving your children the opportunity to be part of bringing a litter of puppies or kittens into the world, knowing that they will be spayed/neutered and placed in homes, is priceless.

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Is it a lot of work? Yep, sometimes it is. You may need to house train one. Someone may need special medicated baths. A litter of puppies, once they reach about 3 weeks old can be a joy, but they can be a real mess as well. But, as a foster, you always keep in mind that it's temporary, and that you get rewarded with those itty bitty tongues kissing you, and bringing

them into a happy world. This little guy, Comet, was mad at the time, but once dry, he was a true, true lover boy! He and his brother were worth it!

It takes a very special person to foster animals, knowing that they will eventually wind up elsewhere, but just imagine where they might end up without you. There's no greater gift to give an animal than a chance at a happy, healthy life.

Interested in being a foster? Contact me through the Facebook page: Adoptable Animals at the Oak Ridge Shelter, and let's talk! There are foster needs and opportunities now!

Think before giving a pet as a gift. **Is the recipient ready to provide for a forever home?**

By: Betsy Ellis

There is a myth that pets given as a gift are more likely to end up in the animal shelter than pets that are acquired in other ways. However, research has shown that pets given as a gift to a family member are the least likely to wind up in the shelter. So if you are considering giving a pet as a gift to someone other than a family member, give it a lot of thought before making the decision. Returning a pet to the shelter if things do not work out can be traumatic for both the recipient as well as the pet.

Even when the recipient is ready for a new furbaby, there are a number of things to think about before you make the decision to bring home that fluffy kitten or cuddly puppy.

1. Never surprise someone with a gift of a pet. While it may be tempting to do that in this festive time of the year, what you think the recipient wants may not fit their expectations. Perhaps you give the recipient a dog but what they really wanted was a cat. Even if a dog was their preference, would a puppy or an older dog be a better fit? A conversation with the recipient can quickly answer these types of questions so that the pet that is chosen fits the recipient's desires.
2. Are there other pets already in the household? If this is the case, will the new addition get along with the pets that are already there? If so, it is even more important to choose the new pet carefully. A meet and greet before the final decision on which pet to choose is a good idea.
3. Can the recipient afford the costs associated with pet ownership? Even if you pay the adoption fee for a rescued pet, there is the cost of acquiring the equipment needed to take care of the pet, things like feeding bowls, collars and leashes. Then there are the ongoing costs for food and veterinary care for annual shots, and flea and heartworm preventative. And what about unexpected visits to the veterinarian if the pet becomes ill or injured?
4. And maybe the biggest consideration of all – does the recipient have the time for a pet? The amount of time depends on the pet. Dogs probably require more time than cats but either may develop behavioral issues if left alone for long periods of time.

When planning to give a pet as a gift, make sure the recipient is ready to make the commitment to care for the pet over its lifetime so that the pet doesn't end up on the losing end.



Holiday Pet Safety

Source: www.avma.org

December abounds with holiday celebrations, but nothing can spoil good cheer like an emergency trip to the veterinary clinic. These tips can help keep your winter holiday season from becoming not-so-happy – for your pet and for you.

Plan in Advance

Make sure you know how to get to your 24/7 emergency veterinary clinic before there's an emergency. Talk with your veterinarian in advance to find out where you would need to take your pet, and plan your travel route so you're not trying to find your way when stressed. Always keep these numbers posted in an easy-to-find location in case of emergencies:

- Your veterinarian's clinic phone number
- 24/7 emergency veterinary clinic (if different)
- ASPCA Poison Control Hotline: 1-888-426-4435 (A fee may apply.)

Decorating



- Greenery, lights and Christmas trees can make the holidays festive, but they also pose risky temptations for our pets.

- Christmas trees can tip over if pets climb on them or try to play with the lights and ornaments. Consider tying your tree to the ceiling or a doorframe using fishing line to secure it.

- Water additives for Christmas trees can be hazardous to your pets. Do not add aspirin, sugar, or anything to the water for your tree if you have pets in the house.

- Ornaments can cause hazards for pets. Broken ornaments can cause injuries, and ingested ornaments can cause intestinal blockage or even toxicity. Keep any homemade ornaments, particularly those made from salt-dough or other food-based materials, out of reach of pets.

- Tinsel and other holiday decorations also can be tempting for

pets to eat. Consuming them can cause intestinal blockages, sometimes requiring surgery. Breakable ornaments or decorations can cause injuries.

- Electric lights can cause burns when a curious pet chews the cords.
- Flowers and festive plants can result in an emergency veterinary visit if your pet gets hold of them. Amaryllis, mistletoe, balsam, pine, cedar, and holly are among the common holiday plants that can be dangerous and even poisonous to pets who decide to eat them. Poinsettias can be troublesome as well. The ASPCA offers lists of plants that are toxic to dogs and cats.
- Candles are attractive to pets as well as people. Never leave a pet alone in an area with a lit candle; it could result in a fire.
- Potpourris should be kept out of reach of inquisitive pets. Liquid potpourris pose risks because they contain essential oils and cationic detergents that can severely damage your pet's mouth, eyes and skin. Solid potpourris could cause problems if eaten.

Hosting Parties and Visitors

Visitors can upset pets, as can the noise and excitement of holiday parties. Even pets that aren't normally shy may become nervous in the hubbub that can accompany a holiday gathering. The following tips will reduce emotional stress on your pet and protect your guests from possible injury.

- All pets should have access to a comfortable, quiet place inside if they want to retreat. Make sure your pet has a room or crate somewhere away from the commotion, where your guests won't follow, that it can go to anytime it wants to get away.

- Inform your guests ahead of time that you have pets or if other guests may be bringing pets to your house. Guests with allergies or compromised immune systems (due to pregnancy, disease, or medications/ treatments that suppress the immune system) need to be aware of the pets (especially exotic pets) in your home so they can take any needed precautions to protect themselves.
- Guests with pets? If guests ask to bring their own pets and you don't know how the pets will get along, you should either politely decline their request or plan to spend some time acclimating the pets to each other, supervising their interactions, monitoring for signs of a problem, and taking action to avoid injuries to pets or people.
- Pets that are nervous around visitors should be put in another room or a crate with a favorite toy. If your pet is particularly upset by houseguests, talk to your veterinarian about possible solutions to this common problem.
- Exotic pets make some people uncomfortable and may themselves be more easily stressed by gatherings. Keep exotic pets safely away from the hubbub of the holidays.
- Watch the exits. Even if your pets are comfortable around guests, make sure you watch them closely, especially when people are entering or leaving your home. While you're welcoming hungry guests and collecting coats, a four-legged family member may make a break for it out the door and become lost.
- Identification tags and microchips reunite families. Make sure your pet has proper identification with your current contact information – particularly a microchip with up-to-date, registered information. That way, if they do sneak out, they're more likely to be returned to you. If your pet isn't already microchipped, talk to your veterinarian about the benefits of this simple procedure.
- Clear the food from your table, counters and serving areas when you are done using them – and make sure the trash gets put where your pet can't reach it. A turkey or chicken carcass or other large quantities of meat sitting out on the carving table, or left in a trash container that is easily opened, could be deadly to your family pet. Dispose of carcasses and bones – and anything used to wrap or tie the meat, such as strings, bags and packaging – in a covered, tightly secured trash bag placed in a closed trash container outdoors (or behind a closed, locked door).
- Trash also should be cleared away where pets can't reach it – especially sparkly ribbon and other packaging or decorative items that could be tempting for your pet to play with or consume.

When You Leave the House

- Unplug decorations while you're not around. Cats, dogs and other pets are often tempted to chew electrical cords.
- Take out the trash to make sure your pets can't get to it, especially if it contains any food or food scraps.

Holiday Travel

- Whether you take your pets with you or leave them behind, take these precautions to safeguard them whenever you're traveling. Learn more about traveling with pets.
- Interstate and international travel regulations require any pet you bring with you to have a health certificate from your veterinarian – even if you are traveling by car. Learn the requirements for any states you will visit or pass through, and schedule an appointment with your veterinarian to get the needed certificate within the timeframes required by those states. Even Santa's reindeer need to get health certificates for their annual flight around the world!
- Pets in vehicles should always be safely restrained and should never be left alone in the car in any weather. Proper restraint means using a secure harness or a carrier, placed in a location clear of airbags. Never transport your pet in the bed of a truck.
- If you're traveling by air and considering bringing your pet with you, talk with your veterinarian first. Air travel can put some pets at risk, especially short-nosed dogs. Your veterinarian is the best person to advise you regarding your own pet's ability to travel.
- Pack for your pet as well as yourself if you're going to travel together. In addition to your pet's food and medications, this includes bringing copies of their medical records, information to help identify your pet if it becomes lost, first aid supplies, and other items.

Thank You Corner

"Thank you!"

Karen, RescuesForJoJo

"THANK YOU! SO APPRECIATED!"

Cyn, At Risk Intervention

"Thank you so much for what you do!!! You all are such a blessing, and we couldn't do this without you."

Rebecca, Halos Second Chance Animal Rescue

"THANK YOU!"

Kara, Feral Feline Friends of East TN

"I just keep thanking you for all the help that keeps us going and it just doesn't seem enough...."

But THANK YOU!

Annette, Almost Home Animal Rescue

"Thank you all so much."

Amy, PetPath

"Thank you very much. You guys are awesome."

Sue, Humane Society of East TN

"Yay! Thank you guys!"

Angela, East Tennessee Miniature Horse and Donkey Rescue"

"I am so forever grateful for everything you do!"

Stacey, Roane County Animal Shelter

"Thank you from the bottom of my heart."

Karen, Dames for Danes

"Thank you, thank you!"

Carla, Fighting for the Bullies Pit Bull Rescue"

"Thank you, and thank the board!"

Jen, Big Fluffy Dog Rescue

"xoxoxoxoxo Thank you!"

Patricia, Friends of Campbell County Animals

"Thank you so much, and Rusty thanks you, too!"

Lisa, Senior Dog Lodge & Animal Rescue

"Thank you, HPAN!"

Michelle, A Chance for Champ

"THANK you so much!"

Wendy, East TN Pit Bull Rescue

"Yeah for the help! Thank you!"

Holly, The Stray Connection

Thank you so much, HPAN! Candy and I appreciate you!

Kimmey, Loudon County Friends of Animals

"Omg...Best news! Always grateful for your help"

Sophie, Young Williams Animal Center"

