

HONEOYE FALLS VETERINARY HOSPITAL

Summer Newsletter

SUMMER HIKING SPOTS

Letchworth State Park: Mt. Morris

Letchworth, a.k.a the Grand Canyon of the East, offers 66 miles of trails overlooking the glen, waterfalls, and forest. A Nature Center and Autism Trail help to educate on the history of the land, conservation, and bring nature close to those with sensory concerns.

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Lincoln Park: Rochester

On the east shore of Irondequoit Bay, Lincoln Park offers a quiet getaway for walking, hiking, and spending the day out on the water.

With a beautiful view of Irondequoit Bay, this park is a favorite of our staff members.

Grimes Glen: Naples

Known for its waterfalls and oldest fossilized tree in NY, Grimes Glen is a wonderful hike to take on a hot summer day. Many hikers are found walking in the creek and climbing the several 60' waterfalls. The hike starts with a nice trail, but leads into walking the creek toward the end. Be prepared for a more adventurous trip.

HOT WEATHER TIPS

DO'S AND DON'TS

As we anticipate the sunny, warm weather, be prepared for the dangers of the heat!

Don't leave your pet in a car even if it is in the shade or the windows are down and here's why...

Watch out for hot pavement as it can burn paw pads

Don't excessively exercise your pet

Don't take dog for a run in the middle of the day

vehicle temperature		
outside F°	inside F°	
	10 mins	30 mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°



Keep your pet inside, if it is excessively hot

Make sure there is a shady area to escape

Provide dog with paddling pool to cool down

Make sure your pet has 2 bowls of fresh water

Have a spray bottle or hose available to wet dog if panting heavily

Heat Stroke: Warning Signs



1. DROOLING
2. REDDENED GUMS
3. VOMITING
4. DIARRHEA
5. MENTAL DULLNESS OR LOSS OF CONSCIOUSNESS
6. UNCOORDINATED MOVEMENT
7. COLLAPSE
8. OPEN MOUTH BREATHING, RAPID BREATHING
9. SKIN FEELS WARMER THAN USUAL
10. LYING ON FLAT COOL SURFACES



Animals Most at Risk

Caged animals who cant reach a cooler area

Dogs that Exercise Excessively



Short snout Breeds: Pug, Bulldogs, etc.



Elderly or Ill Pets

Overweight pets

Cats with shortened faces: Persians, etc.



Pets with Heart Conditions



WORKING DOGS IN THE COMMUNITY



Therapy Animal

Function: Therapy animals provide people with therapeutic contact, usually in a clinical setting, to improve their physical, social, emotional, and/or cognitive functioning.

In the next few newsletters, we will be spotlighting the four-legged heroes of our community and what their job entails. Come join the adventure!

Therapy work involves volunteers visiting various locations such a nursing homes, classrooms, libraries, assisted living centers, hospices, schools, and shelters.

Health Benefits

Mental:

1. Petting releases an automatic relaxation response in humans (release of oxytocin, prolactin, serotonin to help elevate mood)
2. Reduces loneliness
3. Reduces anxiety (slows breathing, etc.)
4. Increase mental stimulation (recall, helps event sequencing, and recovery from head injuries)
5. A catalyst in therapy process (ice breaker, help to share memories, stories, etc.)

Physical:

1. Decrease blood pressure to improve cardiovascular health.
2. Can reduce or eliminate the need for medications in certain circumstances.
3. Relaxation during exercise (more motivated, less stressful environment, etc)
4. Increased language and communication skills in therapy sessions for autism children compared to standard therapy sessions.

EFFECT ON CHILDRENS GROWTH

- Helps to build confidence and prevent fear of judgement
- Prevents social isolation through learning and developing social skills
- Increase trust and capacity for empathy
- Increases and enhances executive functioning

DID YOU KNOW?

SIMPLY THE PRESENCE OF A THERAPY DOG PROMOTES HIGHER CONCENTRATION AND MOTIVATION: AS WELL AS RELAXATION IN HIGH STRESS ENVIRONMENTS

We would love to hear your experiences or questions! Email: info@honeoyefallsvet.com

Therapy Dog: Meet Ally

We are honored to have several clients who have trained Therapy Dogs



What about ally's personality makes her a great therapy dog

Ally was rescued from an abandonment case where she was found with a litter of puppies. From the beginning of her time with her new family, she had such a motherly and caring personality. This is what Rick believes makes her such a wonderful therapy dog

What is a visit like for Ally?

When walking in, Ally is often greeted by friends who are happy to say hello. Ally knows exactly where to go when walking into the building and will lead her handler, Rick, over to the rooms that she always visits. She knows exactly who loves to see her, who wants to come pet her, and who is more hesitant. Being a therapy dog, Ally will lay down with children as they read to her walk around from friend to friend to say hello or give kisses.

What Makes the work worth it?

Seeing the effect Ally's presence has on children and adults alike is what truly makes it worth the time and commitment.

Seeing the patients of these places always eagerly waiting to visit with Ally is wonderful. Often times she has a schedule, so patients know exactly when she is coming and are ready to greet her!

Name: Ally Hartt (Handler: Rick Hartt)

Age: 8 Years old

Years as a Therapy Dog: 7 years (starting in 2015)

Number of visits: Over 400 Visits

Where do you Visit: Happiness House (Canandaigua, Geneva), CP of Rochester (Adult program), Monroe County ARC, Benedict House



What kind of training does Ally have?

Ally is trained and certified as a therapy dog through Bright and Beautiful Therapy Dogs, one of the 6 AKC recognized programs. In addition, she is also AKC trick trained and uses her skills in her work to perform for patients who may be hesitant to touch or just want to see her.

Hydration Awareness Month: July

With the warm weather right around the corner, it is critical to keep our friends safe from dehydration. Dehydration can lead to some dangerous situations including urinary blockages in cats, and in serious cases; seizures and comas in dogs.

Dehydration Symptoms:

- LOSS OF APPETITE
- REDUCED ENERGY LEVELS
- LETHARGY
- PANTING
- SUNKEN, DRY- LOOKING EYES
- DRY NOSE AND GUMS
- LOSS OF SKIN ELASTICITY

Concerned about dehydration?

Try the elasticity test

Skin Elasticity Test:

Gently pinch the animal's skin between shoulders or on back between thumb and forefinger, then release.

←—————→
In well-hydrated dogs, the skin will snap back quickly. In dehydrated pets, it will take more than 1-2 seconds to return to position.

AS MUCH AS 80% OF A PETS BODY IS WATER VS. 55- 65% OF HUMANS BODY IS WATER.
ON AVERAGE ANIMALS SHOULD BE DRINKING 1- 4 OZ OF WATER FOR EVERY LBS OF BODY WEIGHT.

HYDRATION TIPS

1. Replace and clean water bowls regularly to avoid bacteria growth
2. Consider adding wet food or supplement fresh raw fruits or vegetables into diet to increase water intake
3. Some pets prefer moving water. Try a pet fountain to keep water circulating and fresh
4. Have multiple bowls of water available around the house