

## Adopt A Husky, Inc.

"Saving one dog won't change the world, but surely the world will change for that one dog."



# NEWS YOU CAN USE



September/October 2007

## Physical and Mental Stimulation

Article Courtesy of [ASPCA](#)

Dogs need to be stimulated, both mentally and physically. Most breeds of dogs were developed to perform specific jobs for people, such as guarding, herding and hunting—work that demands great physical stamina and intense mental concentration. Without a "job" to do every day, our companion canines can become bored—at the very least. In general, a stimulated dog is a better-behaved dog. If the dog is physically spent, he is much less likely to engage in a variety of problem behaviors.

### Physical Exercise:

Most dogs benefit from a minimum of two outings a day. If the dog is trained to come when called, it's ideal if you can exercise him off-leash in a safe area. The first outing of the day should be 45-60 minutes, early in the morning, especially if the dog is going to be left alone all day. The second outing can be shorter, around 30-45 minutes. Strenuous aerobic exercise is best, such as off-leash running/play with other dogs, running alongside a bicycle, swimming, playing fetch games, accompanying a jogger, or running on a treadmill. (Yes, there are treadmills specifically made for dogs, but canines can also be trained to run on human treadmills.)

If your dog is a habitual couch potato, check with your veterinarian before starting an exercise program. You'll need to build your dog up gradually, the same as you would with a person unaccustomed to exercise. Puppies who are still growing should never be made to do any exercise or activity in which they are forced to keep moving. Playing with other puppies or people is the best exercise for a puppy. If your dog has hip dysplasia or some other type of physical problem that limits his ability to exercise, swimming is an excellent option.

### Mental stimulation:

Dogs enjoy searching and working for their food, so rather than simply giving your dog his food in a bowl, give him his dinner in a Kong, a Goodie Ship, or a Buster Cube. Hide small containers of food around the house and let him find them. Take his bowl of food and toss the kibble into the backyard so he has to snuffle around in the grass to find it.

Training is another excellent way to stimulate a dog's brain. You can practice basic obedience behaviors, teach tricks, or set up a few obstacles in your backyard for your dog to navigate. Short sessions of 5-



Wyse (now known as Sepp) in his forever home.

## MARK YOUR CALENDAR

### OH EVENTS

**October 6** 5th Annual  
Husky Hike, Strongsville,  
OH

### HAPPY TAILS

*Recent fosters that have found their forever homes.*

Digi (WI) July 29  
Dell (OH) July 29  
Rosie (WI) Aug. 3  
Wyse (WI) Aug. 5  
Regis (WI) Aug. 5  
Arsenio (IL) Aug. 5  
Kathy Lee (WI) Aug. 8  
Fisher (MO) Aug. 12  
Castaway (WI) Aug. 16  
Nutmeg (MO) Aug. 18  
Lenovo (WI) Aug. 18  
Cinderella (OH) Aug. 25  
Nepeese (OH) Aug. 25  
Jack (IL) Aug. 25  
Kotura (IL) Aug. 28  
Excel (IL) Aug. 29  
Cuba (OH) Sept. 8  
Pahana (IL) Sept. 14  
Carson (WI) Sept. 14  
Alabama (WI) Sept. 16

10 minutes once or twice a day are best. Keep it light and fun for the dog, with plenty of rewards for good behavior. There are unlimited activities that you and your dog can become involved in together, such as agility, flyball, tracking, search and rescue, pet visitation, clicker training, herding, freestyle dancing, etc. Ask your local Certified Professional Dog Trainer for guidance.

*Article Courtesy of [ASPCA](#)*

Nutro (OH) Sept. 17  
 Rachel (IL) Sept. 21  
 Nassau (IL) Sept. 23  
 Langdon (IL) Sept. 23  
 Nevis (IL) Sept. 23  
 Karma (IL) Sept. 23  
 Denali (MO) Sept. 29

## Jewel Shop 'n Share Days

Please help us save Siberians in need! Support our Jewel Shop 'n Share days!! It's simple, just [CLICK HERE](#) to get the coupon and present it at your local Jewel/Osco store register when you check out on October 15th, 16th and 17th. Thank you for your support!!!!

## Foster Spotlight: Cobalt, IL Foster

Meet Cobalt!

Cobalt is a one and half year old male looking for his forever home. He is learning to heel, sit, down, and stay, along with other basic commands, and is doing great! He is a typical Siberian Husky and loves everyone he meets. He loves to snuggle, but don't let that fool you -- he does have a high energy level, but with a little exercise he will gladly curl up beside you to watch your favorite movie. Cobalt is living in a home with two female and one male



Siberian Huskies and plays very well with all of them. He especially likes to play fetch with the ball, although in typical Siberian style will not always bring it back to you...he will run around expecting you to come and get it from him!

Cobalt had a couple of seizures over the summer, and the vet thought it best to put him on a low dose of meds. Since then, he has been seizure free and has been waiting for a family to call his own.

Could you be the home Cobalt has been looking for? Would you like to read Cobalt's full bio, then [click here](#).

Interested in adopting Cobalt or another rescued Siberian, please read our [adoption process and fill out our online adoption application](#).

Can't adopt, but would like to sponsor a Siberian in need? Please email us at [adoptahusky@adoptahusky.com](mailto:adoptahusky@adoptahusky.com) for more information on how to sponsor one of our rescued Siberians.

## What You Should Know About Household Hazards to Pets

Article Courtesy of [American Veterinary Medical Association](#)

December 2005

Every home contains a variety of everyday items and substances that can be dangerous or even fatal if ingested by dogs and cats. You can protect your pet's health by becoming aware of the most common health hazards found in many pet-owning households.

## HAZARDS IN THE KITCHEN

### Foods

Many foods that are perfectly safe for humans could be harmful or potentially deadly to dogs and cats. To be safe, keep the following food items out of your pet's menu:

coffee grounds	grapes/raisins
chocolate	onions
yeast dough	tea
macadamia nuts	alcohol
fatty foods	salt
avocado	garlic
chewing gum, candy and breath fresheners containing xylitol	

Always keep garbage out of a pet's reach, as rotting food contains molds or bacteria that could produce food poisoning.

### Cleaning Products

Many household cleaners can be used safely around cats and dogs. However, the key to safe use lies in reading and following product directions for proper use and storage.

For instance, if the label states "keep pets and children away from area until dry," follow those directions to prevent possible health risks. Products containing bleach can safely disinfect many household surfaces when used properly, but can cause stomach upset, drooling, vomiting or diarrhea, severe burns if swallowed and respiratory tract irritation can occur if inhaled in a high enough concentration. In addition, skin contact with concentrated solutions may produce serious chemical burns. Some detergents can produce a similar reaction, and cats can be particularly sensitive to certain ingredients such as phenols.

As a general rule, store all cleaning products in a secure cabinet out of the reach of pets and keep them in their original packaging, or in a clearly labeled and tightly sealed container.

### Insecticides/Rodenticides

As with household cleaners, read and follow label instructions before using any type of pesticide in your pet's environment. For example, flea and tick products labeled "for use on dogs only" should not be applied to cats or other species, as serious or even life-threatening problems could result. Always consult with your veterinarian about the safe use of these products for your pet.

If a pet ingests rat or mouse poison, potentially serious or even life-threatening illness can result; therefore, when using any rodenticide, it is important to place the poison in areas completely inaccessible to pets.

## HAZARDS IN THE BATHROOM

**Medications**

Medications that treat human medical conditions can make pets very sick. Never give your pet any medication unless directed by your veterinarian. As a rule, the following medicines should be tightly closed and stored in a secure cabinet above the counter and away from pets:

Non-steroidal anti-inflammatory drugs such as aspirin, ibuprofen or naproxen

Acetaminophen    Diet Pills    Antihistamines    Cold Medicines    Vitamins

Antidepressants    Prescription Drugs

**Soaps and other Sundries**

Bath and hand soaps, toothpaste and sun blocks should also be kept away from your pets. They can cause stomach upset, vomiting or diarrhea. Keep toilet lids closed to prevent your pets from consuming treated toilet bowl water that could irritate their digestive tract.

**HAZARDS IN THE BEDROOM AND LIVING ROOM**

While they may smell good, many liquid potpourri products contain ingredients that can cause oral ulcerations and other problems, so keep them out of the reach of your pets.

Just one mothball has the potential to sicken a dog or cat and mothballs that contain naphthalene can cause serious illness, including digestive tract irritation, liver, kidney and blood cell damage, swelling of the brain tissues, seizures, coma, respiratory tract damage (if inhaled) and even death (if ingested). Tobacco products, pennies (those minted after 1982 contain zinc) and alkaline batteries (like those in your remote controls) can also be hazardous when ingested.

**HAZARDS IN THE GARAGE AND YARD****Antifreeze, Herbicides and Insecticides**

Ethylene glycol-containing antifreeze and coolants, even in small quantities, can be fatal to both dogs and cats. While antifreeze products containing propylene glycol are less toxic than those containing ethylene glycol, they can still be dangerous. In addition to antifreeze, other substances routinely stored in the garage including insecticides, plant/lawn fertilizers, weed killers, ice-melting products and gasoline also pose a threat to your pet's health if ingested.

When chemical treatments are applied to grassy areas, be sure and keep your pet off the lawn for the manufacturer's recommended time. If pets are exposed to wet chemicals or granules that adhere to their paws, they may lick it off later; stomach upset or more serious problems could result.

**Paints and Solvents**

Paint thinners, mineral spirits, and other solvents are dangerous and can cause severe irritation or chemical burns if swallowed or if they come in contact with your pet's skin. While most latex house paints typically produce a minor stomach upset, some types of artist's or other specialty paints may contain heavy metals or volatile substances that could become harmful if inhaled or ingested.

**Plants - Inside or Around the House**

There are many household and yard plants that can sicken your pet. Some of the most commonly grown greenery that should be kept away from pets include:

- Lily of the Valley, oleander, azalea, yew, foxglove, rhododendron and kalanchoe may cause

heart problems if ingested.

- Rhubarb leaves and shamrock contain substances that can produce kidney failure. Certain types of lilies (*Lilium* and *Heimerocallis* species) are highly toxic to cats, resulting in kidney failure — even if only small amounts are ingested.
- Sago palms (*Cycad* species) can cause liver damage, especially if the nut portion of the plant is consumed. Additionally, fungi such as certain varieties of mushrooms can cause liver damage or other illnesses.

A few other potentially harmful plants include philodendron, corn plant, castor bean, mother-in-law's tongue, Hibiscus and hydrangea.

For a complete listing of common toxic and non-toxic plants, visit [www.apcc.aspca.org](http://www.apcc.aspca.org).

## OTHER HOUSEHOLD HAZARDS

Small items that fall on the floor can be easily swallowed by a curious cat or dog. Such items include coins, buttons, small children's toys, medicine bottles, jewelry, nails, and screws. The result may damage your pet's digestive tract and the need for surgical removal of the object.

While electrical cords are especially tempting to puppies who like to chew on almost anything, even an adult dog or cat could find them of interest; burns or electrocution could result from chewing on live cords. Prevent this by using cord covers and blocking access to wires.

## HOLIDAY HAZARDS

Don't forget that holidays and visitors can pose a special challenge to your pets. Discourage well-meaning guests from spoiling pets with extra treats and scraps from the dinner table. Fatty, rich or spicy foods can cause vomiting and diarrhea and lead to inflammation of the pancreas. Poultry or other soft bones can splinter and damage your pet's mouth or esophagus.

While trick or treating is fun for children, it can be hazardous to pets. Halloween treats such as chocolate or candy sweetened with xylitol can make a harmful snack. Certain Halloween and Christmas decorations (especially tinsel, ribbons and ornaments) also pose a hazard to pets, so make sure nothing is left on the floor or on tables within reach.

String-like items can damage your pet's intestine and could prove fatal if not surgically removed. While poinsettia is not deadly as popular legend would have it, it could still cause an upset stomach if consumed. Holly and mistletoe are especially dangerous plants. Christmas tree water treated with preservatives (including fertilizers) can also cause an upset stomach. Water that is allowed to stagnate in tree stands contains bacteria that, if ingested, could lead to nausea, vomiting and diarrhea.

Small items that fall on the floor can be easily swallowed by a curious cat or dog. Such items include coins, buttons, small children's toys, medicine bottles, jewelry, nails, and screws. The result may be

### *A Special Note of Caution to Bird Owners*

Just like dogs and cats, most hazards listed here apply to your pet bird, particularly if it is allowed to roam freely outside of its cage. In addition, birds have unique respiratory tracts that are especially vulnerable to inhaled particles and fumes from aerosol products, tobacco products, certain glues, paints, air fresheners and any other aerosolized matter. Birds should never be allowed in areas where such products are being used. As a rule, birds should never be kept in kitchens because

cooking fumes, smoke and odors can present a hazard.

## WHAT TO DO IF YOUR PET IS POISONED

*Don't wait!* Time is critical for successfully treating accidental poisoning. Pick up the phone and call your veterinarian or the ASPCA Animal Poison Control Center (1-888-426-4435; a consultation fee may apply). Be prepared to state your pet's breed, age, weight and any symptoms. Keep the product container or plant sample with you to assist in identification so the appropriate treatment recommendations can be made.

---

For more information about pet poisons,  
visit the ASPCA Poison Control Center  
[www.apcc.aspc.org](http://www.apcc.aspc.org)

*This information has been prepared as a service by the American Veterinary Medical Association. Redistribution is acceptable, but the document's original content and format must be maintained, and its source must be prominently identified.*

## Volunteer Spotlight: Amie, OH Volunteer

**Name:** Amie

**Hometown:** Cleveland, OH

**Family (including pets):** Husband Eric and Siberian Husky Stephanie

**How did you get involved with rescue?** I went to the 2005 Husky Hike and signed up to be a volunteer

**What is the best thing about volunteering for AAHI?** Hearing how great our adopted dogs are doing in their new homes. I always call the adoptive family a few days after an adoption to make sure everything is going okay. I love hearing how happy the new dog has made them and how well he's doing in his forever home.

**Most memorabl foster dog and why:** Koda, aka Kokomo. He was an owner surrender from an abusive situation. He was only 10 months old and very skittish. I had to be careful not to yell or make sudden movements, because he was scared of everything. But, at the same time he was a goofy, silly puppy who loved to play and craved attention.

**What are your interests/hobbies outside of Siberian rescue?** Golf, entertaining and reading.

**One thing that may surprise us to know about you:** I was a DJ for my college radio station.

**What book are you currently reading?** "High Five" by Janet Evanovich

**What would you like to say to fellow AAHI volunteers and to those people thinking of volunteering with AAHI?** Please do. 1000s of dogs are depending on you.

Thank you Amie for opening your home to AAHI's foster dogs and for volunteering your time to help save Siberian lives!!!!!!

CONGRATULATIONS TO . . .

- all of our recent adopters on the addition of a furry family member and to our fosters that have found their "forever home!"

THANK YOU TO . . .

- all of the AAHI volunteers that have volunteered at recent events, transported dogs and helped with home visits!
- all of AAHI's supporters: without you, we wouldn't be able to help Siberians in need!
- Lois (WI) and Amie (OH) for helping with this newsletter!

To print this newsletter in PDF format [CLICK HERE](#). You will need Adobe Acrobat Reader.