



BIDE AWHILE ANIMAL SHELTER NEWS

FALL 2013 ISSUE



PRESIDENT'S MESSAGE

At Bide Awhile, we believe both human and animal lives are enhanced when they come together – this edition is dedicated to the ways our furry companions enrich our lives on a daily basis.

One of the most amazing sounds is that of a cat purring. There is nothing like it and in my opinion nothing better, which is a good thing since my cat Bobbi purrs alot!

She purrs to greet me when I get home from work at the end of a long day. She purrs really loudly and clearly first thing in the morning, or in the middle of the night when she wants to wake me up! She sits next to my head on the pillow and just turns the volume up! She even purrs while she is eating which always makes me laugh.

There have been many theories over time but most scientists agree that purring begins in the brain of a cat. A "message" is sent to the muscles of the cat's vocal chords causing them to twitch at the rate of 25 - 150 vibrations per second. As the cat inhales and exhales, the vocal chords separate and come together suddenly and the result is the purring sound we hear. Depending on the actual mood/physical status of the feline in question a cat's purr

One of the most amazing sounds to me is the sound of a cat purring.

Nancy Mansfield

can range from a deep rumble to a raspy, broken sound, to a higher pitched noise.

A cat's ability to purr is instinctual and may offer health benefits to the pet as well as its owner.

Why Cats Purr

- **Maintain Self-Health** - Any cat owner will admit that their cat spends about 2/3 of each day sleeping. It has been proposed that purring helps them to maintain good bone and muscle health given their general lack of physical activity—short bursts only!
- **Promote Self-Healing** - There is proof that sound frequencies in the range typically demonstrated by cats improves bone density and promotes healing. Feline—heal thyself!
- **Heal their humans** - Cats share the benefits of purring with the humans whose lives they share. Felines are often used as Therapy Animals in convalescent hospitals and retirement homes. It is an accepted fact that cat owners have lower blood pressure.

Purring is an auditory stimulus that is attributed to peacefulness and calmness and rightly or wrongly people interpret it as something positive. This in turn gives us positive reinforcement for what we are doing and can contribute to the whole relaxation effect when we interact with our cats.

SEASONS GREETINGS

Bide Awhile Animal Shelter Society, its Board of Directors and staff warmly invite you our members, supporters, donors, volunteers & friends - to attend our annual

HOLIDAY OPEN HOUSE

 Sunday, December 8, 2013
1:00 p.m. - 4:00 p.m.
67 Neptune Crescent, Dartmouth

Finally, cats may purr to communicate with us—another tool in their communications toolbox for those of us who have not yet mastered CATONESE!

*Nancy Mansfield,
President*

 Help a furry friend...
BUY YOUR 2014 CALENDAR TODAY!

\$10



TWO CHANCES TO WIN \$500!
Each calendar purchased gives you an entry form for two chances to win \$500! See calendar for details.

A full list of outlets is available on www.bideawhile.org, or you can pick up a calendar at Bide Awhile. Just \$10 each and that includes an entry form.



EXECUTIVE DIRECTOR'S MESSAGE

Let's not ever forget the important roles dogs and cats play in our lives. One of those roles is that of a therapy dog or cat helping people in their time of need. They give miraculous comfort, encouragement and healing to people who are suffering from either physical or emotional pain. For 25 years, on a daily basis, I have seen the comfort that cats and dogs bring to the lives of their owners.

A number of years ago, an older gentleman named Joseph showed up at Bide Awhile's door and wanted to know if he could speak with me. He explained that he lived alone but the time had come that he needed to go

into assisted living. While we were talking he started to cry. He had befriended a stray cat on the street that he had taken into his home. This cat quickly became a very important part of his daily life. Joseph knew he could no longer live on his own but he couldn't imagine how he could move if not allowed to take his cat.

Furthermore, he wondered what would happen to this cat that had become such an important part of his life. I promised him

I could fill a book with stories of how cats and dogs have helped people in their lives.

Darroll Gould

that when it came time to move I would take the cat at Bide Awhile. However, this didn't solve the problem entirely. Joseph really wanted to maintain some kind of contact with his cat. If the cat was adopted how would he know the cat was okay?

Joseph was a man I will never forget. His cat was truly his life. It was arranged that he could come to our shelter and visit the cat every week. To no surprise he came to visit regardless of the weather.

The day came when I had to tell him that I had found a new home for the cat. He was happy his cat had found a new home but heartbroken at the same time at the thought of not seeing his cat again. As it turned out luck was on our side and the lady who adopted the cat allowed him to visit, and happily he did.

A few years later Joseph had to have both his legs removed and mobility became an issue so he couldn't visit his cat anymore. We arranged for one of our volunteers to visit him with Bud, our shelter cat, who had spent 18 years living at Bide Awhile and was well known to Joseph. These were happy visits and always lifted his spirits.

This is just one story about a man and his cat and how they both needed each other at different times in their life. I could fill a book with stories of how cats and dogs have helped people in their lives. When these animals need our help, we must be there. They are always there for us when we need them.

*Darroll Gould,
Executive Director*

PET VISITATION

The William and Corinne Hopgood Pet Visitation Program

Nursing homes have been a part of my life for many years. My grandfather, who had a major stroke when I was young, had to be moved to a home when my family could no longer care for him. Due to his mobility and other health issues, for 10 years his days consisted of breakfast, spending time in the lounge watching the birds outside, lunch, then watching TV or joining an activity, supper, more TV or an activity, and then off to bed.

The home was a two hour drive from the family so we could only visit on weekends, and when life got busy it wasn't every weekend and only for a few hours sometimes when we could visit. When we did visit we



took our dogs. I think my grandfather was just as happy to see the dogs as he was to see us.

When the Pet Visitation Program needed help I knew it was something that I wanted to do. I know how special it is to the residents to not only have people visit and talk but to interact with an animal. Spending time with the cats and watching the kittens

play has become part of the routine that the residents now look forward to, so much that they now gather and anxiously await our visits. Not only do our visits provide a social event for the residents and help eliminate the boredom, petting the kittens can relieve stress and lower heart rates.

At one senior's residence, they held a special event pertaining to our visit; a Cat Show complete with awards for the longest whiskers and loudest purr. Everyone had a fabulous time! The homes we visit are wonderful and have fantastic staff who have welcomed us. Both humans and felines are making new friends!

If you are interested in volunteering with the William and Corinne Hopgood Pet Visitation Program please contact Stacey at: stacey1@eastlink.ca

Service dogs are trained to know when they are on duty. When their harness is on, they know it's business time. When you take it off, the pups immediately become playful and energetic.



ADOPTION STORIES

A New Family for Stella



We adopted Stella a year and a half ago. I still remember bringing her home, she could fit inside my jacket with lots of room to spare. We already had two cats as well as two children, one being quite young, so naturally our biggest concern would be if she would fit into the mix.

We could tell the first day we brought her home she was the perfect addition to our family. Stella is silly, sweet, gentle and absolutely wonderful with our girls. She is playful when the time is right, yet loves to curl up in bed with any one of us....so long as she is covered up nice and snug.

We could tell the first day we brought her home she was the perfect addition to our family.

Sadly, we are now down to only one cat but they are the best of friends. When they are not chasing each other around, you will find them curled up on the couch taking turns cleaning each other.

Juanita Haley

Charlie's Forever Home



When I adopted Charlie from Bide Awhile Animal Shelter in February, 2006, I was told that he had been an abused cat. This was obvious by how scared Charlie was. After moving into my house he hid in a bedroom for three months and wouldn't come near me for five months. Slowly he began trusting me and allowing me to pat him.

After seven years he is still nervous occasionally but he is a happy cat who chases the laser pointer, sits on the back of my chair, enjoys the company of his kitty

Want to be on Our Board?

We are recruiting board members for the 2014/15 year.

If you would like to participate in our organization and have real world skills and leadership that you can bring to the table, please send a resume. Contact Darrold Gould at (902) 469-9578 or darroldgould@bideawhile.org.

roomates and purrs when receiving head and back rubs. The following are the last lines from the book "Black Beauty" and remind me of him:

"I have nothing to fear.
And here my story ends.
My troubles are all over.
And I am home".

Sarah Lynn Dawson



Get a holiday photo taken with your pet at our Open House - full details on www.bideawhile.org

OUR NEW WEBSITE

We have a fresh new design for our website and a reorganization of content. We'd love you to check it out!

We decided to redesign and rebuild the website because it was built on older technology and it wasn't easy to edit or update. Because of this we had limited ability to get current information out to our audiences. It was also time consuming to update the

animals for adoption on the site so that section was often not current.

The old website had a very dated design and we felt it didn't reflect the current direction of Bide Awhile. We decided to keep the existing Bide Awhile logo and branding. A few firms were asked to submit bids and a designer was chosen.

The designer had the opportunity to tour the shelter to get a good feel for the atmosphere and everything we offer, and he used that as inspiration for the new

design. We felt that the shelter's online presence should reflect the same look and feel that someone would experience when coming into the shelter. We were aiming for consistency as the shelter facilities and the new building were up-to-date and the site was not. The idea was to make the site easier to navigate and find information.

We hope you return to our new website often to read about our latest projects, events and to see the animals that are available for adoption.

Cats sleep 16 to 18 hours per day. When cats are asleep they are still alert to incoming stimuli. If you poke the tail of a sleeping cat, it will respond accordingly.



SCIENTIFIC STUDIES - EFFECTS OF PET OWNERSHIP

- decreased depression
- lowered blood pressure
- elevated serotonin and dopamine
- lowered triglyceride levels
- longer heart attack survival rate
- pet owners over age 65 have 30% less doctor visits
- reduction in muscle tension and pulse rate



BENEFITS OF PET OWNERSHIP

If you're Happy and You Know it,
You Probably have Pets

Most pet owners know that there are immediate joys that come from sharing their lives with a companion animal. We also know that animals that are formally trained as service, guide or therapy animals provide their human counterparts with assistance in a variety of important ways.

Did you know that there are also physical and mental health benefits that accompany the pleasure of snuggling up to a furry friend and experiencing the human/animal bond?

Why? One theory is that pets fulfil a basic human need for touch and companionship.



There are so many ways our animal friends give back to us! See for yourself, and snuggle up with a furry friend today. Sitting with a purring cat? Playing with a puppy with floppy ears? You can feel the stress of the day just melting away!

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animal friends give back to us.

Pets can spark us to make healthy lifestyle changes by:

- Motivating us to exercise
- Providing companionship
- Ease loneliness and depression
- Meeting new people
- Reducing anxiety

What about pets and older adults?

Pets can help play a role in healthy aging. Caring for an animal may help seniors find new meaning and joy in life, stay connected and boost vitality.

What about pets and children?

Children who grow up with pets tend to have less allergies and asthma. They learn to take responsibility and experience empathy.

Pets are never critical or judgemental; consequently, they can be a source of emotional security. Children interact with animals more openly than with adults or other children. Similarly, pets can help children regulate stress and calm themselves, making them better equipped to overcome learning and emotional challenges.

Playing with pets can be a great way to exercise and can help children stay alert and attentive and combat stress.

Reading to pets encourages confidence and boosts self-esteem in children who struggle to read aloud in class, thereby advancing literacy.

THANKS TO OUR SPONSORS

Quantum
COMMUNICATIONS

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Health Nutrition For Cats & Dogs

FUNDRAISING UPDATES

Have you ever thought about hosting your own fundraiser to help Bide Awhile? A birthday party for your cat, yard sale, mini bake sale at work, wine & cheese party – there's no end of fun ways to bring friends together to support a great cause.

Visit our website for more ideas on how you can help by fundraising at :
www.bideawhile.org.

Save the date. Join us on March 30th for our 3rd annual evening of music, comedy and fun at Grafton Street Dinner Theatre. Stay in touch with us at www.bideawhile.org for ticket information and event details. Be prepared to laugh!

A huge thank you goes out to the dedicated volunteers and supporters who made our Golfing and Bowling for Critters events such successes this year. Both events were staged in new venues – we golfed at Lost Creek Golf Club in Beaver Bank and bowled at Bowlarama on Bayers Rd. in Halifax. Staff at both events were incredibly welcoming and helpful.

Golfing for Critters raised over \$4000 and we gave out \$3500 in donated prizes. **We want to thank our sponsors:** Presenting Sponsor: Benchmark Investment Consulting; Hole Sponsors: Surrette Battery, Belfor Property Restoration, Halifax Global, Grant Thornton, Cominar REIT, the Investors Group and everyone who donated the prizes. A very special thank you goes to Ryan and the team at Lost Creek.

This year Bowling for Critters raised \$13,000 and we gave out many valuable donated prizes and packages. We had 62 bowlers and everyone had a great time. Thanks to Leitash Canine Academy for bringing the bowling dogs and the staff at Bowlarama who were very accomodating.

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