

THE STORY OF STELLA

In April 2013, a stray tortoise shell cat was brought to then Cocheco Valley Humane Society. Over the course of seven years Stella was adopted and returned four times due to



aggression. After her last return in July 2020, we could see that Stella just wanted to live on her terms. Slowly she allowed staff and volunteers to befriend her. From the descriptions of her past homelives, was this the same cat? We were told she lived under the couch, hissing, biting and had no desire for human contact. Treats, pets, a bit of catnip and time were the keys to her heart.

Possible adopters came and went but fearing her past, did not give Stella a second glance. On November 27, 2020, a potential adopter fell in love and brought Stella into her nice quiet home as a foster with hopes of adoption. Within 24 hours she sent pictures of Stella on her lap. Stella continues to thrive in her new home and was officially adopted on December 30, 2020.



What Collar, Leash or Harness is Best for my Pet?

By Amy Drapeau, Shelter Manager

There are thousands of collars, leashes, and harness to choose from these days. Looks from fashionably fabulous, to rugged tough, to simple and effective. In the shelter our main concern is safety and control. There are pros and cons as well as varying opinions on each device.

What do we use? At PMHS-CV we use Martingale collars, Easy Walk and Freedom harnesses or Gentle Leaders.

A martingale is a type of dog collar that provides more control over the animal without the choking effect of a slip collar. It is made with two loops. The larger loop is slipped onto the dog's neck and a lead is then clipped to the smaller loop. When the dog tries to pull, the tension on the lead pulls the small loop taut, which makes the large loop smaller and tighter on the neck, thus preventing escape. Properly fitted, the collar will be comfortably loose whenever the dog is not pulling against the leash.

The Easy Walk Harness gently discourages dogs from pulling on the leash. When the dog pulls, the harness steers him/her to the side and redirects their attention toward you. The harness rests across the dog's chest instead of their throat, so there is no choking or gagging.

Gentle Leaders steer the dog's head so that his/her body must follow. It offers extra control for very strong dogs, smaller handlers, or those with multiple dogs. Gentle Leaders are also helpful to deter jumping, and lunging.

Now for the leash or lead. Always choose a leash that can withstand the pull of the dog it is being attached to. Never use a small thin leash for a large dog that is capable of snapping or chewing through it quickly. Our preference are

great leashes from Max and Neo. They are durable and have multiple loops for handling.

Any of these devices can be effective on their own for most dogs. In the shelter we prefer to use two methods of control. At intake, every dog is fitted with a martingale collar and when out on walks they are harnessed with the leash attached to both the collar and harness.

So, what about retractable leashes?

Retractable leashes can extend over 20 feet. This is great for allowing your dog more freedom, but if a dangerous situation were to occur, this distance can be too far to maintain complete control. Examples would be if your dog were to get spooked and ran into traffic, or if an aggressive dog whose owner was not in control were to approach your dog.

Other reasons we do not recommend retractable leashes, are they tend to break easily, the diameter of the lead is small and can get tangled with your dog and cause rope burns, and they have a bulky handle that may be difficult to hold. Lastly, if the handle is dropped it may scare the dog. The bulky handle hitting the ground behind them can continue to scare them causing them to run in fear. It may not cause physical harm, but could cause fear not only of leashes, but going for walks.

Whatever method you chose, safety and control are the goals. Always check for any signs of wear and tear that could inhibit the functionality of the collar, harness, or leash. Be safe and most importantly enjoy your new family member.

Humane Education during COVID: Finding Creative Ways to Connect with our Community

Due to the pandemic, our Humane Education team has not been able to do its usual visits to schools, libraries, and retirement communities. But with the help of our veterinary team and our PMHS volunteers, we've been able to create learning opportunities for our community through online programming. Last year, we provided weekly animal-centered story time videos and a three-part series on Reading Dog Body Language. This year, we've kicked things off with Medical Mondays! Every week, Dr. Proctor and our PMHS medical team discuss via video important topics about your pet's health. Also, our volunteers are helping to create some animal care videos, including presentations by volunteer Jess Miller on rabbit and guinea pig care. The Humane Ed program has some new features on our website, including a pet health corner, libraries of our story times and presentations, and an "Ask Ms. Lucy" page where you can send in questions you have about your own pets or animals in general. And there's more to come!



(Clockwise from top left: Dr. Sarah Proctor, Volunteers Jane Dugas, Sue Piper, and Jess Miller)

MEET OUR SPOTLIGHT PET: MARDI

...a beautiful little southern girl who has been through a lot in her short life.



Mardi and her puppies were brought to NH through a rescue to be in a short-term foster home until the puppies were old enough for adoption. Once all the puppies were adopted, the rescue

said they could not take Mardi back. The foster family did all they could to integrate Mardi into their home but were unsuccessful. Mardi was ultimately surrendered to PMHS-CV in August 2020.

Mardi is 2 years old, 49 lbs., spayed and current on vaccinations. This sweet pup who adores human affection, has tons of energy, and really enjoys long walks and playtime. Did we mention snow? We discovered she loves to do somersaults in the snow! Mardi is a pro at nose-work and enjoys finding yummy treats during her enrichment time.

Mardi will need a medium to high energy home with no cats and no dogs. Children should be 14 and older. She will do best in a quiet, low foot traffic environment. Mardi will greatly benefit from an adopter who is committed to consistently work with her on dog reactivity. She is very treat motivated and has been doing very well with positive reinforcement training. If you want to learn more about Mardi, please visit our website or email us at adoption@popememorialcvhs.org

THANK YOU TO D.F. RICHARD ENERGY

For the sixth year, D.F. Richard Energy offered a \$10,000 match for our Holiday Appeal. We are excited to say that our donors rose to the occasion and exceeded it! This has been such a challenging year for all of us and we are so grateful to D.F. Richard Energy for their commitment to the matching donation and for everyone who helped to attain it. The funds raised are critical to the care for the animals especially

during the first quarter of the year when fundraising is slower following the long holiday season. D.F. Richard Energy has helped us raise more than \$180,000! Thank you for being such a huge benefactor to the animals!



VOLUNTEER SPOTLIGHT: LISA SHAW



Lisa started volunteering with the shelter last fall, and already her work has made a big difference for the animals here at PMHS. Lisa has become one of our regular Small Animal care volunteers—helping to clean and care for the rabbits, ferrets, guinea pigs, birds, and other small furry and feathered residents. She's been committed to learning as much as she can about the animals she cares for here and has been creative in providing them with many enrichment opportunities—from helping to supply them with fresh veggies, to constructing small pine chew blocks and providing boxes for food puzzles to keep these little critters engaged and stimulated throughout the day. Lisa is also part of our food donation delivery team, picking up donations and supplies from community businesses every week. And when COVID-19 affected our PMHS family, Lisa recruited the help of her husband whose company SERVPRO did a professional cleaning of our building! During the past several months, when the shelter has asked for help—in big or small ways—Lisa has always been one of the first to answer the call. Thank you, Lisa, for all that you do for the animals at PMHS!

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Pope Memorial Humane Society
Cocheco Valley

WINTER 2021 NEWSLETTER

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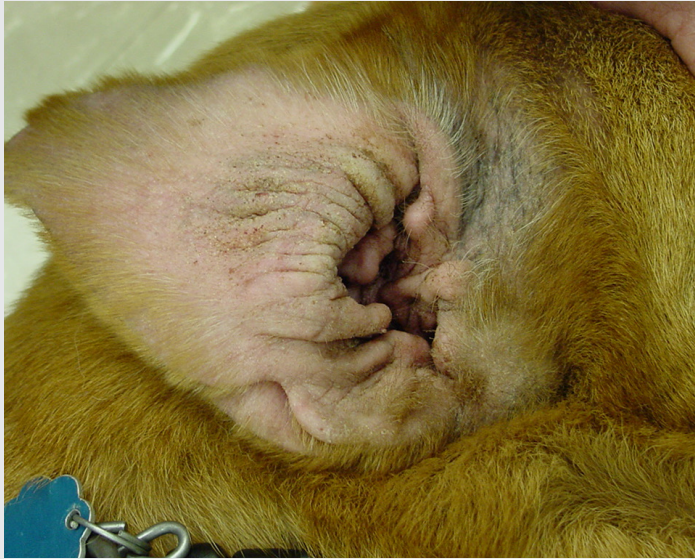
WAYS YOU CAN SUPPORT PMHS-CV

Pet Ear Health and Maintenance

Sarah Proctor, DVM

Ear infections are one of the most common reasons pets go to the vet. For some pets, this happens once in their life, but for others it happens over and over again. Let's talk about the common reasons for ear infections and then we'll discuss ways to keep your pets' ears healthy and disease-free.

Dog ear infections are usually caused by yeast or bacteria, both of which like to live in warm moist environments. That's why dogs with floppy ears like Cocker Spaniels are prone to infections and why retrievers get yeast infections after going swimming. Dogs



with allergies also get lots of ear infections. Allergies to pollen, dust mites, molds, or food make the dog's ears itchy. When they scratch and shake their heads, they make the ear canal red and irritated, which creates a nice moist home for yeast and bacteria. Yeast infections cause a yellow to brown discharge in the ear with a very distinct smell. Bacterial infections can also cause similar discharge and a bad odor. Your vet can determine what kind of infection your dog has and how best to treat it.

Dogs almost never get ear mites. Ear mites are contagious to cats, dogs, and other pets like ferrets and rabbits, but they are mostly seen in cats. They live in the cat's ear canal and make the cat very itchy. The ear canal then fills with dark brown dry crusty debris. If you have good eyes and the cat has a heavy load of mites, you might even see the pale colored mite crawling on the brown debris. A mite is about the size of a grain of sand. Your vet can easily diagnose and treat ear mites, but you must treat all pets in the home, or the mites may just hop from one pet to the next.

Cats get yeast and bacterial ear infections secondary to allergies just like dogs. They don't tend to have moisture problems as often. They do however sometimes get itchy bumps in their ear canals called ceruminous gland adenomas. These are benign lumps that can grow along the ear canal in older cats and can be very hard to

remove completely even with surgery. These itchy bumps cause the cat to scratch and shake their head, which can lead to an infection.

If your pet has a chronic condition like adenomas in cats or allergies in dogs, you should first work with your vet to control that primary condition. These conditions are not usually curable but there are some treatments your vet can prescribe. In addition, you can do basic ear maintenance at home to avoid the secondary infections. Basic ear maintenance helps prevent infections caused by moisture or ear shape as well.

Maintaining a pet's ears should only happen *after* any ongoing infection is cleared up. Check with your vet about when ear maintenance can be started for your pet.

🐾 Check your pet's ears daily. Lift the flap and look down inside with good lighting. Notice if your pet is itchy or if there is any odor, debris, or redness to the skin. Look at both ears – many pets get an infection in just one of their ears. Look at your other pets' ears for comparison until you know what normal looks like.

🐾 Clean your pet's ears on a schedule approved by your vet. This could be as often as every few days or maybe just after swimming. Cleaning ears too often can cause problems too so ask your vet to help you decide on a schedule.

🐾 Use an ear cleaner approved by your vet. There are many good ones out there, but your vet can tell you what is best for your pet.

🐾 Use cotton balls or swabs or other soft tissues. Don't use paper towels.

🐾 Apply some cleaner to the cotton ball, swab, or cloth. Don't squirt cleaner right into the ear canal. If there is damage you can't see you can cause deafness or other problems that way. They also don't like it that much.

🐾 Use the moistened cotton ball to wipe out the ear canal. Once the ear canal is wet with the cleaner, rub and squeeze the base of the ear to work the cleaner into all the crevices. The correct position for rubbing is to hold below where the ear flap connects to the head. That's where the actual ear canal is. It is safe to put your finger into the ear canal if it fits as long as you are careful. Dogs and cats have ear canals shaped like an L (see picture). If you put your finger in and swipe outwards, away from the pet's head, you won't be near the eardrum. You can use cotton swabs too, especially for small dogs and cats, using the same technique. Continue swabbing until all debris is removed. Ask your veterinary technician to teach you how to do this. They are experts at this!

🐾 If you notice pain or bleeding during cleaning, call your vet. No matter how diligent you are with home care, infections may still occur. The more time you spend cleaning and observing your pet's

ears the better control you are likely to have. for comparison until you know what normal looks like.

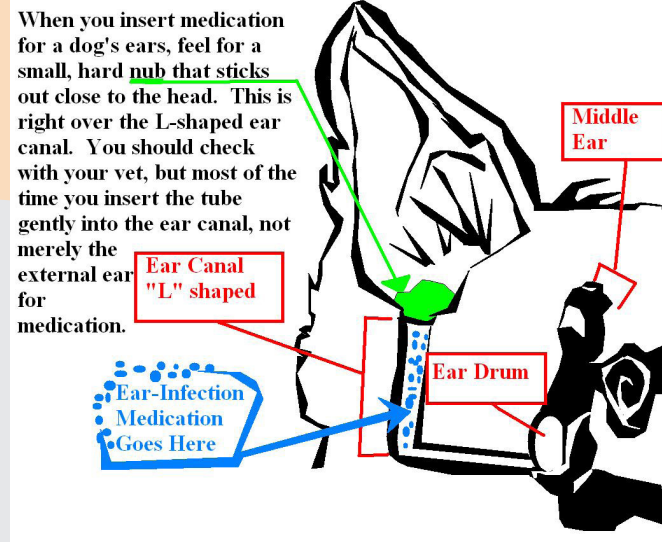
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Thank You

Bill Dube 

Bill Dube Ford Toyota Scion Donation and Match From Toyota Corporate

Thank you to Bill Dube Ford Toyota Scion for your generous year-end gift! We were excited to learn that Debbie Reed, President had nominated our organization to receive a match from Toyota as well. We are so grateful to Debbie for her support of our organization and for initiating the match for three years from Toyota. This support is important for the care of the animals that stay with us for as long as needed to find the perfect forever home.

LASHBAR

The eyelash and skin boutique located in Portsmouth sponsored a raffle of donated elegant pampering products to benefit PMHS-CV. The raffle raised \$1,514. Congratulations to the winner, Christina Bailey. Thank you to everyone who donated to the raffle and bought raffle tickets for your generous support for the animals.

COCHECHO COUNTRY CLUB CHARITY GOLF TOURNAMENT

On November 8, 2020 Cochecho Country Club held their Charity Golf Tournament and raised \$750 each for the animals and for the Dover Food Pantry. This has been an annual event for many years and we are grateful that they continue to make a donation to both nonprofits. Thank you for your ongoing support during these unprecedented times.



The Giving Tuesday Campaign was held on December 1. It is an international day of giving. The campaign was an incredible success! We were able to get two \$2,500 challenges from an anonymous donor who wanted to give in honor of our military veterans. Thanks to our generous supporters we were able to meet both challenges and raise over \$18,500. We are grateful for the generous support of our community. Thank you for helping the animals that depend on us to give them a second chance and the opportunity to find a loving forever home

WAYS YOU CAN SUPPORT PMHS-CV

How To Include Pope Memorial Humane Society In Your Will

You do a wonderful service when you include PMHS—CV in your will. Your gift will assure that compassionate care will continue to be provided for the homeless animals of Strafford County and southern Maine into the future. You can give an unrestricted amount or restrict the amount, give a specific amount, percentage of your estate or a residual amount of your estate. For more information please contact Debbie Shelton, Development Director at 603-749-5322 ext. 106 or email her at dshelton@popememorialcvhs.org.

Honor and Memorial Donations

Make a special donation in honor or in memory of a pet or loved one! The gift can be for a birthday, anniversary, wedding, birth or passing of a loved one. Please let us know who the donation is for and who should be notified- including an address. Also let us know if your donation is in honor/memory of an animal or a person- we can't always tell from the name!

Gifts of Stocks & Securities

PMHS-CV accepts stock and securities. Appreciated securities are one of the most cost-effective assets to use in making a gift. When you transfer ownership of long-term securities, you receive a charitable deduction for their full market value—and you incur no capital gains tax (subject to IRS deduction limits). Please inform our Development Director of your intention to transfer stocks and securities by emailing dshelton@popememorialcvhs.org. The instructions are also on our website as a downloadable pdf.

Monthly Giving

Our donors who give monthly are very special to us. By providing this reliable source of income we have the resources to give every animal shelter, food, medical care and the chance to find a loving home. Giving monthly is easy. Go to our website, popememorialcvhs.org and hit the “Donate” button. The gift form asks if you want this to be a monthly gift; check the box, complete the form and submit. Thank you for your commitment to the animals!

Capital Campaign-Patio Pavers

Do you have a special person, animal lover or pet that you want to honor or memorialize? Remember them with a memorial brick placed in the brick patio. Small bricks are \$500 and large bricks are \$1,000. For more information email dshelton@popememorialcvhs.org or call 603-749-5322 ext. 106.



Facebook Birthday Fundraisers

An easy way you can support the animals is to have a birthday fundraiser on Facebook. For 2020, 37 people held a birthday fundraiser and raised \$5,249.32 for the animals! Thank you to all for using your special day to help the animals in need!

amazon smile We have received \$6,517.47 from shoppers choosing to support our organization when they shop using amazonsmile! It is really easy to do. Go to [amazonsmile](https://www.amazon.com/smile) and type in “Pope Memorial Humane Society”, Dover, NH. Every time you shop we will receive a donation from amazonsmile. A great way to do your shopping and support the animals!



Northern New England Combined Federal Campaign

This program is one of the world's largest and most successful annual workplace charity campaigns. Who can participate? Active and retired federal and military employees, contractors and postal workers. Contact your employee human resources department and they can connect you with the appropriate people to learn how you can donate. The CFC number for Pope Memorial Humane Society-Cochecho Valley is 35571. The 2021 campaign will start in September of 2021 and run through mid-January 2022.

Donation Banks

Over 20 donation banks have been placed in businesses throughout our service area. Customers put their spare change or more in the banks after they make their purchases. If you are a business that is interested in having a donation bank on your premises please contact Janet Quintero at jquintero@popememorialcvhs.org or call her at 603-749-5322 ext. 112.

ShopRaise App

Similar to amazonsmile, for each purchase from over 1,700 stores we will receive a percentage as long as the ShopRaise app is used. Some of the stores are Wayfair, Walmart, Chewy.com, Lowe's, Home Depot, Gap, and Bed Bath & Beyond. To get the app the link to support PMHS-CV is: <https://ShopRaise.com/for/popememorialcvhs>

WISH LIST Greatest Need:

Clay non-clumping cat litter
Bleach
Paper towels
Gloves
Hand Sanitizer
Trash bags (39 gallon or larger)
EZ Walk harnesses – Sizes medium and large
6 Foot leashes
Wet dog & cat food (any brands)
Rabbit food
Guinea pig food

Other Needs

Dry kitten food (any brand)
Laundry detergent
Collapsible cat huts
KONG dog toys – large
Benebone dog toys- large
Nylabone dog toys – large
Feeding toys/balls for dogs – large
Rope toys for dogs
Stuffed animal dog toys
Soft training treats
Peanut Butter (must not contain xylitol)
Canned Pumpkin
Martingale collars – large
Toys for cats and kittens
Two-piece pooper scoopers (rake and scooper tray)
Large carabiner clips



**Pope Memorial
Humane Society**

Cocheco Valley