



Companion Animal Advocates Newsletter

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Who We Are

Companion Animal Advocates (CAA), is a nonprofit, all volunteer organization based in Northern New Jersey. CAA is committed to keeping family pets from being surrendered to already crowded shelters because their owners can no longer care for them.

CAA is making a significant difference in the lives of so many people in our community - our own neighbors. We are proactively addressing day-to-day issues that every pet owner faces through the following initiatives:

- Pet Retention
- Low-Cost Spay & Neuter
- Adoption Advocacy
- Pet Safety

The people that make up the group have decades of collective experience in a variety of animal welfare areas. This experience and passion are the key to the long-term success of CAA.

PET FOOD DRIVES BENEFIT PATERSON



On Friday, April 24, 2009, CAA volunteers delivered much needed supplies to Paterson Animal Control and visited with Chief John DeCando. The donation included over 300 lbs. of food, as well as 21 blankets and towels, collected during food drives held by OLMC Confirmation Class 2009 in Ridgewood NJ, Girl Scout Troops 789 and 712 of Harrington Park and Rockland Girl Scout Troop 295 from New City.

Paterson Animal Control is a shelter facility, handling more than 1,100 calls per month, while serving the towns of Paterson, Haledon, North Haledon and Prospect Park. The shelter has an annual food budget but is not permitted to give food purchased by city funds to residents. CAA's goal is to help Paterson Animal Control by providing donated pet food and other pet supplies to help meet the needs of residents.



CAA is looking for volunteers to hold monthly food drives to benefit Paterson Animal Control and the residents of Paterson. For more information on leading a food drive for CAA, contact Ellen@CompanionAnimalAdvocates.org.

This initiative is just another example of how CAA is working to keep pets with their families and out of shelters in these tough economic times.

VOLUNTEER CULTIVATION EVENT—JUNE 11, 2009

Come meet CAA Board Members and other volunteers and learn how you can volunteer with CAA.

Thursday, June 11th from 7:30-8:30pm

Best Friends Pet Care, 269 Red Schoolhouse Road, Chestnut Ridge, NY

Light refreshments will be served.

For more information or to RSVP, contact

Sara@CompanionAnimalAdvocates.org or call us at 201-497-5098.

We hope to see you there!

Please pass this newsletter along to a friend when you finish reading it. Thank you.

HOW YOU CAN HELP

Collect FREE Coupons for Pet Food Drives

CAA welcomes you to cut and send in any and all coupons for FREE pet food and treats for pet stores, supermarkets, etc. Volunteers will be using those coupons to buy pet food and treats within their communities for animals in need.

Please send your coupons to:

Companion Animal Advocates
Attn: Free Coupon Collection
55 Harristown Rd. 2nd Floor
Glen Rock, NJ 07452

Operation Feed-A-Pet

We are supplying Purina Cat and Dog Chow to the Center for Food Action in order to provide pets with a healthy, consistent diet. You can download a \$3.50 coupon from Purina at <http://giveabowl.com/home.aspx?L=1> and mail it to us. If you specify that you are supporting Companion Animal Advocates (CAA), Purina will send us an additional \$1 coupon.

You can also call Purina at 1-800-778-7462 and request two \$2 coupons for Purina products (Purina will accept a coupon request once every 4-6 weeks).

Please send your coupons to:
Companion Animal Advocates
Attn: Deb Guston
55 Harristown Road, 2nd floor
Glen Rock, NJ 07452

These valuable coupons significantly help us further our contributions to the Feed-A-Pet program.

Home2Home

Encourage friends and family to sign up for the CAA newsletter so they can get emails on pets that need new homes.

Also, sign up to post flyers of pets in the H2H Program in your area. For more information please contact Sara@CompanionAnimalAdvocates.org

Luncheon and Silent Auction ... GOING, GOING, GONE!



Companion Animal Advocates held its 1st Annual Spring Luncheon & Silent Auction event at Savini restaurant on Saturday May 2nd. Close to 100 pet lovers mingled and viewed a large variety of doggone great items, such as weekend get-a-ways, original artwork, fine jewelry, pet gift baskets, spa treatments and more. During the delicious 3-course lunch, attendees bid on live auction items such as a Michael Kors shoulder bag and a 32 Aquos HD-TV. Attendees also enjoyed an inspiring video presentation and learned about the impact that our Feed-A-Pet program has had on organizations such as the Center for Food Action. We gratefully acknowledge the generosity of individuals and corporate donors who made this possible. With their help we raised close to \$8,000.

See more PUP-A-RAZI photos on-line at www.CompanionAnimalAdvocates.org.

Operation Feed-A-Pet Hits a Milestone!

As of April 2009, CAA has delivered **over 10,000 lbs of pet food** to the Center for Food Action's pet owning clients. This translates into more than 25,000 bowls of pet food. As our local food pantries strive to help an ever increasing number of people, so too does CAA to consistently meet the needs of their pets.



Visit our website at www.CompanionAnimalAdvocates.org for more details on how you can help.

Turn a Party into a Pet Food Drive

Are you or is someone you know having a party soon? Is your neighborhood planning to have a block party? Why not support a great cause while hosting your celebration.

Companion Animal Advocates invites you to have your own pet food drive to support animals in need. Just ask your guests to bring pet food in lieu of gifts and we will do the rest. Anyone that hosts a food drive will get their name and photo on our website and CAA will arrange a pick up of the food and deliver it to low income pet families. Contact Ellen@CompanionAnimalAdvocates.org to learn more about holding a food drive.

'Never Homeless, Never Hungry, Always Loved'

Dear Friends,

Beginning with this issue, a printable version of the CAA newsletter will be available on-line to newsletter subscribers. If you would like to help us save on printing and postage costs by printing your own newsletter, please send an e-mail to Newsletter@CompanionAnimalAdvocates.org with your First and Last Name, City and State. We will then remove you from our hardcopy mailing list and send you an electronic copy of our bi-monthly newsletter along with a link to a printable version.

We hope you will continue to support Companion Animal Advocates. Please feel free to contact us anytime.

All our best,

*Patricia, Melissa D., Deb, Ellen, Melissa S., Linda, Joe,
Anne, Nancy, Helga, Christine and Sara
Companion Animal Advocates*



WHAT IS HOLISTIC MEDICINE? by Dr. Kenneth D. Fischer, DVM

The word holistic has become very popular, but what does it really mean? Webster's online dictionary defines holistic as, "relating to or concerned with wholes or with complete systems rather than with the analysis of, treatment of, or dissection into parts." It gives this example: "<holistic medicine attempts to treat both the mind and the body>".

To briefly elaborate further, in holistic medicine the mind and body are interconnected as opposed to conventional medicine, where they are treated as separate entities. The definition mentions complete systems. An example is that there may be a pain felt in a muscle that is the result of an imbalance in an internal organ.

Further, a holistic approach looks at various factors that may affect an animal's health. Its psycho-social environment (interaction and play with human family members and other animals) may be extremely important in its overall health. Other factors that affect health include nutrition, exercise, rest, sleep, genetics, and environmental effects (electromagnetic fields created by cell phone towers being one example).

In medicine, the interconnectedness within the body (and between the body and mind) is one aspect of a holism. From a clinical perspective, a holistic approach tries to find and treat the underlying cause of illness. Conventional approaches treat the symptoms of illness but do very little, if anything, to eliminate the cause. Disease/illness is discussed from the viewpoint of "management" rather than cure. The word "cure" is often avoided because doctors feel that it is not possible. There are certainly situations where this is true, but in many cases a cure is actually achievable. Even in situations where cure is impossible, a holistic approach may help patients feel better than they would otherwise. An example of this is the cancer patient receiving chemotherapy. Acupuncture and nutritional supplements may help the patient feel better and reduce the adverse effects of the cancer treatment.

When we think of holistic medicine treatments we often refer to alternative therapies. These include (but are not limited to) acupuncture, chiropractic, botanical medicine (herbs), homeopathy, bioresonance therapy, nutritional medicine, ayurveda, and reiki. A holistic approach does not discount the benefit of conventional therapy. It seeks to blend the best of both worlds to provide symptom relief and, if possible, to effect a cure.

Lastly, a holistic approach looks at the potential downside of treatments to make sure that we don't "hurt patients for trying to help them". On the conventional side, medications often have side effects, some of which can be quite serious (sometimes more serious than the condition they are treating). On the alternative/natural side, treatments are much safer, although I sometimes say, "Just because something is natural, doesn't mean it can't hurt you." It is important for the practitioner to understand and explain the pros and cons of different treatments to pet owners. This way, the team (veterinarian, owner, pet) can determine the best approach.

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201-358-6520 tel.
201-358-8332 fax
drfischer@healingvet.com

NEWSLETTER SPONSOR

The DSM Group is a full-service agency that gives small business the opportunity to be seen and heard in a big way through:

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To find out how to sponsor an upcoming Companion Animal Advocates Newsletter, contact Sara@CompanionAnimalAdvocates.org

COMPANION ANIMAL ADVOCATES - WHAT WE DO

Our pets are members of our family. But sometimes a family has to think about giving up their pets because they are moving, have an allergic child in the family, or simply because they can no longer afford to feed the pet.

If a family has to give up their pet, what can they do? Find a new home for the pet OR give it to a shelter and hope they can find a good home for the pet.

- ◆ Companion Animal Advocates helps people in need keep their pets in their family by providing food to help the pet stay healthy and to reduce the family's cost of keeping a pet.
- ◆ Companion Animal Advocates helps people who are eligible for low cost spay/neuter through the State of NJ get this done for the health of their pet and to reduce pet overpopulation.
- ◆ If there is no way to help the family keep their pet, Companion Animal Advocates works with the family to help them find a new home for their pet. Helping the owner find a new home for their pet helps reduce the number of homeless pets in the shelter and is less upsetting to the pet.

If a lot of people help a little, together we can all help a lot!!



HELP MAKE A DIFFERENCE



Please send us a donation to help us carry on our work.

Mail this DONATION FORM along with your CHECK to:

Companion Animal Advocates, 55 Harristown Rd, 2nd Floor, Glen Rock NJ 07452

Help "home" a Home2Home pet: 3 pets (\$150) 2 pets (\$100) 1 pet (\$50)

Feed-A-Pet for: 12 months (\$144) 6 months (\$72) 1 month (\$12)

Spay or Neuter: 6 pets (\$60) 3 pets (\$20) 1 pet (\$10)

OR

\$500 \$250 \$100 \$50 \$25 \$10 Other \$_____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____