

CONGRATULATIONS!

Thank You for Choosing
to Adopt a Cat!



HERITAGE
HUMANE SOCIETY

Local Vets That Provide FREE Initial Pet Exams

Must use within fourteen weekdays of an adoption from Heritage Humane Society.
Does not include vaccinations, medications, blood work, etc.

ALL CREATURES ANIMAL CLINIC

14700 Pocahontas Trail
Lanexa, VA 23089
P (757) 229-9880 F (804) 966-2767

ANDERSON'S CORNER ANIMAL HOSPITAL

8391 Richmond Road
Toano, VA 23168
P (757) 566-2224 F (757) 250-3459

ANIMAL CLINIC & WELLNESS CENTER

628 Penniman Road
Williamsburg, VA 23185
P (757) 253-0812 F (757) 253-0908

ANIMAL MEDICAL CARE CENTER

2816 George Washington Highway
Yorktown, VA 23693
P (757) 867-8808 F (757) 867-8810

CHIKAHOMINY ANIMAL HOSPITAL

8250 Pocahontas Trail
Providence Forge, VA 23140
P (804) 966-1300

COLONY ANIMAL HOSPITAL

13187 Warwick Boulevard
Newport News, VA 23602
P (757) 877-6464

DENBIGH ANIMAL HOSPITAL

475 Denbigh Boulevard
Newport News, VA 23608
P (757) 877-8339

GLOUCESTER VETERINARY HOSPITAL

6666 George Washington Memorial Highway
Gloucester, VA 23061
P (804) 696-3030

GODSPEED ANIMAL CARE

102 Tewning Road
Williamsburg, VA 23188
P (757) 253-0656 F (757) 253-1080

JAMES RIVER VETERINARIAN CLINIC

9804 Warwick Boulevard
Newport News, VA 2360
P (757) 595-5505 F (757) 596-5406

JOLLY POND VETERINARY CLINIC

3800 Longhill Road
Williamsburg, VA 23188
P (757) 565-6000 F (757) 874-9520

MIDDLE PLANTATION ANIMAL HOSPITAL

73 16 Merrimac Trail
Williamsburg, VA 23185
P (757) 345-6566 F (757) 345-6667

NOAH'S ARK VETERINARY HOSPITAL

7297 Richmond Road
Norge, VA 23127
P (757) 564-9815 F (757) 564-3850

PINE MEADOWS VETERINARY HOSPITAL

1403 Geo Wash Memorial Highway
Yorktown, VA 23693
P (757) 599-3326

TOANO ANIMAL CLINIC

8105 Richmond Road, Suite 114
Williamsburg, VA 23168
P (757) 566-1100 F (757) 566-8572

WILLIAMSBURG VETERINARY CLINIC

1303 Jamestown Road
Williamsburg, VA 23185
P (757) 253-7387

WOODLAND VETERINARY HOSPITAL

13148 Jefferson Avenue
Newport News, VA 23608
P (757) 872-8737 F (757) 886-0759

YORKTOWN ANIMAL HOSPITAL

2400 Fort Eustis
Yorktown, VA 23692
P (757) 898-3932



HERITAGE
HUMANE SOCIETY

Pet Wellness Checklist

The most important health screenings for cats and dogs

YOUNG DOGS (1-6 YEARS)

- Immunizations
- Parasite check
- Heartworm check
- Dental health
- Blood panel
- Chemistry panel
- Urinalysis

ADULT DOGS (7+ YEARS)

- Osteoarthritis check
- Chest radiograph
- Thyroid check

YOUNG CATS (1-6 YEARS)

- Immunizations
- Parasite check
- Heartworm check
- Dental health
- Blood panel
- Chemistry panel
- Urinalysis

ADDITIONAL EXAMS FOR SENIOR CATS (7+YEARS)

- Osteoarthritis check
- Renal disease screen
- Thyroid check
- Blood pressure check



HERITAGE
HUMANE SOCIETY

Where to Purchase an Animal License:

CITY OF WILLIAMSBURG

Cost \$5 (if spayed/neutered)

The Finance Department

Address: 401 Lafayette St

Williamsburg, VA 23185

Phone: (757) 220-6180

Hours: Monday -Friday 8:00a.m. -4:30p.m.

JAMES CITY COUNTY

Cost \$5 (if spayed/neutered)

Office of the Treasurer

Address: 101-B Mounts Bay Rd.

Williamsburg, VA 23185

Phone: (757)253-6705

Hours: Monday -Friday 8:00a.m. -5:00p.m.

NEWPORT NEWS

Cost \$5 (if spayed/neutered)

City Hall Annex

Address: 2400 Washington Ave

Newport News, VA 23607

Phone: (757) 926-8731

Hours: Monday -Friday 8:30 a.m. -4:30 p.m.

DENBIGH OFFICE ANNEX

Cost \$5 (if spayed/neutered)

Address: 12912 Jefferson Avenue

Newport News, VA 23608

Phone: (757) 886-7671

Hours: Monday -Friday 8:00 a.m. -5:00 p.m.

YORK COUNTY

Cost \$5 (if spayed/neutered)

Office of the Treasurer

Address: 120 Alexander Hamilton Blvd.

Yorktown, VA 23690

Phone: (757) 890-3420

Hours: Monday -Friday 8:15a.m. -5:00.m.

CITY OF HAMPTON

Cost \$4 (if spayed/neutered)

Office of the Treasurer

Address: One Franklin St.

Hampton, VA 23669

Phone: (757) 727-6374

Hours: Monday -Friday 8:30a.m. -5:00p.m.

NEW KENT COUNTY

Cost \$6 (if spayed/neutered)

Office of the Treasurer

Address: 12007 Court House Circle

New Kent, VA 23124

Phone: (804) 966-9615

Hours: Monday -Friday 8:00a.m. -4:30p.m.

GLOUCESTER COUNTY

Cost \$6 (if spayed/neutered)

Animal Control Office

Address: 6504 Main Street.

Gloucester, VA 23061

Phone: (804) 693-5290

Hours: Monday -Friday 8:00a.m. -4:30p.m.



HERITAGE
HUMANE SOCIETY

Here are some items that you will need to purchase before you bring your new cat home:

- Collar
- Water/Food Bowl
- Litter
- Litter Box
- Scratching Post
- Toys

What To Expect From Kittens

- Nipping/Biting
- Scratching during play, scratching furniture

Caring for Your Cat: The Top 10 Essentials

Although your cat may act independent and be litter-trained, he still counts on you to provide him with food, water, safe shelter, regular veterinary care, companionship and more. Take care of these ten essentials and you'll be guaranteed to develop a rewarding relationship with your feline companion.

1. Outfit your cat with a collar and ID tag that includes your name, address, and telephone number. No matter how careful you are, there's a chance your companion may slip out the door, an ID tag greatly increases the chance that your cat will be returned home safely.
2. Follow local cat registration laws. Licensing, a registration and identification system administered by some local governments, protects both cats and people in the community.
3. Keep your cat indoors. Keeping your cat safely confined at all times is best for you, your pet, and your community.
4. Take your cat to the veterinarian for regular check-ups. If you do not have a veterinarian ask your local animal shelter or a pet-owning friend for a referral.
5. Spay or neuter your pet: This will keep her healthier and will reduce the problem of cat overpopulation.
6. Give your cat a nutritionally balanced diet, including constant access to fresh water. Ask your veterinarian for advice on what and how often to feed your pet.
7. Train your cat to refrain from undesirable behaviors such as scratching furniture and jumping on countertops. Contrary to popular belief, cats can be trained with a bit of patience, effort, and understanding on your part.
8. Groom your cat often to keep her coat healthy, soft, and shiny. Although it is especially important to brush long-haired cats to prevent their hair from matting, even short-haired felines need to be groomed to remove as much loose hair as possible. When cats groom themselves, they ingest a great deal of hair, which often leads to hairballs.
9. Set aside time to play with your cat. While cats do not need the same level of exercise that dogs do, enjoying regular play sessions with your pet will provide him with the physical exercise and mental stimulation he needs, as well as strengthen the bond you share.
10. Be loyal to and patient with your cat. Make sure the expectations you have of your companion are reasonable and remember that the vast majority of behavior problems can be solved. If you are struggling with your pet's behavior, contact your veterinarian or local animal shelter for advice, and check out the HSUS's Pets for Life campaign information.

Courtesy of Humane Society of the United States



HERITAGE
HUMANE SOCIETY

Healthy Cats - Enriching Your Cat's Life

Free-ranging and feral cats lead complex and busy lives. They maintain large territories that often contain a variety of habitats (forest, farmland, urban gardens, etc.). They explore, they hunt, they scavenge for food, and they might interact with other cats. In contrast, household cats, especially those who live exclusively indoors, have little to do and boredom may set in.

Even if you don't think that your cat seems bored, there are a number of good reasons to provide enrichment opportunities for your feline friends.

Cats who lack enrichment can be aggressive in play, both with people and with other animals in the household.

Young cats without planned enrichment opportunities often pester their pet parents for play at inappropriate hours of the day and night. They may also interact destructively with furniture, plants or other objects in the house.

Cats lacking enrichment can become reclusive and are more likely to retreat from new people or objects that enter their homes than cats who are frequently exposed to a variety of new sights and sounds.

Cats lacking regular play may be more attracted to perches by windows. When looking outside, they may overreact to the presence of outdoor cats they can see and become very distressed.

Great Ways to Enrich Your Cat's Life

Enrichment opportunities can easily be provided for cats. Here are some ideas to try:

1. Provide a variety of toys for your cat. Some cats prefer toys that they can throw around themselves. Other cats prefer toys that require owner participation, such as those you wiggle and dangle. Stimulating play for a cat involves opportunities to "hunt," so move toys in such a way that they mimic the movements of a rodent or bird. Introduce new toys periodically to keep your cat from becoming bored with her toys. Please see our article, *Cat Toys*, for fun toy recommendations and tips on playing with your cat.
2. Provide objects for your cat to explore, such as cardboard boxes, paper shopping bags, packing paper and toys that encourage her to investigate various holes with her paws. A dripping water tap can provide hours of fun! An aquarium with real fish or even a bowl of fake fish that move around can fascinate your cat. Rotate playtime objects frequently so that you, cat doesn't become bored.
3. Some cats appreciate the commercially available "cat videos." The most popular ones contain close-ups of birds and small rodents. Many cats can watch the same videotape for hours each day, tracking the animals' movements, growling or chirruping and swatting at the screen. Your cat might even enjoy watching a lava lamp! (Take care that she can't bum herself if she touches the lamp.)
4. Cats love to watch birds, squirrels and other small animals. Position bird and squirrel feeders outside windows where you can observe animals coming and going during the day. If you live in an apartment, you can attach bird feeders directly to the outside of your windows.
5. Provide several small meals per day rather than one or two large meals. Also avoid "free feeding" (keeping your cat's bowl full the time). If your schedule doesn't permit giving multiple meals, you can purchase a feeder with a built-in timer, designed to open according to a preset schedule.
6. Teach your cat to walk on a leash with a harness, such as the Gentle Leader Come with Me Kitty™ Harness and Bungee Leash. Going on leashed walks is a safe way to take your cat on outdoor adventures. To be safe, make sure your cat always wears ID tags on her collar when walking outside.
7. If you have the space, build an enclosed outdoor area where your cat can spend time when the weather is nice. Cats will spend hours watching leaves blow in the wind, birds flying and squirrels scampering around. If you can't have an outdoor enclosure, try creating a window perch where your cat can easily sit and look out the window.
8. Training your cat can give her a great mental workout. Just like dogs, cats can learn a number of useful behaviors and fun tricks, like sit, come when called and shake.

Courtesy of the ASPCA



HERITAGE
HUMANE SOCIETY

Feline Leukemia Virus Infection

Feline Leukemia virus (FeLV) infection is one of the leading causes of death in cats and kittens.

Within the past 2 years researchers have discovered that this virus is associated with numerous diseases. Persistent FeLV infection is virtually always fatal and cats infected rarely live more than three years. Fortunately a vaccine is now available to protect cats against feline leukemia virus.

Many FeLV Diseases

Leukemia, a blood cell cancer, is only one of the many outcomes of infection with FeLV. Another cancer-lymphosarcoma is actually a more common FeLV disease. The cat with leukemia or lymph sarcoma tumors may die quickly or after a lengthy period of suffering and deterioration.

Still more common are “associated diseases” that result when FeLV impairs a cat’s immune system. Cats infected with FeLV have limited ability to resist other infections by even the most ordinary bacteria, viruses and fungus. They may experience reproductive failures, a high rate of sores and anemia. In fact, one notable FeLV researcher has said that FeLV infection must be suspected and investigated whenever a feline patient develops anything but the simplest of problems. Most infected cats die of associated diseases before FeLV cancers develop.

A Contagious Virus

Feline Leukemia virus is contagious. It is present in the saliva, urine and feces of infected cats and is passed to healthy cats by Licking, sneezing, and sharing contaminated food bowls and litter pans. Kittens can even pick up the virus by nursing an infected mother.

Certain populations of cats are at highest risks of infection because of greatest exposure to FeLV. These cats live in multiple-cat households where FeLV infection is present in one or more of the household cats. Incidence of persistent FeLV infection in cats in this environment is as high as 30%. Cats in single-cat households also may be exposed if they ever encounter other infected cats.

Diagnosis of FeLV Infection

Because FeLV is associated with so many disorders, observable signs of FeLV disease vary dramatically. It’s impossible to diagnose a cat precisely from observable signs in the early stages of infection. Still, signs such as depression, fever, loss of appetite and swollen glands in the neck or abdomen suggest onset of FeLV related disease.

Prevention Now Possible - Vaccination Recommended

For years, cat owners had no means of preventing FeLV in their pets. Recently, however, the first federally licensed FeLV vaccine “Leukocell” was developed by Norden Laboratories. In clinical tests, this vaccine protected cats against virus exposure situations more severe than those ever likely to be found outside a laboratory.

Now cats can be protected against the many forms of suffering associated with and caused by FeLV infection. Vaccination with “Leukocell” is recommended for all healthy cats nine weeks of age and older.

Courtesy of the ASPCA



EMERGENCY DISASTER KIT

One of the key elements for disaster preparedness is the Emergency Disaster Kit. The best container for assembling your Emergency Disaster Kit is a plastic storage box with a tight-fitting, waterproof lid.

Here is a list of supplies that you will want to consider:

- A copy of your Emergency Disaster Plan
- Road maps and street guides
- Animal first aid brochure or book
- Bowl
- Extra leashes, collars and harnesses
- Dog stakes and cables
- Muzzles
- Evac Sack (for cats)
- Gloves: Heavy gloves and disposable rubber gloves
- Bottled water
- Food and water dishes & small litter boxes
- Kitty litter
- Pet shampoo
- Flea spray
- Can opener, utensils
- first aid kit (including generic pet meds)
- Paper and cloth towels
- Blankets
- Plastic sheeting or tarp
- Pocket knife
- Scissors
- Flashlight
- Portable radio
- Extra batteries Assorted plastic bags
- Fire extinguisher
- Disinfectant or bleach

Keep your Emergency Disaster Kit in a convenient location. Don't put yourself in the position to be searching for it in the basement or attic when you need it. **In addition to the animal care supplies listed above, you'll want to have a written list of any personal items that you would want to have on hand.** These may include cell phone, palm pilot, camping gear, bicycle, sporting equipment, outdoors clothing, hiking shoes, etc.

This list is an excerpt from the Disaster Planning Guidelines chapter of PSI's Certification Program. PSI's Certification Program is designed to provide the knowledge necessary for a PSI member to excel in pet care, health and nutrition, business and office procedures, and added services for pet-sitting businesses.



HERITAGE
HUMANE SOCIETY

Myths About Pet Adoptions

Myth: Animals from shelters have trouble bonding to a new family.

Of course pets miss their families and their old routines. However, shelter animals often bond more strongly to a new family because of their experience of losing their previous one. They may have trouble being left alone at first, so adopt when you can spend a few days at home. Schedule short excursions so your new pet will believe you will always come back.

Myth: Older animals have trouble bonding to new people.

Age does not affect a pet's ability to bond with a new family. Social animals, such as dogs, cats, horses and birds form new relationships throughout their lives with other animals including people. A very elderly animal may take longer to adjust to physical aspects of a new home (such as stairs or a dog door) than a younger pet, but emotional attachment will not be hampered by a pet's age.

Myth: Stray animals do not make good pets.

Many strays are neutered and wearing collars. This is evidence they have lived as pets, but were somehow separated from their family. Strays that survive on their own long enough to be rescued are usually more intelligent than the average pet. Strays that approach people for help make friendly family pets. Most are so grateful for food and shelter they are happy to comply with house rules.

Exception: "Feral" animals are domestic animals that have never been handled by people born of parents who never lived as pets. These animals are afraid of confinement and are rarely offered for adoption in animal shelters. Animal shelter staff can advise you about helping feral animals with spay/neuter and feeding programs, but it may not be possible for a feral animal to fit into your household if you do not have experience handling these special needs pets.

Myth: Adopting a second hand pet is taking on someone else's problem.

People give up pets for reasons as simple as "needs exercise" or "sheds". Since all pets need exercise and all animals with fur shed, these are not problem pets. All pets, especially youngsters, get into trouble when not supervised. Young dogs usually have annoying behavior that can be managed through exercise and supervision. People make mistakes when acquiring pets. Some people adopt a pet on impulse or are given a pet they do not want. They may become responsible for a loved one's pet after a family tragedy. If you have concerns about a particular animal's history, ask the shelter staff for recommendations.

Myth: Animals from the shelter have been abused.

Don't be fooled by an animal's shy or frightened behavior. Many animals cower and flinch when approached by strangers, especially tall or assertive people or excited children. This behavior is not an indication the animal was abused by a man or tortured by kids. In fact, many animals that actually have been mistreated are outgoing and forgiving. Many young animals in shelters did not receive training or sufficient exercise. This is a form of abuse called neglect. The best remedy for these pets is a new home.

Source: The Humane Society of the United States



HERITAGE
HUMANE SOCIETY



Declawing Facts

KNOW THE TRUTH



Declawing = amputation of cat's toe at first joint
(like cutting off a human's first knuckle)

33%

of cats suffer at least one behavioral problem after declaw surgery



Illegal in
37
Countries

+ 8 U.S. Cities

Declawing can produce:
Chronic pain
Arthritis/lameness
Nerve/tissue damage
Gangrene
Abscesses
Paw pad atrophy
Bone regrowth

18%
show increased biting

17%
suffer wounds re-opening

15%
will not use the litterbox

11%
suffer from lameness

10%
see nail regrowth

up to **50%**

of declawed cats develop acute physical complications



up to **20%**

of declawed cats develop long-term physical complications

"The pain must be excruciating; it is certainly a gruesome spectacle to watch."
--A Vet Tech



75-90% of pet owners change their mind about declawing once they know the risks

"Claws are a physically, socially, and emotionally vital part of every cat."

--Jackson Galaxy, Cat Behaviorist



"Unlike routine recoveries... declawing surgery results in cats bouncing off the walls of the recovery cage because of excruciating pain..."

--Dr. Nicholas Dodman, DVM

Litterbox issues are

2x

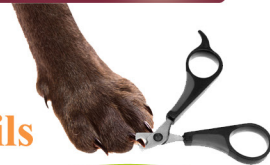
more common in declawed cats

Osteomyelitis affects

30%

of declawed cats (a painful bone infection)

You wouldn't declaw a dog... you trim his nails



Please don't declaw me!



Sources:

JAVMA (Journal of the American Veterinary Medical Association), AVMA.org, Veterinary Medicine, DVM Best Practices, James Gaynor, DVM, Colorado State University Veterinary Medical School, pawproject.org, pet360.com, littlebigcat.com, Vet Forum, paw-rescue.org, moggies.co.uk, declaw.lisaviolet.com, maxshouse.com, World Small Animal Veterinary Association, jacksongalaxy.com

Heritage Humane Society

SUPPLY WISH LIST

URGENT NEEDS:

To make a donation towards the homeless pets' most urgent needs at the time, visit www.heritagehumanesociety.org/donate

Bleach

- Gift cards to PetCo, PetSmart, Jamestown Feed/Seed, Tractor Supply Co, Home Depot, Lowes, Staples

(Gift cards are used to purchase prescription medications, prescription foods, and specialty animal-care supplies. The Heritage Humane Society spends roughly \$500 a month on these alone.)

DOGS & PUPPIES

- Small Chewy Treats
- KONG Toys (large and extra large sizes)
- Non-destructable toys with no squeak or fluff
- Blankets (used and new) for bedding

CATS AND KITTENS

- Canned kitten food*
- Washable cat beds
- Cat Food (smaller bags for Kibble Kitchen)

SMALL ANIMALS

- Bedding (non-cedar please)
- Rabbit Food & Timothy Hay
- Hamster & Guinea Pig Food
- Enrichment chew toys

AMAZON WISH LIST:

HHS also has an AMAZON WISH LIST, where you can order online directly from our pre-selected items, and have the products shipped straight to us!

Here's the link: <http://a.co/0oKTHw6>

MEDICAL CARE AND FOSTER SUPPLIES:

- Canned Cat AND Kitten Food *
- Washable Cat Beds
- Fortiflora Probiotics
- New Pet AG Nurse Bottles (2 oz and 4 oz)
- Baby Blankets
- Gram Scales
- Small jugs of littler
- Esbilac Puppy Replacement Milk (canned of 12 oz powder)
- Thermometers (digital preferred)
- Training Pads

CLEANING SUPPLIES:

- Bleach
- Hand Sanitizer
- Disinfecting Wipes/Baby Wipes
- 55 gallon construction grade trash bags
- Paper Towels/Toilet Paper
- Dawn Dish Soap
- Laundry Detergent (H/E washers)
- Sealable Sandwich Bags
- Ortho Pump Sprayers
- Windex
- Dry Erase Markers
- 8.5" x 11" printing paper
- Batteries (AA and 9-Volt)

**For the health of our shelter pets, we need high-quality brands like IAMS, Purina ONE, Purina Natural, Science Diet, Natural Balance, Blue Buffalo, HALO, and Canidae/Felidae.*



HERITAGE
HUMANE SOCIETY