

## Our mission

Lincoln Animal Ambassadors promotes enriching our community through progressive thinking, education, awareness and public support. We are committed to improving the lives of animals and alleviating cruelty in Lincoln and the surrounding area.

## Donate

Low-Cost Spay/Neuter Program  
Pet Food Bank

### General Funds

Mail to: PO Box 67072, Lincoln, NE 68506. Pet Food Bank donation items can be dropped off at St. Matthew's Episcopal Church, 2325 S. 24th Street and both PETCO Lincoln locations.

As a 501(c)(3), all donations to LAA are tax deductible.

Or donate through our website  
[LincolnAnimalAmbassadors.org](http://LincolnAnimalAmbassadors.org)



**Cause For Paws**  
Boutique for Cheap

Don't forget to shop at Cause for Paws, located at 57th & Old Cheney Road. This "boutique for cheap" turns your donations and purchases into cash for animal charities, including LAA's low-cost spay/neuter program.  
[CauseForPawsLincoln.org](http://CauseForPawsLincoln.org)

## Pyometra can be deadly to your unspayed pet

By Pauline Balta

In the past two to three months, at least four incidences of pyometra in dogs have been reported by the veterinarians who work with Lincoln Animal Ambassador's Low Cost Spay/Neuter Program. Below is information on pyometra which all pet guardians of unaltered female cats and dogs should read.

### WHAT IS PYOMETRA?

Pyometra is a disease mainly of middle-aged female dogs and cats that have not been spayed. Pyometra follows a heat cycle in which fertilization did not occur. Typically, within two to four months after the cycle, the female starts showing signs of the disease.

**Pyometra is a common and serious problem and is just one of many compelling reasons to have your female pet spayed at an early age.**

Pyometra is an infection within the uterus that results usually because there is an abnormality in the uterine lining. This abnormality occurs because of repeated exposure to the hormone progesterone. Because several cycles may be necessary to create these changes, this is why pyometra is typically seen in middle age and older females.

### WHAT CAUSES PYOMETRA?

After a normal "heat" cycle in the female, there is a phase of several weeks called diestrus in which the progesterone is highest. Progesterone has the following effects on the uterus which lead to pyometra:

1. increases gland secretions in the uterus,
2. can cause thickening in the uterine wall,

3. decreases contractibility in the uterus,
4. causes closure of the cervix,
5. suppresses cellular immunity.

Putting these factors together, they make the uterus easier for bacteria to colonize, proliferate, and cause infection.

The uterus is made up of a body with two horns. In the unaffected dog or cat, the horns are smaller than a common pencil. However, in cases of pyometra, they become large, sac-like pouches the circumference of cucumbers and 12 to 18 inches long. Normally, the entire uterus in a 40-pound dog will weigh two to four ounces, but in cases of pyometra, this typically ranges from one to four pounds.

Pyometra is seen in two forms, open-cervix and closed-cervix. Both need attention immediately, but closed-cervix pyometra can be rapidly fatal.

When the cervix closes, the dog or cat's body will attempt to eliminate the problem by carrying the wastes and excess fluid through the bloodstream to the kidneys. However, the amount of material in a dog with pyometra is too great to be eliminated in this fashion, overloading the kidney system. The normal toxins that should be excreted from the body build up, and the animal goes into uremic poisoning. Untreated, she will die from kidney failure or toxemia (toxins in the bloodstream, leading to shock). Rupture of the uterus is also a real concern in closed-cervix pyometra.

### SYMPTOMS

As the body attempts to flush out the build-up of waste products through the kidneys, the animal will drink excessive quantities of water and urinate large amounts frequently. She will lick at her vaginal area while the cervix is still open and the uterus is discharging a

## Holiday gift suggestions

Donate to LAA's Low Cost Spay/Neuter Program in honor of your beloved furry family members. **OR** for those friends and family members who have everything, how about sponsoring the altering of a cat or dog as a gift.



## The numbers

as of November 2012...

### PET FOOD BANK

LAA has disbursed over 93,000 lbs of dry pet food, over 21,000 cans of pet food and over 16,000 lbs of cat litter. That's an average of 3,900 lbs of dry pet food, 1,200 cans of food, and 665 lbs. of litter each month.

### LOW-COST SPAY/NEUTER PROGRAM

More than 850 dogs and cats! That's the number of pets LAA's Low Cost Spay/Neuter Program has altered since its beginning in June 2010. Eight local vet clinics are working with LAA to reduce Lincoln's pet overpopulation.

*Remember: Two cats and their offspring can produce 420,000 cats in seven years. Two dogs and their offspring can produce 67,000 in six years. Spaying or neutering just one animal can help save thousands of lives because nationwide, 56% of dogs and 72% of cats entering shelters are killed.*

## Pyometra

continued from page 1

white fluid. She may run a low-grade fever and if blood work is done, she will show an elevated white blood cell count. As the uterus increases in size and weight, the dog shows weakness in the rear legs, often to the point where she cannot rise without help. As the dog enters kidney failure, she stops eating and becomes very lethargic.

### TREATMENT

Since toxicity may develop very quickly in dogs with pyometra, it needs to be treated promptly. In most cases, the preferred

Source: <http://www.peteducation.com/article.cfm?c=2+2109&aid=918>

Thank you to Scott Pretzer, DVM, Nebraska Animal Medical Center, for his valuable input.

## Featured Rescue: Good Dog Rescue of Nebraska

From bringing us real-time updates of current events to destroying workplace productivity with endless rounds of Words with Friends, the Internet has forever changed how we experience and interact with the world around us. Increasing numbers of animal welfare organizations rely on the Internet and social media to spread information, raise funds and adopt animals. When your rescue group stretches across part of an entire state, ease of communication is essential to keep things running smoothly.

Though it lists its address in the small town of Palmyra, Good Dog Rescue of Nebraska doesn't boast a sprawling shelter or state-of-the-art adoption facility. Instead, it operates through a system of foster homes across eastern and south central Nebraska. Its founders were no novices to the business of saving dogs when they established Good Dog Rescue in 2008. Beverly Sack and Alice Erftmier worked with Doberman Rescue of Nebraska while Dawn Lynch ran Big Red Boxer Rescue in Kearney. Together, they have years of experience and a large network of contacts throughout the state.

"It is a bit of a challenge since we live in different areas," says Sack. "But in a way it helps as we have more combined contacts. And the Internet is our main way of communicating."

Good Dog Rescue's mission is as simple as its name: to rescue good dogs and find them good homes and to educate the public about the abundance of great dogs in rescue organizations. The dogs, rescued from area shelters or surrendered

treatment is to spay. This removes the ovaries, oviducts, uterus, and all associated blood vessels. These animals can be a surgical challenge because of their poor overall condition

### PREVENTION

The best prevention is to have all female animals spayed at or before six months of age. Pyometra is a fairly common and serious problem and is just one of many compelling reasons to have your female pet spayed at an early age.

by owners, receive veterinary care, vaccinations and are spayed or neutered before being placed with foster families who provide socialization and training to increase their adoptability.

In the absence of a central facility, Good Dog Rescue goes online to showcase its adoptable dogs. Drop by its website, Petfinder or Facebook pages and you'll see photos and information on dogs waiting for good homes. Most of the group's potential adopters find their dogs through these websites, and after completing an application form (online, naturally), and a successful home visit, welcome a new dog into their family.

Working through the challenges familiar to so many animal welfare organizations—finding good foster homes and adoptive families, keeping enough money in the bank—Good Dog Rescue counts each adoption as a success story. Bev Sack holds the tale of Connor particularly dear to her heart. Her first glimpse of the Doberman Pinscher was in a photograph of a rail-thin dog chained to a small doghouse, nothing more to eat than a bit of spaghetti tossed on the snowy ground. After his rescue, rehabilitation—which included five small meals each day to accustom his stomach to regular feedings—and adoption, Connor's latest photo shows a happy, healthy dog reclining on a sofa and a selection of five different bags of treats spread behind him.

[gooddogrescueofnebraska.org](http://gooddogrescueofnebraska.org)

Bev Sack 402-780-2144

[dobiersqu@yahoo.com](mailto:dobiersqu@yahoo.com)

Alice Erftmier 402-397-1742



## Volunteer Spotlight: Brady Rivers



**Where did you first learn about Lincoln Animal Ambassadors?**

I first learned about LAA through a newspaper article. I signed on as a volunteer not long after that.

**Tell us a little bit about yourself. Feel free to share as little or as much as you would like!**

Millions of people will read this (okay, maybe hundreds). I have a Bachelor of Journalism degree from UNL and currently help manage a dog and cat boarding facility in Lincoln. My dog, Stella, thinks she's a human, and my cat, Piper, thinks she's a dog. I'm an unapologetic geek, trivia aficionado and crossword puzzle addict.

**What areas do you primarily volunteer for us at this time?**

For the past couple years I've volunteered as a grant writer, working with funders

and creating proposals to raise money for LAA's assistance programs. I was recently named as Chairperson of the LAA Grant Committee.

**What do you find rewarding in your volunteer activities?**

Grant funds help LAA maintain and develop their programs. There's also a sense of validation that comes from knowing that big charities like the ASPCA or PETCO Foundation feel; that a grassroots organization from Lincoln, Nebraska is worth supporting.

**Do you do other volunteer work in Lincoln?**

Not at the moment.

**What would you recommend to anyone looking to volunteer for Lincoln Animal Ambassadors?**

It's a very far-reaching organization. No matter a person's talents or interests, LAA has a use for them.

**If you could add one thing to the Lincoln Animal Ambassadors "wish list," what would it be?**

I would love for LAA to have its own low-cost spay/neuter clinic.

## Our new website!

LAA is getting a new look! We're working on a new website. Bookmark us and check back often to see what's new! Come and check out our "News and Announcements" section for upcoming events. You'll see a new donation page, making it easier than ever to donate to LAA because without your generous donations, we could not do what we do! You can see who we are, what we do, and how you can help. We're incorporating more up-to-date information, educational content, and some fun things!



[facebook.com/lincolnanimalambassadors](https://facebook.com/lincolnanimalambassadors)

# ADOPT

Remember there are homeless cats, kittens, dogs and puppies (all breeds).

THOUSANDS need a home!

Search online at [www.Petfinder.com](http://www.Petfinder.com)



## Thank you to our Meow & Chow donors

Open Harvest  
City Clock  
Tico's  
Cause for Paws  
The Cookie Company  
Paws N Art  
Stauffer's Café and Pie Shoppe  
Rachel's Boutique  
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Ironbrush Tattoo  
La Paz  
JML Jewelry Appraisals  
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Licorice International  
The Cornhusker  
Buzzard Billy's  
The Grain Bin Bread Company  
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Distinctive Impressions  
Nebraska Animal Medical Center  
Camp Bow Wow  
PetSakes  
Russ's Market  
SuperSaver  
HyVee  
Friends of Lincoln Animal Ambassadors and The Cat House

[LincolnAnimalAmbassadors.org](http://LincolnAnimalAmbassadors.org)

## from the community

"Just wanted to say thanks. Your help is much appreciated."

- from Izzy, Alanah, and Brenda

"I went Monday 30th to your place on 'Q' street. I would like to thank you so very much for the dog food and treats for my dogs. The people were so nice. You are all such a blessing. Thank you."

- from Yvonne

"Thanks again for donating dog food to our CPP (Coalition for Pet Protection) Emergency Food Pantry. We received 3 pallets, approximately 80 bags, of puppy, dog, and maintenance food. We certainly appreciate your group's generosity. Thank you!"

- from Deb Pearson of CPP



## Weak economy leaves pets in need

By Mary Douglas

According to the U.S. Department of Agriculture, 5.6 million U.S. households went to an emergency food pantry in 2010 (the latest year for which statistics are available). Today's weak economy has left millions of families in need of help, and that need is most acute during the holidays. That's when food pantries work wonders. But often overlooked, by regular food pantries, is the family pet. Pet food is usually not available at community food banks. In an effort to pare down the necessities and cut household costs to get by, it's the household pets that often go without food, medical care, or even surrendered to a shelter because of the cost to take care of them.

Family pets and their people often rely on each other for their mental and physical wellbeing and during the holidays and hard times, it is even more important for the family to stay intact—including the family pets. The family pet is a part of the family and it is devastating and traumatic to the pet and to family members, when they are re-homed or turned into a shelter because they cannot be cared for.

The Lincoln Animal Ambassadors (LAA) recognized the need for family pet assistance in the Lincoln and surrounding area. In 2009, LAA's Temporary Assistance Pet Food Bank was created in an effort to provide cash-strapped owners and working poor, a way to keep their canine and feline family members in their homes. It is doing for pets what the human food bank network has successfully done for people in this country for many years.

### HOW YOU CAN HELP

Consider donating food, pet items or cash to the LAA Pet Food Bank. LAA uses cash or gift cards to buy needed items that have not been donated.

- Litter
- Dry pet food
- Cat treats
- Flea medications (cat & dog)
- Leashes, collars & food bowls
- Pet beds
- Dog crates/carriers
- Cat & dog toys
- New and gently used items welcome

### Donations can be dropped at:

#### PETCO North

(bin in front entryway)  
48th & O Street, Lincoln, NE

#### PETCO South

(bin near cash registers)  
56th & Highway 2, Lincoln, NE

#### Super Saver

(bin at exit doors)  
56th & Highway 2, Lincoln, NE

**St. Matthew's Episcopal Church**  
2325 S. 24th Street, Lincoln, NE

#### Cash Donations

Lincoln Animal Ambassadors  
P.O. Box 67072

## 3rd Annual Meow & Chow

The 3rd Annual Meow & Chow Soup Supper and Bingo Fundraiser was held on Sunday, October 28th at the Scottish Rite Temple in Lincoln, Nebraska raising over \$7,500. Approximately 175 guests gathered to support and raise funds for the Lincoln Animal Ambassadors and The Cat House. Participants enjoyed soup, bread and



desserts donated by more than 22 different restaurants and venues in Lincoln. After dinner, the fun began with several exciting games of Bingo. Bingo and raffle prizes were donated by over 120 companies and friends of the two organizations. Pre-sale raffle tickets were sold for grand prizes, including Husker Football Tickets, Husker Volleyball tickets, \$150 Target gift card, a custom cat tree from BK Pet Necessities and an iPad. Pre-sale ticket winners did not have to be present to win. Many more raffle prizes were available to attendees who were present at the event, including a special raffle of Three Dog Night concert tickets.

The Lincoln Animal Ambassadors provides a low-cost spay and neuter program for companion animals and a temporary assistance pet food bank in the Lincoln and surrounding areas. They are committed to improving the lives of animals. The Cat House is a safe no-kill shelter and adoption facility for cats in the Lincoln area. They also have a Trap/Neuter/Return program for feral cats.

Both organizations are 501(c)(3) nonprofit, volunteer run and funded entirely by donation and/or adoption fees.

**Thank you to all who attended!  
See you at next year's Meow & Chow!**

## Tis the season for giving

LAA, like most non-profit organizations, has an end of year "wish list." Our wish list includes end-of-year donations, as we are continually in need of donations to help fund our low-cost spay and neuter program. This is critical to our mission of improving the lives of animals and alleviating cruelty in the Lincoln area. We are nearing a major goal of spaying and neutering 1,000 pets, which means we are helping to end the cycle of overpopulation and killing of companion animals by reducing the number of homeless pets in our community. We are helping people to be able to keep their pets during difficult economic times by providing pet food and other supplies through our pet food bank. And we are helping to educate our community members about being good pet guardians.

Your donations to LAA are tax deductible

and are much needed all year. LAA is a 501(c)(3) organization, so all donations are tax deductible! When you are deciding where your year-end donations can be used, please remember LAA. Don't forget that your employer might offer matching funds for charitable contributions, meaning your donated dollars can go even further! The number of calls we get requesting help continue to increase, and the need does not stop. Without continued donations, we cannot provide the assistance to others who need it all year long.

LAA is an all-volunteer organization. There is no paid staff, so 100% of your donation goes directly to our programs. Did you know that you can give to LAA through the United Way? Just write in "Lincoln Animal Ambassadors" on your giving form. We thank you for your donations!

## Calendar of events

### Petco Tree of Hope November 23 thru December 24

All participating Petco stores Benefits LAA and local animal rescues

### Photos with Santa December 8 & 16, 2012

PetSmart, 5200 N 27th Street  
Benefits The Cat House

### Photos with Santa December 9, 2012

Petco, 48th & O Streets  
Benefits The Cat House

### I Love My Dog Expo February 23 & 24, 2013

Lancaster Event Center

### Give to Lincoln Day May 16, 2013

Local fundraising event

### Wine & Howl June 8, 2013

Deer Springs Winery



## Sub sandwich fundraiser

Employee Owned  
**SUPERSAVER**

Lincoln Animal Ambassadors thanks Super Saver in Edgewood for their assistance with our Sub Sandwich Fundraiser on September 28. Several volunteers created sub sandwiches made to order for hungry customers with fresh ingredients provided by Super Saver. The store donated over \$500 worth of sandwich ingredients. Super Saver generously sold some sandwiches in the deli

that we made before we left, increasing our profit for the day to \$703.

Super Saver also held a pet food drive during the day, so we collected a large barrel of pet food and litter to benefit our pet food bank! Many cats and dogs can be spayed and neutered with the funds that were raised. Matt Kempston, the store director, commented on how organized our volunteers were and what a great job we did. The volunteers had fun interacting with the customers and store employees. We look forward to doing it again next year!



## Pet care costs

In addition to the initial cost of adoption, there's a whole litany of expenses that the average pet owner will incur within a year. To make it easier for you to plan for your new arrival, we've prepared a financial breakdown of the annual costs of caring for a variety of species.

This chart represents the estimated minimum cost of humane care. You shouldn't expect to pay less than this, and you should definitely be prepared to pay more. Don't forget to factor in the costs of unexpected veterinary care, as well as boarding facilities, pet sitters and dog walkers, if you plan to use them. And keep in mind that the price tags on pet-related services and incidentals differ from region to region.

Source: *aspc.org*

## Being a Responsible Pet Guardian: The Cost of Having a Pet

By Molly Hoffmann

Most of us may think like this, "I love my pet(s) and cost is no consideration." The reality is that cost does matter and directly influences the quality of care that our pet(s) can receive. Unfortunately, pets are often denied basic levels of care and veterinary treatment because of the failure of people to recognize that pets do cost money. No pet should suffer as a result of poor financial planning and the lack of commitment of their guardian. High veterinarian costs are often blamed for the lack of care, but in reality, medical care is a necessary expense and must be considered. Being a pet guardian is not a right but a privilege and by recognizing that pets can cost a lot of money, it will help all of us to be more prepared and provide better care to our pets.

Some people feel they can cut costs on food and veterinary expenses while in actuality feeding cheap food and avoiding routine veterinary care may shorten your pet's life or cause more expensive medical bills in the future as a result.

By adopting a cat or dog from a humane society or reputable rescue group, you are actually making a good financial decision in addition to saving a life, as the animal will

already be spayed/neutered, microchipped, and have some initial vaccinations. In addition, in the case of adopting a dog a mixed breed dog is often healthier than a purchased "purebred." Although, humane societies and reputable rescue groups can not guarantee the health of the animal, they are thoroughly examined by a veterinarian before being put up for adoption.

Before adding another pet to your home, please be prepared for the time and financial commitment the animal requires. Remember, the animal has no control over its situation and often suffers as a result. Simply put: The animal's needs have to come first! This requires everyone to carefully examine their budget to determine if they have the ability to give their pet(s) a safe, healthy, and happy life—every day, all the time.

The Lincoln Animal Ambassador's two main programs—a pet food bank for temporary assistance and our low-cost spay/neuter program are both heavily utilized. Wouldn't be great if someday that need was gone as a result of all pet guardians making wise decisions regarding their pets? In closing, please make the right financial decision by considering all of the costs of pet guardianship.

COSTS	Dog	Small Dog	Medium Dog	Large Cat	Rabbit	Guinea Pig	Mammal	Small Bird	Small Fish
<b>ANNUAL COSTS</b>									
Food <sup>1</sup>	\$55	\$120	\$235	\$115	\$190	\$105	\$50	\$75	\$20
Recurring Medical <sup>2</sup>	\$210	\$235	\$260	\$160	\$70	\$70		\$85	
Litter <sup>3</sup>				\$165	\$415	\$415	\$210		
Toys/Treats	\$40	\$55	\$75	\$25	\$40	\$30	\$25	\$25	
License	\$15	\$15	\$15						
Health Insurance <sup>4</sup>	\$225	\$225	\$225	\$175					
Misc	\$35	\$45	\$65	\$30	\$15	\$15	\$15	\$15	\$15
<b>Annual Total</b>	<b>\$580</b>	<b>\$695</b>	<b>\$875</b>	<b>\$670</b>	<b>\$730</b>	<b>\$635</b>	<b>\$300</b>	<b>\$200</b>	<b>\$35</b>
<b>CAPITAL COSTS</b>									
Spay/Neuter	\$190	\$200	\$220	\$145	\$160				
Other initial medical <sup>5</sup>	\$70	\$70	\$70	\$130					
Collar/Leash	\$25	\$30	\$35	\$10					
Litter Box				\$25	\$25				
Scratching Post				\$15					
Cage					\$100	\$70	\$40	\$70	
Carrier Bag	\$40	\$60		\$40	\$40				
Crate	\$35	\$95	\$125						
Aquarium Eqpt. <sup>6</sup>									\$200
Training Class	\$110	\$110	\$110						
<b>Capital Total</b>	<b>\$470</b>	<b>\$565</b>	<b>\$560</b>	<b>\$365</b>	<b>\$325</b>	<b>\$70</b>	<b>\$40</b>	<b>\$70</b>	<b>\$200</b>
<b>SPECIAL COSTS</b>									
Long Hair Groom	\$264	\$320	\$408						
<b>First Year Total</b>	<b>\$1,314</b>	<b>\$1,580</b>	<b>\$1,843</b>	<b>\$1,035</b>	<b>\$1,055</b>	<b>\$705</b>	<b>\$340</b>	<b>\$270</b>	<b>\$235</b>

<sup>1</sup> Premium brand dry kibble; <sup>2</sup> Exam, vaccinations, heartworm preventative & topical flea/tick preventative; <sup>3</sup> Scoopable litter for cats, scooped daily; hardwood shavings or recycled paper products for rabbits, guinea pigs and small mammals, changed at least weekly; <sup>4</sup> Insurance coverage varies; some policies cover spay/neuter, vaccinations and heartworm medication. The annual deductible will also vary depending on the policy; <sup>5</sup> Deworming, basic blood tests & microchip; <sup>6</sup> Basic twenty gallon set up with light/hood, outside filter, undergravel filters, air pump and gravel. Does not include fish.

## George, the Motivator



When George Arnold Brown makes his grand entrance at the Lake Street Senior Center for exercise class, he captures everyone's attention.

He's greeted and praised before he rounds up any exercise

regulars who aren't yet seated in the workout circle. Once everyone is in their place and Lake Street Senior Center Manager Kelle Brandt is ready to begin class, he makes his way to the center of the circle, barking and howling with excitement.

Yes, George is a dog, and he has been attending the exercise class for the past two to three years. His owner, Sandie Brown, had mentioned him in conversation when she began attending the senior center. After everyone begged her to bring George with her to exercise

class, she finally caved. Now, the class isn't complete without his presence.

Many exercise participants describe George as a "little spitfire." He's only 8 pounds and 8½ inches tall, but has enough energy for 12 dogs his size. At 10½ years old, George is the youngest at the Lake Street Senior Center. Although only an animal, he arguably knows the routine best of anyone in the group. On Mondays, Wednesdays and Fridays shortly before class begins, his internal clock signals it's time to leave for the senior center.

"Once I was napping, and he came and woke me up by licking my ear, telling me it's time," Brown said.

She consistently brings George because it's both healthy for him and for the older adults who attend the class. He loves the attention and the treats they feed him, but most of all, he seems to enjoy motivating everyone.

"He gets the exercise group going," said Richard Frey. "We all love him."

### Pets Increase Health

Many studies show pets are therapeutic for all ages, particularly the elderly. According to WebMD, it takes only 15 to 30 minutes with a household animal to reduce stress and anxiety. The Centers for Disease Control says interacting with pets also has been proven to decrease blood pressure, cholesterol levels, triglyceride levels and feelings of loneliness and increase opportunities for exercise, outdoor activities and socialization.

Peteducation.com lists several reasons why pets can improve health and happiness:

- Pets accept people the way they are and are not judgmental.
- Pets instinctively pick up a person's emotion and are always willing to give their love.
- Pets are great listeners.
- Because pets rely on humans, it reminds people they are needed.
- No matter how bad a person's day has been, pets always are happy to see them and want to cheer them up.
- A pet's behavior is often silly at times and makes people laugh—the best medicine.



### George's Impact

Many Lake Street Senior Center exercise participants list George's visits as their favorite part of their day. The evidence can be seen on their faces. Their eyes light up and grins stretch across their faces when George runs across the circle to greet them. Brown said George knows each person's characteristics and can even find them by name when asked.

He will even join in the exercise when it's time to leave the chair circle and walk the hallways. Many say he makes the workout more enjoyable.

"He distracts us from the dreariness of exercise and gives us a few laughs," said Mary Lou Cotter. "He relaxes us."

"We don't realize we're exercising sometimes because we're watching George," Brandt said. "He keeps us motivated. George is good medicine."

Source: *LivingWell*, Fall 2012, Volume 8 Issue 4





**Banfield**  
Charitable Trust



# We need your support!

Did you know that you can name Lincoln Animal Ambassadors on your United Way donation? Your donation helps provide services to pets and their people in and around the Lincoln area. We couldn't do it without the support of people like you!

Donate through our website, [www.lincolnanimalambassadors.org](http://www.lincolnanimalambassadors.org) using PayPal or mail this form to LAA. Pet Food Bank donation items can be dropped off at St. Matthew's Episcopal Church, 2325 S. 24th Street or both Petco Lincoln locations.

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_

Please select your contribution amount:

\$25    \$50    \$75    \$100    \$250    \$500    Other \$ \_\_\_\_\_

- Low-Cost Spay/Neuter Program
- Pet Food Bank
- General Funds

Make checks payable to:  
Lincoln Animal Ambassadors  
Mail to: PO Box 67072  
Lincoln, NE 68506



## Thank you!

PO Box 67072  
Lincoln, NE 68506

