

Pet Talk

FALL 2017

LincolnAnimalAmbassadors.org / 402.817.1168

Our mission

Lincoln Animal Ambassadors is addressing the root causes of Animal Homelessness in Lincoln and the surrounding communities.

Donate

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

Mail to: PO Box 67072,
Lincoln, NE 68506

Or donate through our website
LincolnAnimalAmbassadors.org

Pet Food Bank drop off locations:

Petco 56th & Hwy 2
(bin near registers)

Petco 48th & O Street
(bin in front entry)

Super Saver 56th & Hwy 2
(barrel at exit door)

Super Saver 27th & Cornhusker Hwy
(barrel at Customer Service)

St. Matthews Episcopal Church,
2325 S. 24th Street *(leave near office)*

Lincoln Animal Ambassadors is an all-volunteer 501(c)(3) organization. All donations are tax-deductible.



Thank you for your support this year!

LAA has had overwhelming support this year from our supporters. With great attendance and support through our fundraisers, and wonderful corporate and community support throughout the year, LAA has been able to make great strides in addressing the root causes of animal homelessness. We cannot do what we do without this amazing community support. You might ask “What does LAA do?”

WHAT DOES LAA DO? When LAA started in 2008, our mission was to reduce the number of animals euthanized at the local animal shelter. We quickly realized that the only way to do this was to reduce the numbers of animals going into the shelter. That meant, reducing the numbers of unwanted litters being born, keeping as many animals with their families as possible and educating people about the benefits of spay and neuter and better pet care. LAA started an income-based pet food bank—to help people keep their pets in their home; and a low-cost spay and neuter program—available to anyone in Lancaster County—to help people to get their pets altered, for health reasons and to reduce litters. These programs are part of a retention program and a proactive approach to the pet over population problem in Lancaster County.

WE ARE SUCCEEDING! In the last few years, Bob Downey, Executive Director of the Capital Humane Society has publicly announced, over and over again, that the numbers of dogs coming into the local shelter is down dramatically. In an effort to get that same result with cats in the community, Downey started a low-cost spay and neuter program for low-income cat owners that very closely resembles an LAA spay and neuter project for cats.

BUT WE ARE NOT DONE YET. We have a good start on our goal! But we have to keep pushing to reduce the pet overpopulation problem. We need to continue to help pets and their people. Help them to be better pet guardians and keep them in their home. We need to continue to spay and neuter as many pets as we possibly can to reduce those litters being born. With 56% of dogs and 72% of cats entering shelters being euthanized nationally each year, spay and neuter is a very important piece of the pet over-population reduction problem.

HOW CAN YOU HELP? Your involvement can be large or small. It can be hands on or from a distance. But you CAN help! WE can do this together. Consider making a tax-deductible monthly donation to LAA in 2018, or an end of the year contribution in 2017. Plan to attend one, or all, of our annual fundraisers (Wine & Howl, Meow & Chow and our Spay-ghetti and No Balls Dinner). Or, get involved and volunteer for LAA. Many of our volunteer positions can be done from home and time frames are very flexible.

WE ARE GRATEFUL and humbled by the support we have had from our community over the past 9 years, and we are hopeful that we can count on your partnership in the coming year to forge ahead and make our mission a reality. Please consider a year-end tax-deductible donation or consider how you can help in 2018, either financially or by volunteering. We can't do what we do without you!

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by the numbers

Low Cost Spay/Neuter Program

2,740 total spay/neuters

1378 dogs

- 732 females
- 646 males
- 278 Chihuahua/Chi Blends
- 263 Pit Bull/Pit Bull Blends
- 114 Terrier/Terrier Blends

1352 cats

- 767 females
- 585 males

10 rabbits

Food Bank Numbers

Dry food

January - October: 46,653 lbs.
Approx. 4,665 lbs. per month
Since inception: 377,589 lbs.

Canned food

January - October: 15,939 cans
Approx 1,594 cans per month
Since inception: 100,600 cans

Litter

January - October: 8,010 lbs.
Approx 801 lbs. per month
Since inception: 60,080 lbs.

Number of families helped so far in 2017: 384



Featured Rescue: Saunders County Lost Pets

By Debora Wilcox

After the loss of my own two dogs SCLP was formed because my eyes were opened to the sad fact that in Saunders County when a stray went unclaimed they were euthanized. Immediately following my loss, I began rescuing the strays that went unclaimed in Saunders County. I wanted to control what was happening in my life and turn my loss into something I could tolerate. I wasn't able to change my circumstances, but I could change what was happening to the unclaimed strays. I started working with local veterinarians so when strays went unclaimed they would contact me to pick them up. We began stepping in and rescuing each of them and getting each of them all their needed vet care.



The rescue efforts began using my own resources including money to vaccinate, neuter/spay and take care of any other health needs of the strays. Health care and control of the unwanted pet population are extremely important fundamentals to the rescue philosophy. Other volunteers began to come forward to help give care, walk, and to house the strays while we began looking for new homes. We started with only dogs but as others came forward to help we were able to start programs for cats. We have since added some TNR programs too.

Since the inception of SCLP we have saved more than 1100 dogs and found them new loving homes. As well as and many, many cats. SCLP is funded entirely

by donations and animal care chores are completed by volunteers. SCLP has a large network of volunteers. Volunteers walk the dogs, play with the dogs, complete chores for cats and dogs. Volunteers give pet therapy to local shut in residents and care centers. Many civic organizations volunteer at the shelter throughout the year.

This adventure has never really felt like a job it has been a fantastic adventure. I have always felt this is a way that I can return the unconditional love given to me by my two lost labs and by other pets that give such joy to their owners. I have also always felt that this is exactly what I am supposed to be doing right now in this place and in this time.

SCLP is a 501(c)3 tax exempt organization comprised of compassionate volunteers dedicated to saving the lives of pets. You can learn more about them online at www.saunderscountylostpets.com.

226 West 5th Street
Wahoo, NE 68066
debora@saunderscountylostpets.com
(402) 277-7056 / (402) 432-2814
www.saunderscountylostpets.com



The unexpected benefits of volunteering

You've probably heard that helping others is a great way to incite happiness. Many studies have shown that the more people volunteer, the happier they are. A recent study in Social Science and Medicine reported that weekly volunteers were 16% more likely to feel "very happy". In the same study, this was the same increase as the difference between people having an income of \$75,000 - \$100,000 versus \$20,000!

Volunteering connects you with other people. The smallest acts of kindness make a huge difference to people and animals, but there is also a personal reward! Spending time as a volunteer helps you make new friends, expand your network and can even boost your social skills.

Volunteering is good for your mind and body. Studies have shown that it helps counteract the effects of stress, anger, and anxiety. By helping you saying in contact with others, it can also combat depression. Studies have even shown that we are hard-wired to feel happiest when we are helping others! It also provides a sense of purpose, can help you stay physically healthy, and it has even been shown to increase self-confidence!

Volunteering can advance your career. Just because you aren't paid for something doesn't mean the skills you learn are basic! Volunteering is a great way to learn new skills and try something new. Many volunteering opportunities, ours included, provide great training! For instance, our call volunteers learn how to use spreadsheets to track and document calls.

Volunteering brings fulfillment to your life. Volunteering is a fun and easy way to explore your interests and passions. Doing

volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

If you are interested in helping out with LAA's mission of reducing animal homelessness, consider one of these opportunities.

Return Messages: These volunteers listen to voicemail messages left during a short window of time each week. They return the voicemail and log the results of the call in a spreadsheet. This generally takes less than 2 hours once a week and is essential for keeping the wheels of LAA moving!

Spay/Neuter Notifications: These volunteers get to deliver the happy news that their pet is next on the spay/neuter list. They then get the rest of information we need to issue a voucher. These volunteers get a list of names to call and work at their own pace.

Food Distribution: Our most hands-on helpers, these volunteers make our twice a week food distribution run smoothly. Volunteers confirm recipients have been approved through our program requirements and then distribute appropriate amounts of food. Distribution is scheduled on Monday and Thursday nights for about 1.5 hours.

Calendar of events

Spayghetti & No Balls Dinner

March 2018

Wine & Howl

Deer Springs Winery
June 2, 2018

Pet Food Bank is running low!

LAA's Pet Food Bank is in need of canned dog food and dry kitten and cat food donations. You can drop off donations at the following locations:

- **Petco 56th & Hwy 2** (bin near registers)
- **Petco 48th & O Street** (bin in front entry)
- **Super Saver 56th & Hwy 2** (barrel at exit door)
- **Super Saver 27th & Cornhusker Hwy** (barrel at Customer Service)
- **St. Matthews Episcopal Church**, 2325 S. 24th Street (leave near office)



Don't just take your dog for a walk...take your walk for a dog!

You walk your dog anyway, now you can support Lincoln Animal Ambassadors every time you walk your dog! Go to WoofTrax.com, download the app on your phone, and get walking! This is a completely FREE way to make a donation, just by doing something you already do.



Take your walk for a dogSM
WoofTrax.com

Project Homeless Connect 2017

Lincoln Animal Ambassadors (LAA) first participated in Project Homeless Connect in 2012, and has done so every year since. Project Homeless Connect is a one-day, one-stop event organized by the Lincoln Homeless Coalition for Lincoln's homeless or those at risk for homelessness to provide a wide variety of immediate, on-site services and support for unmet needs.

The event concept began in San Francisco in 2004 and has been held in over 220 communities including Omaha. The first Project Homeless Connect Lincoln event was held in 2009. The goal of this event is for businesses, service agencies, government, schools, churches and all factions of a society to come together to address the needs of individuals and families who are homeless by also providing medical, dental, mental health, substance abuse services.

For the last three years, Project Homeless Connect has provided basic animal care for the pets of the guests at this event. Lincoln Animal Ambassadors has been involved

in the pet care part of this event since the beginning. Information about LAA's pet food bank was made available as well as information gathered for low cost spay/neuter vouchers.

This year 30 animals, including three ferrets and one parrot, were vaccinated, given a basic wellness exam, had nails trimmed and some received a quick groom.

A special thank you goes to several organizations and businesses for their donation of people and pet care items. Animal Care Clinic provided a veterinarian, and Southridge Animal Clinic and Animal Care Clinic provided veterinarian technicians. Dawn's Grooming provided quick grooms and nail trims for dogs and cats. Hearts United for Animals loaned crates for pets to relax in while their families were receiving care, leashes and collars, and cat carriers for those who did not own a carrier for their cat. Vaccination medications were donated by Zoetis.



Local businesses show their support

By Blake Gilmore, Director of Marketing & Communications

Without support from local people and businesses, small nonprofit organizations like LAA wouldn't exist. A local organization is perfectly situated to make sure your donations are impacting people and animals right here in our community. But - we are just helping to connect you with animals that need help! YOU, our supporters are making our mission happen and the people and animals you assist are truly grateful. You've helped thousands of animals get preventative veterinary care and made sure thousands more don't lose the homes they have.

We would especially like to thank the local businesses listed for showing their support this year through donations to our programs or event sponsorship.

In the past, LAA has offered a number of short term programs, such as the Mighty/Tiny project where we offered \$25 spay/neuters. These programs address specific trouble-spots, such as the breeds which at the most at-risk for euthanasia in shelters. These types of programs are expensive; and, many have been backed by grants to help provide a significant portion of the funding. These kind of short term/high

impact projects are excellent ways for your business to give back to the community! We have lots of opportunities to sponsor our programs and events.

If you would like more information about sponsoring one of our programs for 2018—contact Blake Gilmore at marketing@lincolnanimalambassadors.org.

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|----------------------------------|--|
| 1867 Bar | Parkview Animal Hospital |
| Ameritas | Petco |
| Belmont Veterinary Center | SitStay |
| Blue Buffalo | South Ridge Animal Clinic |
| Cause for Paws | Super Saver |
| CJ Foods | Superior Veterinary/Cotner Pet Care |
| Ehlers Animal Care | Target |
| Healthy Paws Foundation | Vintage Heights Veterinary Hospital |
| Mars Pet Care | Wachal Pet Health Center |
| Moran's Liquor | Walmart |
| Nature's Logic | West "O" True Value |
| Nature's Variety | |
| Omaha Industries | |

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AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. Amazon will donate a portion of the purchase price to your favorite charitable organization.



Best Friends Animal Society & Blue Buffalo DONATE BIG!



Lincoln Animal Ambassadors received an offer we just couldn't refuse back in September for our pet food bank. As one of just a few Best Friends Animal Society Charitable Partners in the midwest, LAA was offered a semi-truck load of dog food and treats. As much as we would have liked to take it all, we do not have the storage space to house that much pet food at one time.

LAA prides itself on working with other animal organizations in the community so we thought we could share the wealth! With Best Friends and Blue Buffalo's permission, we offered some of the food to local rescues. Of course, all rescues who received signed a commitment that they would not sell or transfer the food or treats to others, but they would use it for their own programs. On October 12th, we received approximately 30,000 pounds of dry dog food and treats. On October 15th, LAA distributed 21,200 pounds of dry pet food and 6 pallets of treats to local dog rescues. Thank you to all the volunteers that helped with that

distribution. A special thank you to Ron Stow and Rod Bauer for their hard work to make that distribution go smoothly and efficiently.

AN EVEN BIGGER THANK YOU TO BLUE BUFFALO AND BEST FRIENDS ANIMAL SOCIETY from the Lincoln Animal Ambassadors Pet Food Bank, R.u.F.F. Rescue, Paws Up of Nebraska, Revolution Rescue, Good Dog Rescue, Big Dogs Huge Paws, and Hearts United for Animals.



A volunteer's gift

Kristi Scott, a compensation analyst at the Lincoln Ameritas office, was awarded the Hours Project Volunteer of the Quarter for the second quarter of 2017. Within the past few months, she logged over 165 hours volunteering for the Little White Dog Rescue and LincOne Federal Credit Union. Ameritas will donate \$500 to Lincoln Animal Ambassadors in honor of Kristi's hard work. Kristi selected LAA for the donation and was presented her award by her manager, Niki Muller.

LAA would like to thank Kristi for selecting us to receive the donation and working so hard to help animals and people in the community! We are honored you chose us! We would also like to Thank Ameritas for giving their employees time to volunteer and for the generous donations to the community!



Thank you to our Meow & Chow donors!

Nature's Variety	Sophia Alvarez
Animal Care Clinic	Pauline Balta
Bimbo Bakery Outlet	Kyndall Bedell
Bison Witches Bar & Deli	Kelle Brandt
Bissell	Katie Brown
Buzzard Billy's	Veronica Cammarata
Center for People in Need	Cathy Cecava
Chocolatier Blue	Amy Dalton
City Clock	Mary Douglas
Conroy's Family Bakery	JS Engebretson
The Cookie Company	Friends of The Cat House in honor of Luna
Cultiva Coffee	Blake Gilmore
Dish	C. Glen
Don & Millie's	Karen Hardesty
Eileen's Cookies	Liza Hilzer
Granite City	Joyce Howe
Greenfield's Café	Michael Jones
Andrea Rezac @ Haute Hair Studio	Cheryl Johnson
Aaron Porter @ Haute Hair Studio	Susan Johnson
Ivanna Cone	Sara Laney
JML Jewelry Appraisals	Jan Lang
La Paz	Gaylene Mulherin
Le Quartier Bakery & Café	Deb Pearson
LeadBelly	Brady Rivers
Mellow Mushroom	Renee Runge
Misty's - South	St. James Pie Ladies
Nebraska Animal Medical Center	Anita Scofield
9 South Char Grill	Clancy Smith
The Normandy	Alma Vlasak
Novita Family Photostories	Jim Volkmer
Open Harvest	Denise Weimer
Patty's Pub	Laura Wong
Runza	Linda Wunderlich
Tico's	
Venue	
Wild Bird Habitat	
Yankee Candle - SouthPointe	

A record setting event: Meow & Chow raised \$10,000!

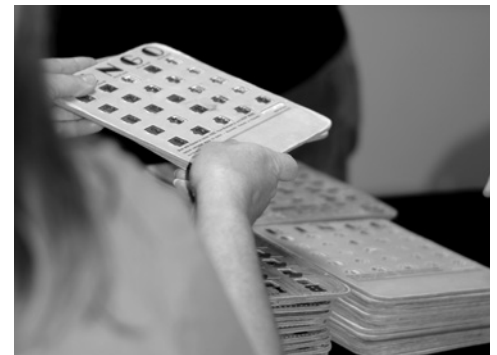
Thank you, Lincoln, for your amazing support! A record \$10,000 was raised at the eighth annual Meow and Chow held on Saturday, October 28, at The Center for the People in Need. Lincoln Animal Ambassadors and The Cat House are grateful to the more than seventy businesses and individuals that donated food and prizes. We would like to thank everyone who attended and purchased raffle tickets! Last, but not least, we would like to thank all the volunteers who helped make the event such a success!

About 235 diners sampled a spread of hot soups, freshly-baked breads, and delicious desserts. Excitement ran high

after the meal too as Lincoln Animal Ambassadors board member Blake Gilmore and The Cat House volunteer Carter Hulinsky called several games of five-in-a-row bingo. The evening culminated in a raffle that featured an iPad Pro, a \$250 Target Gift Card, and a Navy and Tan Kate Spade purse. About fifty volunteers worked behind the scenes to ensure the event was a success.

One last enormous round-of shouts out to everyone who donated food and prizes, the volunteers and everyone who attended. You save lives every single day with your generosity.

See you at next year's Meow & Chow!



14 foods NOT to give your dogs and cats over the holidays

by Allison Hunter-Frederick

Turkey, chocolates, and punch, oh my! With the holiday season drawing near, chances are your house will be filled with all kinds of delicious and tantalizing food. While we're trying to watch our weight, we also need to pay attention to the foods we give our pets. Below are 14 holiday items that you should avoid allowing your dogs or cats to have. Some of them might surprise you!

1. Turkey/chicken, skin, bones, stuffing, and gravy: If you give in and indulge your pet with turkey or chicken, give only a small piece. Overindulging can lead to an upset stomach, diarrhea or even pancreatitis. If you do share turkey with your pet, discard the skin.

Bird bones tend to splinter when chewed. Bone fragments can create blockages in the esophagus, stomach, or intestines.

Stuffing and gravies come in many varieties, and the ingredients can be a cornucopia of toxicity for dogs and cats. If you want to treat your pet, it's best to stick to vegetables without butter or salt or a little turkey broth.

2. Ham, pork: The main problem with ham and pork are the amount of fat and sodium they contain, as many pets will develop digestive upset from eating excessively fatty foods.

3. Corn on the cob: Dogs might swallow large chunks of the cob, which can lodge in and obstruct their intestines.

4. Mushrooms: There are several types of toxins in different types of mushrooms. These can cause anything from kidney and liver failure to delirium and hallucinations, to vomiting and diarrhea to seizures, coma and possibly death.

5. Onions, garlic, and chives: These vegetables contain substances called disulphides, which damage the surface of red blood cells and cause them to burst.

6. Chocolate, caffeine: Both of these contain substances called methylxanthines which, when ingested by dogs, can cause a variety of adverse side-effects including seizures and death. Chocolate also contains theobromine, which can be poisonous for cats.

7. Nuts: Certain nuts should not be given to pets, not even as part of candy and cookies. Lethargy, vomiting and loss of muscle control are among the effects of nut ingestion.

8. Avocados: Some varieties of avocados such as the Guatemalan avocado variety apparently contains high enough levels of persin to cause problems to dogs.

9. Grapes, raisins: Grapes contain toxins that can cause kidney failure. Keep in mind that many holiday treats contain both grapes and raisins.

10. Seeds, pits: Seeds and pits of various fruits can cause intestinal obstruction and enteritis.

11. Xylitol: Sugar-free or lower sugar items often contain the artificial sweetener xylitol can be deadly to pets. This ingredient is showing up in a lot of food you wouldn't expect!

12. Yeast, raw dough: Just like yeast rises in bread, it will also expand and rise within your pet's stomach. While mild cases will simply cause gas, lots of farting, and discomfort, too much yeast could rupture a pet's stomach and intestines.

13. Eggnog: This beverage is a quintuple whammy, in that it's loaded with raw eggs, fat, milk, and sugar. Yes, this is only four. The fifth is that eggnog is often spiked with alcohol. Cats in particular are attracted by the sweet taste of eggnog, so be sure not to leave your glass unattended. Alcoholic drinks can intoxicate cats with only a small sip.

14. Christmas tree water: Pets have been known to confuse the Christmas tree bowl with their water dish. Unfortunately, Christmas tree water is a breeding ground for germs and bacteria and can cause nausea or digestion problems.

I am not a vet and this article is based solely on research. Should your pet take ill during the holidays, call your vet right away! Many interventions are time-sensitive. Quick action could make the difference between life and death. For that reason, research your vet's holiday hours in advance, and be sure you know where to go for emergency vet service when your vet is closed.

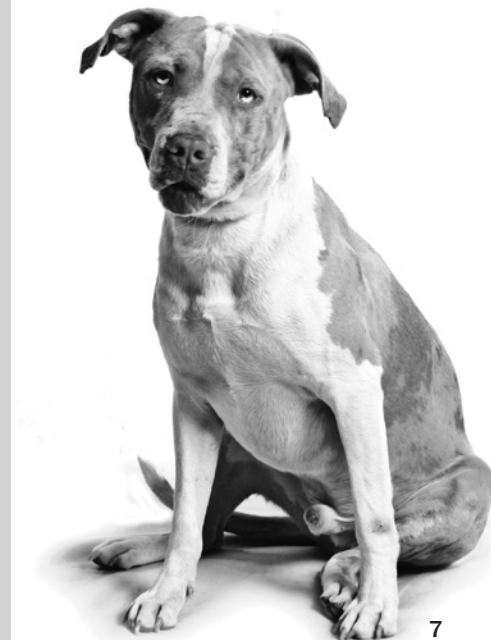
To read the article in it's entirety, please visit our blog: <https://lincolnanimalambassadors.wordpress.com/2017/11/07/14-foods-not-to-give-your-dogs-and-cats-over-the-holidays-2/>

Thank you to our recent donors!

Burke Casari	Samantha Hertel
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Chris Neukirch	Trishia Peterson
Cindy Boeselager	Ameritas
Diane Cottingham	Blue Buffalo
Donna Connelly	Capital Humane Society
Heather Beed	Food Bank of Lincoln
Heather Crockett	Nature's Logic
Jeanie Imler	Nature's Variety
John & Diane Huseman	Network for Good
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Katherine Clinch	Petco - South
Kristi Scott	South Ridge Animal Clinic
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Paula Einemann	
Renee Benson	
Reuben & Loretta Rieke	

Donations in memoriam

In Memory of Sadie Mae Douglas
In Memory of Milo Galloway
In Memory of Linda Gavin (Beemer)
In Memory of Lynn Bosinia





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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, 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; Super Saver, 56th & Hwy 2 and 27th & Cornhusker; or both Petco Lincoln locations.

Name _____

E-mail _____

Address (City, State, Zip) _____

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!