

## The “O” Boys: Osgood & O’Malley

If your home is missing a couple of sleek, golden-eyed house panthers, look no further—Osgood and O’Malley are your boys. These brothers not only look fabulous, they are smart, sweet, playful, affectionate, and lots of fun!

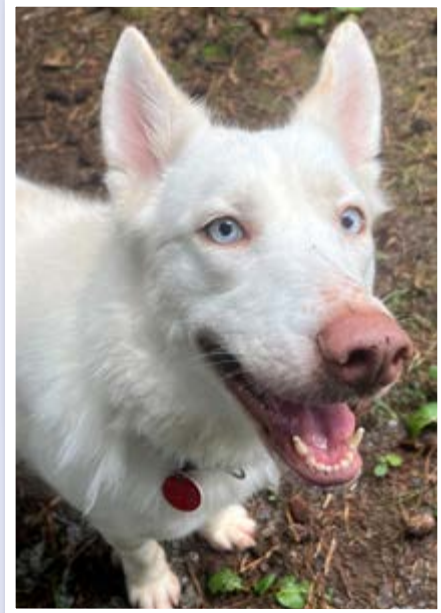
Osgood and O’Malley are about five months old, and have the energy (and appetite!) of typical teenage boys. They have learned good house manners but may need occasional reminders—remember we said “teenage boys.” These two are almost twins but not quite. We have given them different colored collars to help visitors know who is who, but it doesn’t take long to recognize their different personalities and of course their unique facial expressions. (The cat on the left is Osgood—or maybe that’s O’Malley ...)



They are currently living with an elderly cat gentleman in their foster home, and are appropriately respectful toward him. Because they are so social and confident, we expect they could live happily with a cat-friendly dog as well. They are in excellent health, and have no special needs.

All of our cats and kittens have been spayed/neutered, are

up-to-date on vaccines, and have tested negative for FeLV/ FIV. The adoption fee is \$150 for a pair of kittens. To learn more about any of our cats available for adoption, please call 503-402-8692, email [arcf@pdx-petadoption.org](mailto:arcf@pdx-petadoption.org), or visit [pdx-petadoption.org](http://pdx-petadoption.org).



## Luna

This gorgeous girl is more than just a pretty face—she could easily win the “Miss Congeniality” title at any pageant she chose to enter. She’s also smart enough to make the Dean’s List at Doggie U and has excellent house manners. Luna is crate- and house-trained and only sings the universal “Song of the Husky” when she needs to go out for a potty break.

Luna loves a good cuddle with her people. She is mesmerized by watching TV and is a good ride-along buddy in the car. She would be happy living with other dogs, but could also enjoy life as the only princess in her home. She does great with older kids, but hasn’t been tested with toddlers or cats.

Like most Siberian Huskies, Luna can be an entertaining goofball. Unlike most Huskies she is mostly calm and quiet, except for her morning zoomies. She would love a safe space to run around, so a fenced yard would be ideal. She is about two years old and weighs 55 pounds.

Luna has been spayed, vaccinated, heartworm-tested, microchipped, dewormed, and is current on flea control. The adoption fee is \$400. If you are interested in knowing more about Luna, please visit [mywayhomedogrescue.org](http://mywayhomedogrescue.org) and complete the adoption application online.

## FROM THE PRESIDENT'S DESK

Whether or not you happen to be a fan of Pumpkin Spice Everything™, it sure felt good when that last blast of summer heat faded and the first rain arrived.

In addition to the usual calls for help with stray and unwanted cats and kittens, this year has brought many more cases of abandoned pets. These are friendly cats left behind when their people move on, or dropped off in a public place. There are many kind people who want to help, but not all are in a position to adopt a new pet, so shelters and rescues are pressed to make room for even more, when we are already full to overflowing.

One of those kind people asked for our help with a mom and four kittens that suddenly appeared in the courtyard of his apartments, but claimed by no one living there. Momcat was very friendly, and it didn't take long to gather up the little family and get them to safety in a foster home. They became the "M" litter including **Mila** and **Macy**, available for adoption now.

We got a call late one night from our rescue friend Karen. A realtor preparing to put a property on the market the following day found a momcat with two newborns in a 5-gallon bucket. The previous homeowner had passed away, the family lived in another state, and nobody knew anything about the cats, except that they needed a place to go, immediately.

Our foster homes were full, as always, but our volunteer Lori made room for **Nori** and her babies, **Nala** and **Natilla**. Of course, we'll never know her story, but sweet Nori had clearly known loving human companionship before she stashed her kittens in a bucket for safety. She and her kittens will be available for adoption in October.

Another kind person contacted us about a cat left behind in his neighborhood when her owner passed away. Nobody was quite sure of the circumstances, but the cat was clearly in need of help—she was missing most of her fur, and trying to get into any open door to safety—clearly not used to being outdoors. Again, our foster Lori made room in her full house so we could save this sweet cat we named **Penny**.

At her first vet visit, we learned that not only was Penny already spayed, she was declawed on her front paws, and probably 7 to 8 years old. With flea control medication and good food, Penny's fur soon grew back nicely and she's now ready to find the calm and caring home where she can live forever.

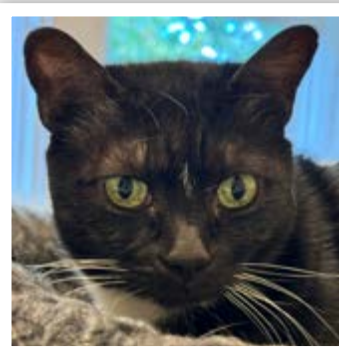
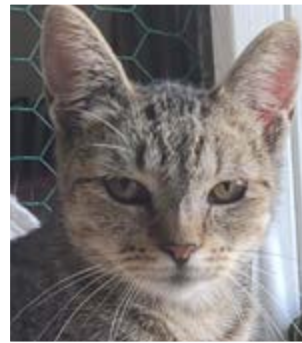
It doesn't happen often, but sometimes our adopted kitties come back to us, through no fault of their own. **Herbie** was adopted as a kitten six years ago and his family recently let us know that they could no longer care for him. Herbie is a big love, emphasis on big—he's very overweight and will need the help of our experienced foster mom Janet to get back down to a healthy weight. When he's made good progress on that journey, we'll start looking for Herbie's forever home. Because obesity has become such a common disease with pets in this country, we are rerunning an updated version of an article on obesity we shared last year (see page 7). Our pro tip: it's much easier to prevent your pet from gaining excess weight than helping them lose it.

Summer is always a slow time for adoptions—people are busy with vacations, travel, and projects. This summer has been particularly slow, and we have some lovely cats and kittens looking for their forever homes, so if you've been thinking about adopting, this would be a great time!

Also, we've had some extraordinary medical cases in the last few months. Treating our FIP cats is very expensive, and our little friend Tippy and his family took another big bite out of our budget. (See page 5). Thanks to our generous supporters, we are able to take on these extraordinary cases, and save their lives.

Thank you for reading our newsletter. Please adopt, volunteer, and donate, if you can. Your support makes our work possible.

Be careful, be well, and please be kind to all creatures. Happy Fall!



FROM TOP LEFT: HERBIE; NORI; NALA; MILA & PENNY

—Carma Crimins, President

*Since ARCF does not currently have a dog adoption program, we are working with other local dog rescue groups who share our goals and philosophies of animal welfare and rescue.*

## MY WAY HOME DOG RESCUE

**FOR MORE INFORMATION:**

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

503-974-4944

### Lenny and Merle

These are hard times for homeless animals and all those working to help them—the need is so overwhelming right now that some days it truly seems too hopeless to keep struggling against the odds. But we just continue to put one paw in front of the other and focus on the lives we can save. Lenny and Merle are two of the lucky ones and we're happy to share their story.



**GOING HOME WITH MY NEW DAD!**

Both of these good boys found themselves in high-kill shelters in rural areas with minimal resources and far too many homeless animals. Through relationships developed over many years, local shelter workers and volunteers coordinated the people and effort required to save Lenny and Merle from the sad fate awaiting them, and get them to safety with My Way Home Dog Rescue.

Tiny Chihuahua Nathan (his shelter name) weighed in at a whopping four

pounds and had medical issues needing immediate attention. Lenny (a Queensland Heeler mix) was in good health but had never learned proper house manners—he chewed up anything he could reach and barked at



**YES, THEY MAKE ME WEAR SILLY CLOTHES**

everything he couldn't. Fortunately, he is a quick learner and Cheryl at My Way Home was able to teach him the social skills necessary to fit into a new family of his own!

Lucas inherited a senior dog from family friends, and they had a wonderful three years together. When Emma passed away last year, Lucas took time to grieve her loss. Eventually he felt ready for canine company



**BETH, LENNY, & LUCAS**

again, so he took some dog-sitting jobs while searching for his next family member.

He found My Way Home on [Petfinder.com](http://Petfinder.com), completed an application, and arranged to meet several dogs in MWH foster care, including Toby, Lenny, and Nathan. He met Toby and it went well enough, and was planning to meet Nathan, but Cheryl thought that Lenny might be a better match for Lucas. Lenny did not always take to strangers immediately, but something about Lucas convinced him to go in for a snuggle and then come back carrying his leash, presenting it to Lucas. What a smart boy! Lenny and Lucas were soon on their way home together.

The next day, Lucas saw a social media post from long-time friend Ian with his newly adopted dog, Nathan—yes, the very same little guy he recognized from MWH! Ian and his wife Cooper lost their beloved senior Chihuahua about the same time Lucas lost Emma.

It turns out that Ian and Lucas have known each other since middle-school days when they lived in Alaska. They recently attended the wedding of a mutual friend where they chatted about their adoption plans, neither knowing they would soon end up at the same place in their search.

Ian and Cooper had adopted another Chihuahua mix named Satine a few months earlier and were interested in finding her a friend. They read about tiny Nathan and felt their experience with small, fragile dogs qualified them to provide the care he needed. Cheryl at MWH agreed, and Nathan was soon off to his new life, with an appropriate new name: Merle. (He came from Bakersfield—if you know, you know.)

Continued on page 4

## ANIMAL PLACEMENTS

June-July-August: We rescued and cared for 31 cats and kittens, including veterinary exams, hospital care, vaccines, spay/neuter surgery, microchipping and more. We placed 11 cats and kittens in loving, responsible homes.

Major expenses for the quarter were:

**Veterinary:** \$8,277.34

**Food/Supplies:** \$7,036.48

**Newsletter:** \$2,996.43

## AnimalTalk

**ANIMAL TALK** is a quarterly newsletter published by Animal Rescue & Care Fund.

**Our Mission:** To rescue, shelter, and care for homeless animals and place them in permanent, responsible homes; to promote and support spay/neuter for all companion animals.

### EDITOR

Carma Crimins

### GRAPHICS/LAYOUT

Sandra Horrell  
sandrahorrell.myportfolio.com

### 2024 OFFICERS & BOARD MEMBERS

**President:** Carma Crimins  
**Vice President:** Marian Kerr  
**Secretary:** Anne Malinowski  
**Treasurer:** Chrisi Badrick  
**Member at Large:** Debbie Norr

### Animal Rescue & Care Fund

PO Box 14956, Portland, OR 97293  
503-402-8692  
[www.pdx-petadoption.org](http://www.pdx-petadoption.org)  
[arcf@pdx-petadoption.org](mailto:arcf@pdx-petadoption.org)

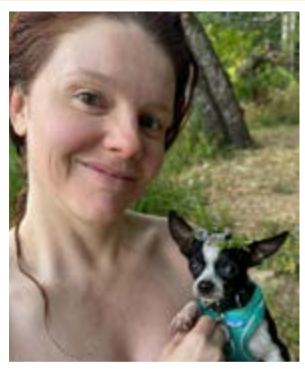
Animal Rescue & Care Fund is a private, non-profit, tax-exempt corporation funded solely by private donations. We are a 501(c)(3) organization so all donations are tax deductible. Our tax ID is 51-0137768. A board of directors makes decisions on policy and activities. All funds are used to support our programs, including publishing this quarterly newsletter.



**IAN, MERLE, & SATINE**

Merle and Satine hit it off immediately. There were a few introductory sniffs and by the first night, they were sleeping together. Cooper is a professional musician so they are often on the road. “Our little dogs are perfect travelers, they fit in anywhere,” says Ian. “We take them everywhere. We recently took a trip to Alaska, and Merle made a four-mile hike with us, all on his own, except when he needed a boost over some big logs in the trail. He now considers himself a big, tough, hiker dog.”

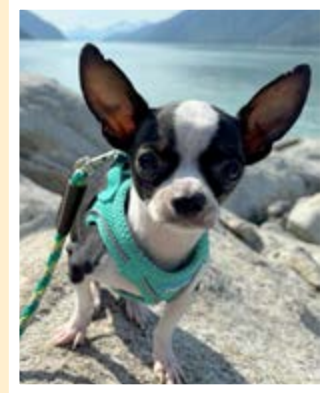
After two months together, Lucas reports that Lenny is indeed the perfect dog for him. “Lenny is so



**COOPER & MERLE**

My Way Home Dog Rescue saves dogs from high-kill shelters, providing all necessary medical care and home-based fostering. These dogs often have long-neglected chronic conditions. Returning them to good health takes a commitment to providing as much care as each animal needs. If you'd like to foster, adopt, or donate towards the care of a rescued dog, please contact [mywayhomedogrescue@gmail.com](mailto:mywayhomedogrescue@gmail.com).

funny—he fits my personality and my life really well,” says Lucas. “He gets along with every dog and every human he meets, large or small. He understands when he can play rough, and when he needs to be gentle. I work from home and I am really glad



**MERLE, ADVENTURE DOG OF ALASKA**

to have a walking buddy again. My partner was a little leery of adopting a herding breed dog, but now she's in love with him, like everyone else.”

Lucas was pleasantly surprised at his experience with MWH. “There seems to be some stigma involved in adopting from a rescue, but we didn't mind the application process at all. It helped Cheryl make the best match for us, and we appreciate how she set us up for success.”

Ian agrees, and adds that he appreciated the ease of the adoption process, the thorough veterinary care provided, and full disclosure about health and behavior issues.

“We appreciate the work that My Way Home and other rescue organizations are doing. We will definitely spread the word about our experience and encourage everyone to support your work with adoptions and donations. And we are all going to meet up soon to introduce the pups!”

## Teddy & Deirdre (formerly Otto & Odette)

Mary is one of our favorite childless cat ladies. We don't know exactly how many cats she has adopted from ARCF over the years—let's just say it's more than five. Mary's last elderly cat passed away in 2019, and she was ready for a new cat family. She adopted Charlotte, Nancy King, and Douglas, and they lived happily ever after—until a few months ago when Nancy King suddenly became ill with serious heart disease, followed soon after by Douglas, who passed away from congestive heart failure. Mary was devastated and Charlotte was bored and lonely.



**TEDDY, DEIRDRE, & CHARLOTTE**

A special feature of Mary's life with cats is that she first imagines the names of her new family members, and somehow manifests their appearance in those roles. When Mary told us she was looking for "Teddy and Deirdre," we thought of a brother and sister we called Otto and Odette. Kittens have no emotional attachment to their government names, and they were perfectly happy to become Teddy and Deirdre and make themselves at home with Mary and Charlotte.

Introductions to resident adult cats can be fraught, and things don't always go well, but after an initial hiss or two, Charlotte accepted her new "step-children" and they're now a happy family again.

After losing two beloved kitties within a 4-month span, my remaining cat Charlotte and I were very sad. It was shocking to lose them both. Thankfully, there's Animal Rescue & Care Fund. I made the call and put in my order for another sibling set. (Nancy King and Charlotte were sisters.) We welcomed Teddy and Deirdre into our home three weeks ago. It's been wonderful to see Charlotte take to them so quickly. She cleans, plays, and sleeps with these sweet kitties. They are hilarious! Thank you for making my family complete again.

—Mary Kadderly, Charlotte, Teddy, & Deirdre

## The "T" Family

We're not quite ready to call this one a "Success Story" because the "T" kittens are still in ARCF foster care, but it will help explain how we spend much of our time and the resources donated by our supporters.



**TIPPY**

It started with a request for help from a young woman whose 7-week-old kitten had a broken leg. She knew he needed immediate help but had no resources for an exam, let alone surgery and follow-up care. We rushed to get the kitten, named him Tippy, and took him to an emergency vet for evaluation. Not only did he have a badly broken leg, he was also severely anemic from flea infestation, and would need a blood transfusion before any surgery could be done.



**TULLY (LEFT) & TINKER**

Because Tippy was so small (barely one pound) and the break was so bad, an orthopedic specialist was required to surgically repair his leg, followed by a long recovery, and of course an extra-large vet bill. We consulted several vets and decided that amputation was a better option in this case; the bones were already starting to heal badly and at his age, Tippy would recover quickly and adapt easily to being a tri-pod. Once he was stabilized, the surgery was done, and two weeks later, Tippy's wound is healed, his weight has doubled,

and he has no problem keeping up with the antics of his siblings.

Yes, there were three other kittens in Tippy's home, and the family agreed to let us take them as well. The smallest one we called Tai was having trouble eating—he was ravenous, but everything he ate came back up quickly, sometimes even choking him while he was trying to eat more. Back we went to the vet, and x-rays revealed a rare birth defect called Persistent Right Aortic Arch, which basically means the heart doesn't develop normally and a band grows restricting the esophagus. Sadly, there is nothing other than cardiac surgery to correct the condition, which isn't an option for a 12-ounce kitten, so we had to release this little angel from his suffering. We hope to meet him again in his next life when he can eat everything he wants and grow up to be somebody's best boy. We expect the "T" kittens to be available for adoption in October.

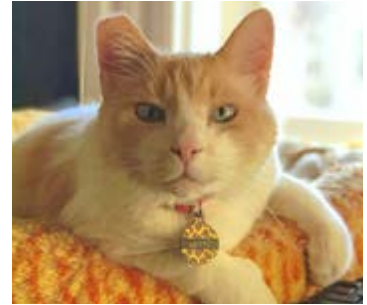
## IN MEMORIAM

We first laid eyes on Mitty in 2015 when he crawled out of a forlorn clump of shrubbery in the middle of a freeway median on a hot summer day. With no humans nearby and the closest homes across multiple busy lanes of freeway traffic, we scooped him up and thus he began his new life with ARCF. We called him Milton the Freeway Cat but he was soon known as Mitty, and eventually just Kitty.

Mitty had clearly been around people, but he demonstrated strong opinions about some of his caregivers. After he rejected several foster homes, our friend Glenda agreed to take him on as temporary staff in her new office for “a couple weeks.” Three years later, Mitty was offered the position of CFO (Chief Feline Officer) for life after proving to be invaluable to the business.

But Mitty wasn’t content with that title—he had bigger dreams and begged for the opportunity to represent the business from a front porch-based workstation. He proved extremely popular with the neighbors, including people of all sizes and their dogs, but woe to the feline who dared to step foot in his territory. His charisma and influence expanded until he became known by his constituents as the Mayor of Lair Hill.

Mitty was already a senior cat when we met him in 2015, and in recent years, the maladies of geriatric cats began to wear him down while Glenda did everything possible to make him comfortable through all those health challenges. His last day was spent at his front porch station, greeting visitors and enjoying the sun on his face. Mitty had the biggest personality of any cat we ever knew. He will never be forgotten by anyone who had the pleasure of meeting him.



MITTY



AMBER

Beth Hutchins sent us the sad news that their sweet old lady cat Amber had reached the end of her days. Amber was adopted from ARCF in 2007 (as a baby named Blondie) and after 17 years together, she will be deeply missed by her family.

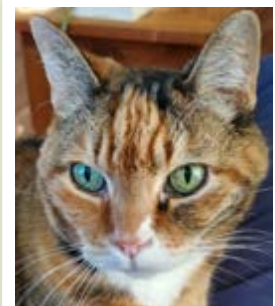


How lucky I am to have something that makes saying goodbye so hard.

-A.A. Milne  
(Winnie-the-Pooh)

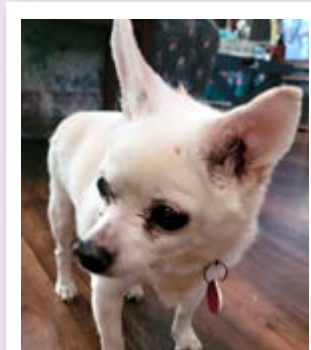


Beautiful Hazel came to ARCF in 2013 and was soon adopted by Alexis. Hazel was soft, sweet, and a little bit sassy—what tortie isn’t sassy, after all? She had a special talent some would call “making air biscuits” but Alexis preferred to call “interpretive dance.” Hazel was a devoted companion through many ups and downs in the 11 years they shared, until she succumbed to the combination of kidney disease and debilitating arthritis. Hazel was truly a special girl who captured Alexis’ heart and will remain there forever.



HAZEL

Gerry Taylor has helped more homeless animals than anyone could count. Over the years, many of the oldest and most broken of them became permanent members of her family. Gerry fostered petite PeaPod for My Way Home Dog Rescue. “The Pea” was already ancient—also deaf, blind, and mostly incontinent but she found love and safety in Gerry’s home, amongst the other orphans and misfits making up an extended family of four-leggers. PeaPod had the best two years of her life on Gerry’s couch, but recently her health went dramatically downhill, and the compassionate decision was made to release her from the body that had finally worn out.



PEAPOD

## **Obesity and Your Pet's Health**

Obesity is now the most common preventable disease experienced by pets in the United States. Recent studies show approximately 60% of dogs and cats in the U.S. are classified as obese or overweight, making obesity truly an epidemic, but by contrast, only 40 – 45% of dog and cat owners think their pet is overweight. Overweight pets are so common that unhealthy body condition seems normal now.

But this disturbing trend of obesity in pets directly impacts their lifespan and quality of life. Being overweight increases the risk that your pet could develop another serious medical condition, like:

- Cancer
- Diabetes
- Kidney disease
- Joint problems
- Respiratory diseases
- Skin infections
- High blood pressure
- Chronic inflammation

Fortunately, obesity is preventable and treatable; in fact, weight loss alone can reverse some of these conditions even without medication. Obesity is one of the few conditions that we as humans have a measure of control over.

### **HOW TO TELL IF YOUR PET IS OVERWEIGHT**

The pet version of the human-based Body Mass Index (BMI) scale is called the Body Condition Score (BCS). Two BCS scales are predominantly used by vets, one ranging from 1 – 5 and the other from 1 – 9.

To give a BCS score, start by looking at your cat or dog from above. Does she have a waist that curves in behind the rib cage, giving her an hourglass figure (hint: you want an hourglass)? Next, look at your pet from the side. Does he have a tummy tuck? Does his abdomen slant upwards between the ribcage and hind legs (as a healthy pet's does)? Or does he have a saggy belly?

Now feel your pet's torso area. Place your thumbs on his backbone and spread your fingers across the rib cage.



A pet with an ideal BCS will have ribs that are easy to feel without applying any pressure while overweight pets have ribs covered by a thick layer of fat that makes them hard to see or feel.

Run your hands over your pet's rump to feel the pelvic bones and pet him from neck to tail to feel the backbone. Both areas should have a minimal fat layer, allowing you to feel bone without pressing hard.

### **WHY OBESITY IS HARD ON YOUR PET**

Here are some of the problems overweight pets contend with when not enjoying all their meals.

#### **Arthritis**

Being overweight causes extra stress on joints, leading to joint degeneration and significant pain. The problem gets worse when joint pain leads to reduced mobility, which in turn leads to greater obesity. Weight management alone can decrease and even eliminate the need for arthritis medication.

#### **Respiratory Difficulties**

Obesity leads pets to develop a layer of fat that can constrict the chest, restricting your pet's ability to take deep breaths. When their lungs cannot fully inflate, coughing results.

#### **Diabetes**

Extra body fat leads to insulin resistance, especially in cats, just as it does in humans. Excessive weight directly correlates to the risk of developing diabetes.

### **Increased Surgical/Anesthetic Risk**

Obesity makes anesthetic drug-dosing less accurate. This makes routine procedures, like teeth-cleaning, much riskier for your pet.

### **HOW DID MY PET GET THIS WAY?**

Sometimes we don't realize just how overweight our pet is until we get to the vet and see the numbers on the scale. Here are some of the common causes of weight gain and obesity in our furry friends.

#### **Metabolism**

Like humans, some pets do not burn calories efficiently. This might be genetic or because a condition such as hypothyroidism or Cushing's disease. Ask your vet if it would be helpful to test for more health problems to understand what's going on with your pet and provide the best treatment.

#### **Treats**

Many of us show love or underscore training routines by giving treats, which are often high in calories.



**DENISE ON HER WEIGHT LOSS JOURNEY**

Continued on page 8

## FROM THE VET

Just a few treats can add an extra meal to your pet's day.

### Free Feeding

Free feeding encourages pets to graze throughout the day and reduces your control of how much your pet eats in total.

### WHAT YOU CAN DO

As with humans, a structured weight loss approach seems to work best for pets.

#### 1. Determine Ideal Weight

In partnership with your vet, determine the ideal weight for your pet.

#### 2. Check for Other Health Conditions

Be sure to rule out health issues that might cause obesity.

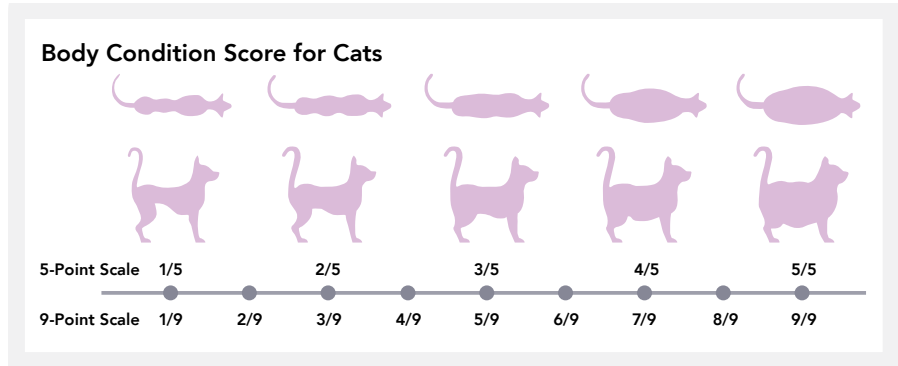
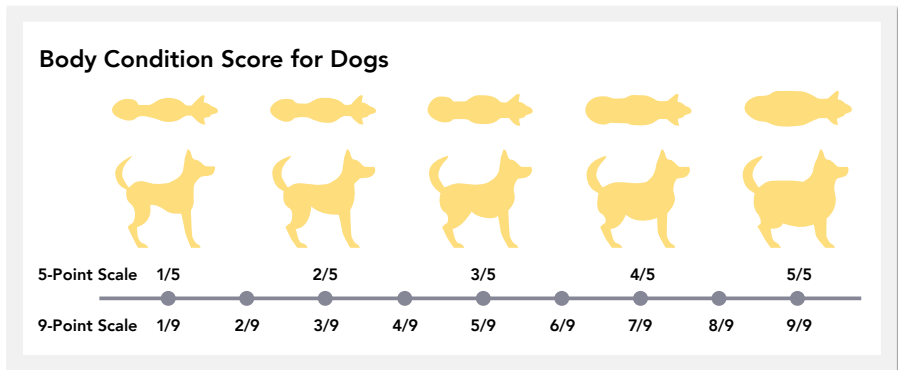
#### 3. Assess Current Food Intake & Adjust Accordingly

Look at what your pet eats, including how much, how often, and any treats or extra food they get.

If you free feed, start feeding your pet discrete meals and spreading their total daily ration over 2-3 meals per day. Eliminate treats and human food and consider switching to a food specifically formulated to reduce caloric intake while providing the nutrients your pet needs.

#### 4. Use a Measuring Cup

When food packages refer to cups of kibble, they mean an actual measuring cup. This may seem obvious, but mugs, coffee cups, and other scoops hold more than one cup.



#### 5. Encourage More Exercise

Try a variety of enrichment methods (toys, food mazes, outdoor play) to help your pet burn more calories. Having interactive toys around your home may give your pet a chance to burn off calories when you aren't home.

#### 6. Weigh In Regularly

Weigh your pet regularly to check progress, either at home or in your vet's office. It is important not to try to go too fast, as that can cause more health problems, especially for cats.

Obesity is a widespread problem but one of the few health conditions that you have some control over. With the right amount of quality food, a consistent feeding schedule, and exercise, a healthy pet should be able to reach an ideal weight. Avoiding obesity will extend the length and improve the quality of their life.

Graphic source.

<https://vcahospitals.com/know-your-pet/body-condition-scores>

## YES! I want to help

Animal Rescue & Care Fund depends entirely on your donations. Our work includes rescue, medical aid, food and shelter, humane education, neutering/spaying, and more. Your contribution goes directly to help the animals. All contributions are tax-deductible.

**Make a secure online donation using a credit card, debit card, or PayPal account. Save time and postage! Visit our website for more details: [www.pdx-petadoption.org](http://www.pdx-petadoption.org).**

I enclose \_\_\_\_\_ for humane work. (\$35 sponsors an animal, but we appreciate any amount.)

I'm interested in being a volunteer. Please contact me at \_\_\_\_\_.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

#### Mail to:

Animal Rescue & Care Fund  
PO Box 14956  
Portland, OR 97293-0956