



Keeping in TTouch eTails & Paws

Mindful Tails' Quarterly eNewsletter

This issue:

- MiTails & TTouch Updates
- TTouch in the News
- Welcome to Angel's Gate
- Getting Lucky
- Meet Sir Harry
- Remembering Old Friends

Cover Story:

Meet Sir Harry

A Resident of Angel's Gate
& faithful TTouch cat

**REMEMBER to KEEP your
CATS safely INDOORS**

eTails & Paws
www.MITAILS.com

Copyright 2007 Mindful Tails, Inc.



Volume 2 Issue 1
Spring '07

MiTails and TTouch Updates...



Keeping in TTouch eTails & Paws

Mindful Tails' Quarterly eNewsletter

What's new...

We've had good feedback from our readers on our new **eTails & Paws** format and many of you have requested topics for upcoming issues. This issue will spotlight one of these topics: how TTouch can help special-needs animals.

Angel's Gate Animal Hospice and Rehabilitation Center on Long Island is dedicated to helping special needs animals. Peggy and I are no strangers to Angel's Gate – we have been a part of the team for over three years now and have many faithful TTouch lovers there, including our **Sir Harry**, a very special guy who you will read about in this issue. And you will read about **Abbie**, the cat who “grew new skin” after she was mauled by an unknown predator. Even the

vets had given up on her, but not **Susan Marino**, founder of Angel's Gate. Her facility provides a needed sanctuary for the animals who have no place left to go and probably would be euthanized. Through adversity and many accomplishments, Angel's Gate is committed to providing care for special needs animals.

Workshops: We have been conducting workshops in some new venues, as well as continuing with our private TTouch sessions for pet owners. Contact us to register for a TTouch workshop or to schedule a private session for your pet. Pets are welcome to join us in the workshops, of course! And we are still looking for additional locations to bring TTouch to more pets and pet owners alike.

All sessions are by appointment only and workshops require pre-registration.

And don't forget...

Even with all of the many wonderful agencies and groups rescuing and helping animals, there are still many animals who remain homeless, abandoned and abused. If you can open your heart and home to even one needy animal, ensure its well-being and provide for its care, you will also be making room at the shelter for another needy one to come in off the street!

Do a little research before bringing in that new puppy, kitten, dog, cat, bird or other pet, however... make sure you understand the time and effort needed to train and support an animal. You may love Jack Russells – but are you ready for their high energy and demanding personalities? You may love Persian cats, but are you committed to the daily commitment to grooming? These are some of the things you should consider before making the lifetime commitment to adopting Fluffy or Fido—or even a bird, fish, hamster or other pet. Adoption counselors can help you make an informed decision. Once you do, everyone will be happy, and you'll have a wonderful companion animal to share your life!

Do you know someone who would be interested in receiving upcoming issues of **eTails & Paws** ?

Email: mitails@mindfultails.com (subject line: Subscribe)

eTails & Paws

Publisher and Sr. Editor – Mary Bruce
Associate Editor – Peggy Marks

www.mitails.com
mitails@mindfultails.com

TTouch in the News ...

TTouch Tip for Birds ...



Birds are wonderful, social creatures, but they can become stressed just like all animals. Birds often hold their tension in the feet, wings and neck areas. Here's a **TTouch Tip** that may help your feathered friend relax: gentle TTouch on tension areas can sooth and reduce anxieties.

Remember that a bird's environment should be fun and stimulating to help them stay stress-free. To help your bird de-stress, it is imperative that you understand how he reacts to his environment and other important behavioral traits. Never force your bird to be touched. If you are unable to touch your bird with your hand, try using one of his own feathers; if he still reacts negatively, don't force the issue. Some behaviors may also be an indication of illness. If you suspect your bird may be ill, seek immediate medical care with a qualified veterinarian.

Be responsible when choosing a pet: use reputable sources to understand a bird's species and needs. Birds, like any companion animal, require a strong commitment on the part of the caretaker to provide the best, healthiest and safest environment possible.

Animal Alliance of Long Island ...

Recently established, the **AALI** is bringing together shelters and rescue groups – including independent rescuers – in an effort to network resources for the benefit of the many homeless and abandoned cats and dogs on Long Island. With the combined forces of these groups, backed by the Alliance, there is hope of more humane existences for many of these animals—and possibly even forever homes!

The team of Dawn Reilly, Joan Phillips, and Jen Ross, who have made amazing strides in organizing this group and moving its mission forward, powers the AALI. "The mission of the **Animal Alliance of Long Island** is to bring together animal shelters and rescue organizations, and foster an environment of respect, responsibility and compassion for all animals. Through our collaboration we will work to increase adoptions, educational programs, and spay/neuter resources."

As TTouch Practitioners and independent rescuers, we are proud to be members of the Animal Alliance of Long Island.

www.animalallianceli.org

Upcoming TTouch Workshops ...

Pre-registration is required for all workshops

Select Sunday Afternoons:

TTouch for Companion Animals

QUEENS: Bobbi and the Strays Adoption Center
71-03 80th Street & Cooper Avenue, Glendale
Pets are welcome to attend

Check our website for scheduled dates

Pre-registration required; RSVP to:

mitails@mindfultails.com

877-MiTails

Saturday, April 14

1:00 – 4:00PM

TTouch for Birds

MANHATTAN: 242 E 53rd Street (Quest Book Shoppe)

Pet Birds are welcome to attend

Sponsored by The New York Bird Club

www.manhattanbirdclub.com

RSVP this event only: nybirdclub@yahoo.com

Mayor's Alliance for NYC's Animals/ Maddie's Pet Adoption Festivals

Visit us again this year at the "Ask the TTouch Practitioner..." booth at Mayor's Alliance events around the NYC area. www.animalallianceny.org

Visit our website for updates: www.mitails.com

Welcome to Angel's Gate Animal Hospice & Rehab ...

<http://www.angelsgate.org>



Susan Marino welcomes every animal with open arms ...

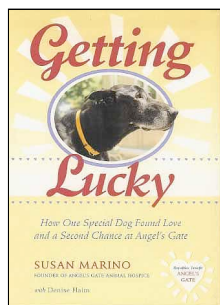
and she does not care if they have two, three or all four legs! Many of the animals who come knocking at her door have even more serious issues. And that is exactly what Angel's Gate is all about: providing a home (sanctuary) for those animals who have nowhere else to go. In fact, many of them would have been put down if it were not for Susan's organization, which she founded over fourteen years ago with her life partner **Victor LaBruna**.

Susan's career was as a registered nurse before she made the decision to devote her full time efforts to the care of special needs animals. Along with being den mother to over 200 animals, she is a licensed Veterinary Technician, licensed Wildlife Rehabilitator, Certified Canine Rehabilitation Practitioner, and a TTouch practitioner.

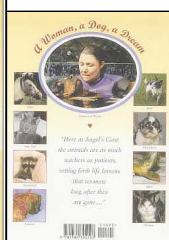
Using a combination of allopathic and homeopathic treatments, Susan determines the best course of action to benefit each individual animal that comes into her hospice. Some of the animals who have come into her home paralyzed have actually regained some use of their legs. And while they may not have the agility they once had, this is still a remarkable feat! Take Brutus, an English Rottweiler, who was a quadriplegic the day he was brought to Angel's Gate and put into a canine quadcart to get around. Susan began a rigorous regimen, including TTouch and hydrotherapy treatments each day. Today, Brutus is walking on his own four legs. He may not be the most steady and has some trouble getting up (partly due to his senior age of over 13 years), but he can walk.

Another remarkable case is a more recent one. A beautiful black and white, 10-month-old kitten named Abbie came to Angel's Gate because most of the veterinarians had written her off as a hopeless case. Abbie was an indoor/outdoor cat who was viciously attacked by an unknown predator. She had severe lacerations all over her back – literally had her skin ripped open exposing the muscle. *(A bit graphic, but unfortunately one of the risks of letting pets, especially cats, outdoors; they canNOT necessarily fend for themselves!)* Susan has a positive attitude when it comes to helping the animals; she felt Abbie “had a chance,” so she decided to try a method of skin grafting that she had learned about. With the assistance of the manufacturer, she set about helping Abbie to survive another day. The process is fascinating, especially when you think of the possibilities it opens up to animals. Susan had to literally soak the entire section of dead skin off Abbie's back. The sight was not pretty but after making sure she had clean margins, Susan applied this new skin, completely covering the exposed muscle. This had to be left on for several days. Then, when the bandages were ready to come off, it proved Susan was correct – Abbie's muscle was a healthy color and the “new” skin seemed to be accepted. Susan said she then had to “keep the area covered and soaked for several more days,” changing and soaking it at regular intervals. It has been many weeks and Abbie is still in the healing process, but this beautiful kitten is being given the chance to grow up, as she deserves, thanks to Susan's efforts and her belief that many things are possible.

There is sadness at Angel's Gate when an animal we have come to know well leaves us one day for the Rainbow Bridge; but then we have to stop to realize that they wouldn't have been with us at all if Angel's Gate weren't around to give them that second, and sometimes third, chance. I could go on and on about the many animals who have been given those extra chances at Angel's Gate but I have a better idea: why don't you take a trip out there and see these animals for yourself? Call Susan or Vic to schedule a tour of their facilities. Afterwards, you might just decide that you want to become a part of the team and volunteer. Or, if you are unable to volunteer, you may be able to help them out with a donation. Whatever your choice, their doors are always open to friends and supporters. Susan calls it the “peaceable kingdom,” and it is a place where you will feel happy and at home with these animals, and where you will be amazed at how well they can all get along with each other.



Susan's book:



Getting Lucky

The story of how one “lucky” dog found love and a second chance at Angel's Gate. *Getting Lucky* captures life at Angel's Gate through the wonderful stories of the special needs animals who come, not to die, but to live out their lives with dignity and love and often with gusto! Be prepared to laugh, cry and be in wonder at the beauty of life embodied by our magnificent animals.”

Order your copy today: www.angelsgate.org

Spotlight on 'Sir' Harry...

When Mary met Harry...

... he was known as "Adonis,"
and so handsome and charismatic!



But, somehow, Harry just seemed to fit him best. Harry was curious and adventuresome, although awkward in his movements. You see, Harry was born with Cerebella Hypoplasia (CH), a neurological condition that is the result of his biological cat-mother having contracted distemper during pregnancy. The severity of the Hypoplasia in kittens is dependent on when the cat-mother contracted the distemper, with the more severe CH cases having been contracted during the early stages of pregnancy. The part of the brain that is affected is the cerebella, which controls coordination, balance and mobility in the body. Other than this, the rest of the brain typically works perfectly well. It's just that the body doesn't respond as expected and cats with this condition appear clumsy and awkward in their movements—but are totally love-able!

My TTouch Pal

Harry has a milder case of CH, and he was one of my initial case studies while I was still in training to become a TTouch Practitioner. I have found that Cerebella Hypoplasia cats are pretty special and, like most animals, are wonderful teachers! They don't mope around feeling sorry for themselves because they can't walk perfectly; they simply adapt, go on with life, and cope with great determination. Harry has the most charming way of sitting and looking at you: a slight gentlemanly shake to his head that led to my calling him "Sir" Harry!

How did TTouch help Harry?

In several ways, actually. As a CH kitty, his chances of escaping predators is unlikely. Luckily, when Harry was attacked by a pack of dogs, he was rescued straight away from the jaws of one of the dogs and brought inside at Angel's Gate. Harry was feisty and angry and, as we examined him to determine if there were wounds that needed treating (*fortunately, no punctures!*), he began going into shock. The experience was traumatic for this little guy. I began the TTouch procedure on his ear to keep him from going further into shock (which, as you know, can save an animal's life enroute to medical treatment). Susan then put Harry into an oxygen unit, gave him fluids, and I continued with calming and healing TTouches on Harry. Susan maintained a close watch during the next several critical days. Harry recovered from his ordeal; quick teamwork ensured his best chances.

I still give Harry his TTouch time to continue to improve his motor skills, balance, and coordination.

Well, maybe Harry is the feline re-creation of the archetypal "Adonis" myth of life and rebirth, but he is still my "Sir" Harry, that feisty, happy kitty who romps with the other cats, rules over most of them, and still loves his TTouch—and cuddles, too. We all love seeing Harry frolic around the great room at Angel's Gate with great enthusiasm! Needless to say, Sir Harry "Adonis" is one of my special favorites at Angel's Gate and I am delighted to see him run up to say "hello" each time I am there!

As to TTouch, Harry & friends will go on record to say "it feels just fine!"

How can TTouch help special needs animals?

When we think of special needs, we oftentimes only consider obvious physical handicaps. It's important, however, to also consider such things as aging, disease, and more. As our pets age, there is a chance that they will develop such things as arthritis, general stiffness, renal failure, loss of hearing or sight, or even separation anxiety (*something that even previously independent animals may develop as they age and become more needy and dependant on us*). TTouch can assist with stiffness due to arthritis and aging, pain management, and the fears that may develop in our pets as they age. Some aging animals may exhibit "new" behavioral issues; TTouch can also help in these instances.

Even younger animals who may contract diseases, illnesses or injuries can take advantage of the healing and wellness benefits of TTouch. But remember, TTouch supports but does not replace good veterinary care, good nutrition and proper exercise!

When you step through the door of Angel's Gate,

you're welcomed by dozens of special needs animals greeting you in their own unique way... who can resist hospitality like that? They all love getting lots of attention and TTouch. Here are just a few of our "special" TTouch buddies:

Bert and Ernie, Sir Harry (*of course!*), **Spider, Cooper, Diamond, Katie, Mackenzie, Pudgy, Tom-Tom, and Smudge**, are just a few of the cats who benefit from—and enjoy—TTouch!

Baba (*my affectionate name for this adorable blue-eyed beagle*), **Goose, GusGus, Dallas, Dreamer, Brando, Beau, Keshogi, Carol Channing, Lacey, Chip, and Truman**, are some of the dogs who love their TTouch time.

Daisy, one of the cockatoos who reside at Angel's Gate, is also developing a better attitude due to TTouch and TLC.

GUS-GUS



BABA



BERT & ERNIE



TOM-TOM

REMEMBERING FRIENDS AT ANGEL'S GATE



SARA was a very special Tibetan spaniel whose spine was injured, resulting in paralysis in her hindquarters. That didn't stop Sara from ruling the compound and zooming to meet me every time I arrived! She loved TTouches and TLC of any kind. Sara also had an interesting life: she had been a show dog; a therapy dog, and continued to be a "spokesperson" for Angel's Gate until Sara passed quietly in her sleep on Christmas Day 2006. We are all heartbroken over this loss. It is difficult to say how special Sara was and how much we all miss her. I certainly will never forget Sara: her spirit will always live on in our hearts and at Angel's Gate.



LOTUS was another special CH cat and I remember when I first met her—immediately falling in love with this remarkable little kitty. She was crib-bound due to another birth defect and did not have the use of her front legs, didn't see well, and was also another of my TTouch case studies while in training to become a Practitioner. Susan noticed the change in Lotus after her TTouch sessions, saying that: "Lotus has become more active, with greater mobility and range of motion." She was a very happy kitty and it was so wonderful to see the change in her movements. Lotus always knew when I arrived, "calling" for me as soon as she heard my voice. We lost her a while back—at only two years of age—and this, too, is still a very difficult loss.



SYDNEY was another Cerebella Hypoplasia kitty, with a fairly severe case. When we first met her she was a bit petulant and didn't like being picked up. Sydney was one of Peggy's initial TTouch case studies, and her continued TTouch sessions resulted in Sydney's becoming a happier kitty who *loved* cuddles and hugs—even asking for them. She also became more mobile and part of the colony in the great room. Regrettably, Sydney recently passed on January 30, 2007 at about 14 years of age and the room is lonely without her. While we know she is now happily running and playing by the Rainbow Bridge with Lotus, Sara, and all her other buddies who are waiting there, we miss her a lot.

There are many unique souls of whom we will always have special memories; those whose hearts wanted to stay with us but whose bodies just couldn't fight anymore.

Kitties: Sweet Lotus, Sydney, Spirit, Latke, Gimbel, Gus, Remy, Agnes, Mystery, Honey...

Pooches: Sara, Angel, Dora, Dustin, Grand Old Lady, Shauna, Mia, Mikey, Sandy, Kayla, Juno, Pippin, Chalupa...

Exotics: Roxanne, Rascal, Madison, Candy Kisses... and so many, many, more.

We miss them, think of them often, and are so very glad we knew them.



SARA

LOTUS

DORA

SPIRIT

PIPPIN

ANGEL

DUSTIN &
GRAND OLD LADY

Your donation can help the animals of Angel's Gate...

Donations of funds and materials are always needed. Check their website to see what is most needed at this time. **Support** Angel's Gate and the special animals who call it home!

www.angelsgate.org