



# Keeping in TTouch eTails & Paws

Mindful Tails' Quarterly eNewsletter

A publication of *Bobbi and the Strays Animal Rescue*

**Bobbi's**

# strays

OCTOBER 2006  
Volume 1

## BROADWAY BARKS! 8

**BERNADETTE PETERS,  
MARY TYLER MOORE** and  
*Broadway Actors working to help  
abandoned and homeless animals*

## A Story To Die For...

*Fresh off The Sopranos, Joe Gannascoll  
is making sauce, writing a book and  
still saving animals' lives*



*Also in this issue:  
Holistic Options for your pets  
Are We a Perfect Match?  
NYC's Animal Precinct...  
On the Job!*



## This issue:

- Our new look & mission
- *strays'* premieres
- TTouch Takes Fears Away
- TTouch Highlights
- Welcome to the CatSpa
- Bobbi and the Strays
- Support Adoption
- Holiday Safety
- Order form

**HAPPY HOLIDAYS  
TO ALL!**

**REMEMBER TO KEEP  
YOUR PETS SAFE THIS  
HOLIDAY SEASON!**

eTails & Paws   
[www.MITAILS.com](http://www.MITAILS.com)

# Our new look and mission...



## Keeping in TTouch eTails & Paws

Mindful Tails' Quarterly eNewsletter

### Our new look & mission ...

**eTails & Paws** new format is designed to bring you articles and information about TTouch and other pet information, such as: how TTouch benefits pets; tips; stories and interviews; adoptions; and more. And Mindful Tails continues its mission to help shelter animals with TTouch; we are moving forward with

our program to train rescue and shelter volunteers with the basic TTouches they need to assist them in their important work. We are planning new approaches to help the grassroots animal welfare organizations raise funds through our *TTouch in Rescue Workshop Program*. Our work with private clients continues, as well as holding group workshops.

Other commitments are to using holistic methods where possible, such as TTouch for training, rehabilitation and wellness; in rescue and TNR work; helping homeless, abused and special needs animals; promoting adoption and spay/neuter programs; and educating the public on responsible pet ownership. We have more programs in the works and we'll keep you informed as things progress.

We're also interested in your stories on how TTouch has helped your pet to a better quality of life, as well as knowing what topics you'd be interested in reading about in upcoming issues. Let us know by email *with subject line: eTails&Paws story/topic*.

*And we have exciting news:* Mindful Tails will soon be taking appointments for TTouch sessions and scheduling workshops at the Shops at Atlas Park in Queens, in the *Bobbi and the Strays'* adoption center. We're delighted with this opportunity and hope to have additional locations soon. *Sessions are by appointment only for private sessions and group workshops; contact us directly to schedule an appointment.*

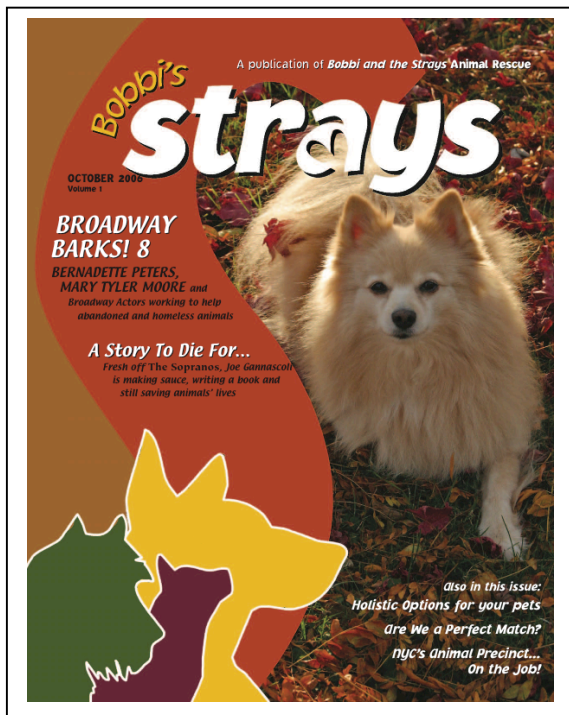
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With the subject line: *Subscribe*

### eTails & Paws

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# The Premiere of...



# Bobbi's strays

## We've been hard at work...

creating a new and exciting publication for one of the rescue groups that we work with – *Bobbi and the Strays* animal welfare organization. The team was an amazing group of people who volunteered their time and effort to make this happen—and every dollar collected from donations for this publication will go directly towards funding for a new shelter.

As far as we know, it is the first of its kind for an animal welfare organization. The publication is filled with interesting articles

and inspiring stories, with something for everyone. Here are some of the topics in the premiere issue:

- *Broadway Barks! 8* and an interview with one of it's co-founders, *Bernadette Peters*
- Joe Gannascoli of *The Sopranos* tells what life is like after the show
- Joann Sandano, NYC Humane Law Enforcement Officer from *Animal Planet :: Animal Precinct*, shares insights into her job and the animals she saves
- Inspiring stories of animals and the people who gave them a second chance
- Adoption tips on finding the right pet for you and your family
- Holistic options for your pets...
- ...including, of course, an article on how *TTouch Takes those Fears Away* (reprinted in this issue)
- And more stories that you will enjoy.

You can order your copy by using the order form at the end of our eNewsletter. We hope you will support *Bobbi and the Strays* and the important work that they do by ordering your copy today. It's for a great cause and we know you will enjoy it.

## Tellington Touch Method for Training, Rehabilitation and Wellness

Give your pets the relaxing and  
rejuvenating effects of The TTouch.

Mindful Tails  
www mitails com  
Your source for TTouch  
in the NYC/Tri-State area

## ADOPT A COMPANION ANIMAL IT'S THE ONLY WAY TO GO!

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All Living Creatures

Bobbi and the Strays  
www bobbicares petfinder org

SPAY / NEUTER YOUR PETS

# TTouch Takes Those Fears Away ...

## A Valuable Tool in Rescue and Shelter Work, as well as on the home front

... by Mary Bruce, CTFP

**Rescue and shelter workers** are extraordinary people who not only have dedicated their lives to helping those less fortunate, but they must also be, in effect, adept at wearing any number of hats: dog walker, cat socializer, kennel cleaner, behaviorist, communicator, trainer, handler, groomer, defender, protector, and caretaker.

There is a tool that can make the job a little easier, as well as benefiting the animals who enter unfamiliar environments, such as shelter kennels, rescue cages, or foster care homes. It also makes the transition to a new home and a new family much easier for the animal and for the adopters. It is called the Tellington Touch Method of Training, Rehabilitation and Wellness, or simply, TTouch“.



### What is TTouch?

Originally adapted by founder Linda Tellington-Jones as a way to use the healing techniques of the Feldenkrais method on horses, TTouch has since proven highly effective on all animals, including people. TTouch uses circular motions on the skin and works on the cellular level to release fear and tension, as well as activating the regenerative intelligence of the body. Holistic in nature, this method works on physical, mental, and emotional levels with a series of gentle touch and awareness exercises. TTouch is used to help train pets, modify problematic behaviors, and support health and veterinary care. The method is easy to learn and can be of great help in dealing with such behavioral problems as: fear of the vet, grooming, or thunder; chewing and jumping up; and for wellness issues, such as: recovery from illness, injury or surgery; emergency care; and promoting overall health and graceful aging.

### How can it help the rescue or shelter worker?

Rescue work can be made a little easier by using the proven techniques of TTouch to calm and soothe rescued and caged animals, create a stronger communication line, enhance the animals' ability to trust and bond with people, as well as modify behavioral patterns. This can be especially beneficial with abused animals. Once you can plow through the fears and mistrust that many of these animals are burdened with, it is easier to read the true personality underneath. A better understanding of the animal's personality allows the shelter handler to assess where and with whom the animal would best be suited in a new home.

Older animals who come into the shelter may have an even rougher time adjusting, especially if they have been someone's lifelong pet and now find themselves orphaned and alone. Giving them rejuvenating sessions of TTouch may not only improve their quality of life and health issues, but can help them adjust to this sudden traumatic change and increase their chances for adoption.

### How can it help the new pet owner?

Many behavior issues are caused by pain or fear. The trauma of being rescued from a myriad of circumstances, to the shelter environment, and then to yet another new home and new people, can also contribute to stress and fear. TTouch alleviates these fears and assists your new cat, dog, or other animal, into adjusting to his or her environment more quickly and with less stress. TTouch can even help with adjusting your resident pet to the new "intruder," or facilitate the introduction of a new baby with greater ease and safety.

And TTouch can be of value to your current pets, enhancing their health, boosting their immune system, improving quality of life issues, and modifying inappropriate behaviors.

This positive, non-invasive, no-force method of training, rehabilitation and wellness has proven to be of great value in many situations, and is used world-wide by shelter and rescue workers, veterinarians and veterinary personnel, trainers, handlers, groomers, zookeepers, and pet owners alike.

**And it just feels good, too!**

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**About the author:** Mary is a writer/lecturer/educator and editor of *strays*. She is a Guild Certified Practitioner of The Tellington Method of Training, Rehabilitation and Wellness for Companion Animals; a Licensed Wildlife Rehabilitator; Reiki Practitioner; and co-founder of Mindful Tails, a company that provides TTouch, training, and other services for pets. She is a member of the APDT; hosts the "Ask the TTouch Practitioner" booth at Mayor's Alliance for NYC's Animals Pet Adoption days; works closely with a number of animal welfare organizations; and has used TTouch on dogs, cats, birds, small mammals, farm animals and others. She also uses TTouch in rescue and TNR work, as well as working with private clients and holding group workshops on TTouch for Companion Animals. [www.MITAILS.com](http://www.MITAILS.com)

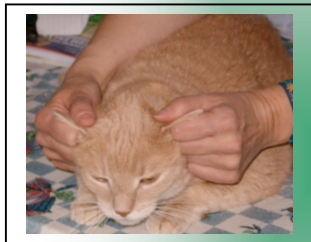
Reprinted from  **strays**

October 2006

# TTouch Highlights ...

## TTouch Tip ...

With the holidays fast upon us, we have to be especially “mindful” of our companion pals during this time. The stress that can sometimes overwhelm us may send them into a frenzy. Here is a short **TTouch Tip** that might help Fluffy or Fido enjoy the season just a little bit more:



From behind your pet, gently grasp both ears, thumb on top, index finger underneath ear, and slowly “roll” off your pet’s ear all the way to the tip in the direction it “grows.” For larger-eared animals, you may only be able to do one ear at a time!

Do these sessions before the chaos begins when you and your pet are in a calm state of mind.

## Lectures, Demos, et al ...

As you know, we taught a series of TTouch workshops at The New York Open Center this past summer. We also assisted one of our TTEAM Instructors for a Practitioner Foundation Course in New Jersey; and we’ll be lending a TTouch hand at another workshop in 2007. Check our website for updates on workshops.

Our fall schedule went well with several *TTouch for Companion Animals* lectures and demos. We were invited to give TTouch demos to exhibitors and attendees at several prestigious cat shows: the AACE Cat Show, the CFA Cat Show and the TICA Cat Show this past year, as well as workshops for several local dog clubs and rescue groups.

We hosted our annual Celebration Bash for Shelter Cats, which we love as it makes these kitties feel special and spotlights them for potential adopters. The cats enjoyed delightful KitKup Cakes and donated toys. Many cats were adopted that day!

We really enjoy bringing TTouch to our clients and seeing how it makes such a difference in the lives of the amazing animals we meet.

## Senior Pets NYC / TTLC for our older companions ...

Senior pets are wonderful companions! They sometimes just need a little extra *TTLC: TTouch, Love and Comfort!*

Now there is an online newsletter that is dedicated to senior pets—*Senior Pets NYC*. Our article, **Give a Senior Daily TTLC: TTouch, Love and Comfort**, is published in their winter edition. TTouch is one of the ways we can give something back to our faithful companions by enhancing the quality of their lives. To read our TTouch article, other interesting articles, as well as past issues, go to:

<http://hometown.aol.com/seniorpetsnyc/myhomepage/index.html>

## Mayor’s Alliance for NYCs Animals / TTouch Article ...

We hosted the *Ask the TTouch Practitioner* booths at the Mayor’s Alliance for NYCs Animals Adoption Festivals again this year, including their two-day event at MSG. And if you didn’t have a chance to read our article in the *Mayor’s Alliance for NYCs Animals* newsletter, **Out of the Cage**, it’s on our website. Please visit *The Mayor’s Alliance for NYCs Animals* website to find out more about how they are helping NYCs animals, along with the many helpful articles and information they publish on their site.

<http://www.animalallianceny.org>

# Welcome to the CatSpa ...



## With the cold weather settling in ...

you might be tempted to take a well-earned vacation to the Caribbean or South Pacific. But what about kitty? Well, take a worry-free vacation. While you're away, your cat—or cats—can play on a vacation of their own at a multi-meow resort filled with love, attention and the ultimate in care. And they don't have to travel all the way to the Hawaiian Islands to find it; it's just a short distance out on Long Island!

The **CatSpa** offers first class accommodations and other services just for cats. **Guye Ferracane** is an avid cat lover who delivers a unique facility to pamper kitty's every need. Her facility has climate-controlled suites and was designed with a cat's life in mind. At the CatSpa, your kitty will enjoy plenty of exercise, spacious private living quarters with a window, and personal dining areas. The suites are spotless, as is the entire facility, with litter pans cleverly concealed but easily accessible to the discerning cat, strategically placed ledges for napping or nature watching, cozy beds, and plenty of TLC. There is an on-site attendant at all times and Guye is qualified to offer geriatric and special care to cats on special diets or medications, including insulin and fluid therapy. Long-term and perpetual boarding services are also available.

Nothing is too good for the fabulous feline at the CatSpa. But wait, it's not just for felines... the CatSpa also offers the same ultimate in accommodations for ferrets, in their own "wing," of course.

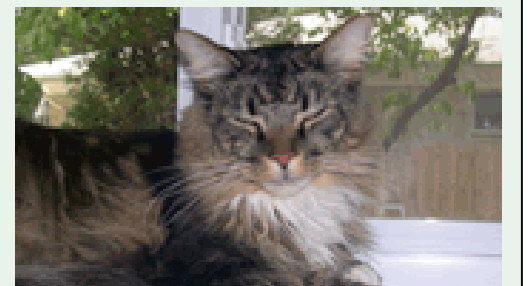
And you can also arrange to have TTouch® sessions by **Mindful Tails'** Guild Certified Practitioners while you are away! The CatSpa and Mindful Tails offer this additional service for your cat's well-being – ferrets, too!

"We are the second place for cats and ferrets after their own home," says Guye, "and we treat every cat and ferret as if they were our own."

Needless to say, the CatSpa has many repeat customers. And I would not hesitate to entrust my cats to Guye's care while on holiday (although they typically come with us as our "vacations" are planned around them!)

For the kitties or ferrets, chauffer service is available to bring them to and from the CatSpa in style and for your convenience. Guye would be delighted to speak to you about her services and fees, or to arrange a tour of her facility prior to scheduling your appointment.

Visit the website: <http://www.catspa.net/>



## Reasons cats love the **CatSpa**

- C**limbing the stairway to the 'attic'
- A**ttention and lots of it
- T**errific tower to hide in
- S**pending time with friends
- P**lenty of room in our suite
- A**lways look forward to our next visit

# Spotlight on Bobbi and the Strays ...

## Bobbi and the Strays ... An Animal Welfare Organization

Bobbi Giordano is tireless in her mission to save as many of the homeless, abandoned, and abused cats and dogs in this city as she can. She does a very good job and her organization has earned one of the best reputations in the public and animal welfare communities. Bobbi herself is a vegetarian and maintains a strict no-kill policy.



**Bobbi and the Strays'** community outreach programs are second to none: whether hosting pet adoption days, educating the public about homeless animals, holding educational seminars at public and private NYC schools, or hosting special events to increase public awareness and support, Bobbi is right there fighting for the animals. They hold many special event fundraisers, including their annual Halloween Masquerade Ball. This year's event honored the shelter animals and was attended by almost 700 supporters, including celebrity animal champions **Goumba Johnny** of WKTU, who was once again the DJ host, **Joe Gannascoli** of *The Sopranos*, and **Rue McClanahan**, star of stage, screen, and TV's *The Golden Girls*.

A typical day for Bobbi herself might be getting up at the crack of dawn, taking countless phone calls for adoption requests, inquiries about lost or found animals, requests to take in even more cats or dogs, a trip to the Vet for routine or emergency care for one of her animals, and then it is off to the groomers, or to do a house check for a potential adoption, or to the Vet Port, located at JFK Airport in Queens, to visit the animals that are housed there. You see **Bobbi and the Strays** does not have a permanent shelter facility yet. It is one of the priorities at this time: to find a permanent place where she can house the animals already in her care while expanding her space to help even more homeless cats and dogs. She is on her way to achieving at least part of this goal: The Shops at Atlas Park mall in Queens donated a temporary storefront adoption center to **Bobbi and the Strays** in November! Everyone is hoping a permanent shelter facility is not far behind! And she has generously provided *Mindful Tails* with space for our TTouch client sessions and workshops!

### Foster Care and TTouch

With many of the animals in foster homes, **Bobbi and the Strays'** has volunteers who help out by becoming foster-parents to the most special cats and dogs you can imagine. Foster care not only helps out when there is no room at the Vet Port, but it is also an important step towards socializing some of the animals who are cage-shy or terrified when they are first brought in. These volunteers give them love and help them adjust to new situations, environments and people, a necessary process towards permanent adoption.

We have used TTouch on many of Bobbi's animals for both behavioral and wellness issues, and have held workshops that focus on how the volunteers can use TTouch to benefit the animals in their care. One foster-parent was housing a dog who was critically ill and wanted to use TTouch to help ease the pain; we showed her which TTouches would be best to use in this situation. We have even used TTouch on Bobbi's own pets.

### Always helping

Bobbi says, "I have so much love for these animals and I would do anything to help them!" Her track record speaks for itself: this year alone, **Bobbi and the Strays** will rescue over 400 cats and dogs; find loving, permanent homes for more than 300, and the team continues these efforts each day. There are always more animals to save; all rescuers hope for the day when they will no longer be needed and organizations such as **Bobbi and the Strays** will be a thing of the past. Bobbi knows that is a great day to hope for! Until then, the animals have someone to count on.

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Bobbi and the Strays is a 501c3 organization. You can visit the animals available for adoption by appointment. Donations towards the animals or the building fund are always welcome and appreciated.

[www.bobbicares.petfinder.org](http://www.bobbicares.petfinder.org)  
[bobbicares1@aol.com](mailto:bobbicares1@aol.com)  
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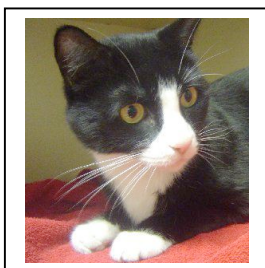
# Adoption is best ... won't you give a pet a loving home?

## We are not advocating pets as holiday gifts for friends or family!

But if you want to give yourself a special gift of unconditional love, then visit your local shelter or rescue organization to share your home with one of the many homeless cats and dogs who still have no home to call their own. But remember, they are not objects to be given away; they are living creatures who deserve respect and humane treatment. **Support adoption!**

And, if you really want to feel good for the holidays – volunteer or become a foster pet-parent! It's a great feeling to see the thanks in the eyes of these special little creatures when you give them TLC. The cats and dogs can be in a "home for the holiday," and the shelters will appreciate the extra help, too!

## NYC ... Bobbi and the Strays

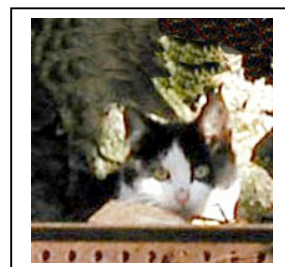


**Sinatra is a handsome tuxedo...** who already has his holiday suit! He's a special needs guy who just wants a special place to hang his paws, a warm lap and someone to love... it would be great if he could find a home in time for the holidays! Visit *Bobbi and the Strays'* website to submit an adoption application for Sinatra or one of their many other cats or dogs who need a permanent home.

[www.bobbicares.petfinder.org](http://www.bobbicares.petfinder.org)

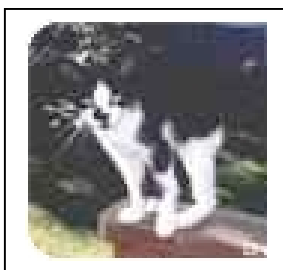
## NYC ... Linda's Feral Cat Assistance

**Peek-A-Boo!** Linda and her team of foster caretakers are dedicated to assisting feral cat colonies through humane and responsible methods, as well as rescuing and fostering feral kittens and cats who can be socialized, then finding them permanent homes. They do incredible work helping these kitties.



[www.lindasferalcatassistance.com](http://www.lindasferalcatassistance.com)

## Long Island ... A Home At Last

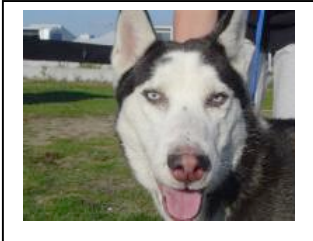


**OREO...** is a beautiful black & white tuxedo kitten with marvelous markings. She is great with kids, dogs and other cats, and just wants her very own someone to love! Could that someone be you?

[www.stfrancis.petfinder.org](http://www.stfrancis.petfinder.org)

# Adoption is best ...

## NYC ... Bobbi and the Strays



**Juniper is a handsome husky...** who was found tied at a pet store! He's a large young male and needs a home with someone who is very familiar with this breed. Juniper is friendly and cuddly, and because he is young is filled with energy! Visit *Bobbi and the Strays'* website to submit an adoption application for Juniper or one of their many other dogs or cats who need a permanent home.

[www.bobbicares.petfinder.org](http://www.bobbicares.petfinder.org)

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## New Jersey ... Liberty Humane Society

**Dogs and Cats...** Liberty Humane Society has many cats and dogs who have been found homeless or who were surrendered. They are all in need of a warm, loving home. The staff and volunteers at LHS work very hard to find permanent homes for each animal under their care.



[www.libertyhumane.org](http://www.libertyhumane.org)

**These are just a few of the many adoption groups around the NYC area. There are many animal welfare groups who have wonderful cats and dogs for adoption. If you are interested in a specific breed of cat or dog, there is most likely a rescue group who specializes in the breed and can help you find the right pet. Check out the adoption sites before you buy!**

*Visit these organizations' websites to see other animals who are waiting to be adopted, to submit an adoption application, or to learn more about each organization. Please support your local adoption agency.*

# Holiday Safety for Pets ...

## Tips on keeping Fluffy and Fido safe this holiday season ...

The holidays are upon us and there is a lot to do; with many friends and family to visit and share the holidays, we sometimes may lose sight of the fact that our pets may be a little confused, stressed out, or even fearful of all the whirlwind activities. Keeping them shielded from the stress and tension that goes along with holiday spirit is important. Here are some tips to keep them safe and happy.

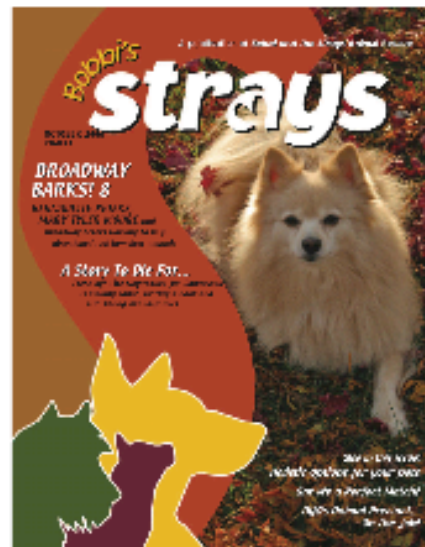
- **Use TTouch to reduce stress and keep your pets relaxed:**
  - The Ear TTouch is a very helpful way to do this. It can also help alleviate most mild digestive issues.
- **Keep pets away from the guests and flurries when possible:**
  - Keeping your pets in a quiet room away from your guests, the noise and activities may be the best way to keep them safe. Especially for cats, you can make sure they are safely inside and haven't slipped out with a guest!
- **Avoid serious internal blockages:**
  - Watch those turkey bones – they can lodge in throats and digestive tracts causing blockages or bleeding
  - Tinsel, ribbon, strings, holiday ornaments, aluminum foil and gift-wrappings can do the same. Use animal safe products, as well as flame-retardant or non-combustible materials.
- **Keep your pet's body in good balance**
  - Chocolate is NOT for pets – what is sweet to us can be poisonous to your pet, causing vomiting, diarrhea, seizures, or worse.
  - Keep your pet on a normal diet – sudden changes can cause the delicate balance of their digestive system to go haywire!
  - Do NOT give your pet alcohol! Pets could go into comas from ingesting alcohol.
  - Do NOT give your pet coffee, grapes, raisins, most nuts, or nicotine
- **Avoid plants that are toxic to pets**
  - Poinsettias, mistletoe and holly berries are just a few plants that are toxic to pets. Even the water from that Christmas tree could contain dangerous fertilizers or harmful bacteria. *Visit the ASPCA's Poison Control Center for more information.*
- **Watch those electric lights and cords!**
  - Tempting to many cats or even puppies, biting through electrical cords could result in severe burns to the tongue causing the lungs to fill with fluid and your pet could go into respiratory distress.
- **Keep pets out of the kitchen**
  - Burns from cooking oils, hot water, or even a dropped pot, could seriously harm your pet.

Be prepared. Many situations should be treated as emergencies requiring immediate veterinary attention. **It's a good idea to keep a 24-hour emergency vet or animal hospital number on hand, just in case.**

The **ASPCA Animal Poison Control Center** is the premier animal poison control center in North America, staffed by veterinarians, board-certified veterinary toxicologists and veterinary technicians, all specially trained staff to provide assistance to pet owners pertaining to toxic chemicals and dangerous plants, products or substances 24 hours a day, 7 days a week.

To reach The ASPCA Animal Poison Control Center, call 1-888-426-4435. For more information on the ASPCA Animal Poison Control Center, visit [www.apcc.aspc.org](http://www.apcc.aspc.org).

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