

# All Seasons Veterinary Care Monthly Newsletter

## January



## New Year's Pet-solutions!

A new year is a great time to set positive goals not just for ourselves, but for our pets too! Here are some simple resolutions for your pet that can make a big difference in your pet's overall health:



**Regular movement is essential** for your pet's physical and mental health, and even small daily activities can make a big difference. **Short walks, indoor play, puzzle toys, or interactive games** help maintain a healthy weight, support joints, and reduce boredom. **Consistency matters more than intensity**, so finding simple ways to keep your pet moving can lead to a happier, healthier year.



**Preventive care helps keep pets healthy** and allows potential issues to be caught early, before they become more serious. **Routine wellness exams, vaccines, parasite prevention, and diagnostic screenings** all play an important role in maintaining your pet's health. Give us a call to **pre-book** your pet's annual wellness exam, **stock up** on a year's worth of flea, tick, and heartworm prevention, or **ask any questions** you have about your pet and their preventative care!



**Dental health plays a major role in your pet's overall wellness.** Dental disease can cause pain, bad breath, and difficulty eating. Additionally, bacteria from the mouth can impact organs like the heart and kidneys. At-home care such as brushing and dental treats can help, but **professional cleanings are often needed** to fully address plaque and tartar below the gum line. Focusing on dental care now can **prevent discomfort and support long-term health.**



**As pets age, their health needs change**, and many age-related conditions can develop quietly. Senior pets are **more prone to issues** like arthritis, kidney disease, and heart conditions, making regular check-ups especially important. **Routine exams and recommended blood work** allow us to detect changes early and adjust care to keep senior pets comfortable, active, and enjoying a **good quality of life.**



# What Month Is It?

## One Health Awareness Month

January is One Health Awareness Month, which focuses on something we talk about all the time: how the health of people, pets, and the environment are all connected. When one is affected, the others usually are too, kind of like a group project where everyone matters.

Some illnesses such as intestinal parasites and bacterial infections can be shared between animals and humans, and environmental factors like water quality, wildlife, and climate also play a role in health risks. That's why preventive veterinary care is so important. Routine exams, vaccinations, parasite prevention, and screenings help keep your pet healthy while also reducing the risk of disease spreading to other pets or people in the household.

Small everyday habits make a big difference too. Washing hands after handling pets, keeping litter boxes and yards clean, and staying on top of flea and tick prevention all help create a healthier home environment. By caring for your pet, you're also caring for your family and community.

At All Seasons Veterinary Care, we're proud to support the One Health approach through preventive, compassionate care. Keeping your pets healthy helps keep everyone else healthier.

## Walk Your Dog Month

January is also Walk Your Dog Month, which is a great reminder that daily walks aren't just a "nice-to-have" they're a need-to-have. Walks help keep dogs physically fit, mentally stimulated, and emotionally balanced (aka fewer zoomies in the living room).

Regular movement supports healthy weight, joint function, heart health, and gives your dog a chance to sniff all the very important neighborhood news.

We get it, cold weather makes it tempting to skip walks and stay cozy indoors. But even shorter, consistent walks can help burn off energy and prevent boredom related mischief.

Just be mindful of your dog's comfort level, especially puppies, seniors, and short-haired pups who may need an extra layer or shorter outings. Don't forget about paw care either, salt and ice melt can be rough on sensitive paws. If your dog will tolerate it, try getting them some booties to wear outside! They may hate it at first, but most get used to them in time!

Whether it's a quick loop around the block or a slow, sniff-heavy stroll, consistency is what matters most. A little movement goes a long way in keeping your dog happy, healthy, and ready to tackle the year ahead: one walk at a time!



Next Month is Pet Dental Health Month, so be on the lookout on our Social Media for an exciting February Special!!





# Cold Weather Safety Tips

Cold weather can be just as dangerous for pets as it is uncomfortable, which is why it's important to take a few extra precautions during the winter months! Here are some tips to help keep your pet safe in this winter wonderland!

Whenever possible, **pets should be kept indoors**, including indoor/outdoor cats. Pets don't understand the forecast and can easily become stranded in harsh conditions with little to no shelter.

When your dog goes outside for potty breaks, **stay with them and keep them leashed**. Snow can mask familiar scents, making it easier for pets to become lost, and frozen bodies of water may appear solid when the ice is actually thin. Keeping pets leashed helps protect them from these hidden winter hazards and ensures they stay safe throughout the season.

As we've heard said time and time again: **if it's too cold for you to remain outside comfortably, it's likely too cold for them as well.**

After being outdoors, be sure to **dry your pet's paws and underbelly** to remove snow, ice, salt, or chemicals that can irritate skin or be harmful if licked off.

## Pet Food Drive Total!

We are thrilled to share the final results of this year's Pet Food Drive and we couldn't be more grateful!

Thanks to the overwhelming generosity of our clients, partners, and community members, **we collected over 800 pounds of pet food and supplies, along with \$100 in monetary donations**, to support pets and families in need.

This incredible outcome would not have been possible without everyone who took the time to donate, spread the word, and support the cause.

**Seeing our community come together for animals who need a little extra help reminds us why we love what we do.**

Thank you for helping us make this our biggest and most successful food drive yet. **We can't wait to do it again next year!**

