



# Four Hearts Foundation Newsletter

Two trivia nights, a spay-ghetti dinner, and a new doctor added to our monthly spay/neuter crew are just a few of the events that have taken place for The Four Hearts Foundation since our last newsletter; and there is so much of the year still left! Let's get started with a few new faces and stories only made possible through your donations.

## Lilo



This female terrier mix, adopted from the Belleville Area Humane Society, was born with severe luxating patellas, which causes pain and difficulty with walking. After an evaluation from Dr. Miles concluded that her right knee was a grade 4 out of 4, and her left knee a grade 3 out of 4, she was sent to Dr. James Jessen for an operation. With her right knee corrected and healing, it won't be long before her left can be fixed, and Lilo can be back on her feet, pain free!



## Ceme

Roaming around the Bellefontain Cemetary, Ceme was noticed by the grounds crew and given shelter in the maintenance shed. There, he was fed and given his own bed and toys, but the crew wanted to give him a proper home. Ceme was brought into All Paws Inn in Belleville and became their foster dog. The Four Hearts helped Ceme get his neutering out of the way, and it wasn't long before one of the workers fell in love with Ceme and adopted him.

[more stories on page 2!](#)

## Spay-ghetti Dinner Success!



Skyler



Tyler



Max



Milo

Meet Skyler, Tyler, Max and Milo. They are the first recipients of the Spay-ghetti Dinner fundraiser. They have all recently been spayed or neutered thanks to the generosity of all those who supported the dinner. It was a great night of food, fun and friendship. The dinner was a joint effort between The Four Hearts Foundation, the Belleville Area Humane Society, and CARES. A big THANK YOU to all who participated!! We hope you had a great time and we look forward to doing it again!



### REMINDER!

★ 16th Annual Halloween Party October 19th, 2013  
[fourheartsfoundation.org/events.php](http://fourheartsfoundation.org/events.php) for details ★



## Thank You All!

### ♥ Donations (In Cash or In Kind) ♥

Angela Brueggemann

Edwardsville IL Kennel Club

Sandy Oberbroeckling

Laurie Prickett

HALO

Michele Paule

Joyce Fisher

### ♥ In Memoriam ♥

#### In Memory of Bob Raleigh

Karyn Moser Roni Aguirre Cathy Moeller

Matt, Tracy and Alex Eichholz

#### In Memory of Minnie

George & Elaine Moore

#### In Memory of C.J. Eichholz

Jim and Carol Eichholz

#### In Memory of Libby

Jeff & Diane Lutz

## **How do I know if my dog has separation anxiety?**

True separation anxiety is a form of mental illness that affects dogs. A dog who chews on one shoe a month is simply acting out of boredom; a dog who has separation anxiety will eat through a wall or door, shred \$3,000 worth of furniture, or even chew through a window sill trying to get out the window. The hallmarks of separation anxiety are extreme destruction, vocalization, and elimination or hypersalivation when the owner leaves.

## **What types of dogs are prone to separation anxiety?**

Separation anxiety is not often seen in puppies. Separation anxiety is more commonly seen in adult dogs who have been through an emotional trauma. Dogs that are rescued from shelters often exhibit separation anxiety because they have had the ultimate trauma of being abandoned by their owners. Each time a new owner leaves the house, the dog becomes frantic because it fears that the owner will never come back.

## **Will crate training solve this problem?**

Unfortunately, simply putting an anxious dog in a crate does NOT relieve the anxiety experienced when the owner leaves; it merely prevents the dog from destroying things while the owner is gone. Some dogs will actually injure their teeth and mouths trying to chew out of the crate; I recently saw a dog whose owners came home to find a bloody mess and three broken teeth because she had separation anxiety exacerbated by a concurrent thunderstorm.

## **What can be done to treat separation anxiety?**

Most veterinarians agree that separation anxiety should be treated with a combination of medication and behavioral modification therapy. The medication of choice for separation anxiety is clomipramine. This drug is given once daily and down-regulates the neurotransmitter chemicals that act on the brain to create feelings of panic and stress. Since it takes approximately three weeks for clomipramine to reach maximal therapeutic effectiveness, some dogs also need an anti-anxiety drug like diazepam or alprazolam (brandnames Valium and Xanax) initially. Behavior modification therapy is usually targeted at desensitizing the dog so that the "fear factor" associated with the owner's leaving the house is eliminated.

continued on page 4...

## What can be done to treat separation anxiety? (cont.)

Most of the extreme destruction associated with separation anxiety occurs in the first 15 minutes after the owner leaves, so to extinguish this anxiety, the owner may put on her coat and pick up her purse and car keys, then sit on the couch and watch TV. The cues that gear up a dog's anxiety are thus disconnected from the owner leaving. Once the dog becomes more comfortable, the owner can try leaving for two minutes, five minutes, ten minutes, and so on, until the dog recognizes that no matter how long the owner is gone, he will ALWAYS come back. It is also recommended that the owner ignore the dog when leaving and coming home, and then only pay attention to her after several minutes have elapsed and she is behaving in a calm fashion. Dogs are routine-oriented, so if you can maintain a work schedule with consistent hours, this may help.

Treating separation anxiety requires a LOT of dedication and patience! Many dogs with separation anxiety are affectionate, loyal dogs who behave quite normally when their owners are home, so patience, perseverance, and help from your veterinarian can help make your anxious dog a source of joy, not frustration.

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### Welcome Aboard!


We would like to welcome Dr. Jessica Koss as our newest team member to the group of helping hands that volunteer their time each month to our low-cost spay/neuter program held at the Belleville Area Humane Society. Along with Dr. Noelle Miles, Dr. Koss will be contributing her skills to help reduce the pet over-population problem. This year alone we have already spayed/neutered 113 cats! Way to go team!



Since 2009, our eScrip subscribers have helped raise \$750 for The Four Hearts Foundation by simply shopping at Schnucks. Want to help contribute? follow the steps here: [escrip.com](http://escrip.com)

Group #500019043

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The Four Hearts Foundation was established in June, 2005 as a tribute to our canine and feline family members who have crossed the Rainbow Bridge.

In their memory, we work toward a better life and future for the homeless, abused, unwanted and unloved animals in the community. Our goal is to make a difference, even though it may be just one small heart at a time.



Tracy Eichholz, President  
Jan Gettys, Treasurer  
Christy Parkin, Secretary  
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