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CVM eNews - December 2018

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Cornell University
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eNews

December 2018



Message from the Dean

§ | The holiday break is approaching, and I want to thank everyone for your hard work this past year. Through your efforts, we officially dedicated our beautiful new learning spaces, opened the Small Animal Community Practice and are transitioning from UVIS to ezyVet. I congratulate each of you who have worked tirelessly to deliver exceptional clinical and diagnostic services and advance our research and education programs.

In 2018, we've welcomed researchers from across Cornell to an array of symposia that showcased the diverse work happening at the college. Students, faculty and entrepreneurs participated in another rewarding Animal Health Hackathon last January and we are preparing for the third annual hackathon next month Jan. 25-27, 2019. We also hosted the Fall New York State Veterinary Conference, which this year saw record numbers, and began an exciting partnership with the Westminster Kennel Club.

With our diversity dialogue series Many Voices, One College, the new Program to Increase Faculty Diversity and Promote Research Excellence and the addition of our wellness director, we continue to make progress on our strategic plan initiative to strengthen our community. It was terrific to see so many participate in our Annual Holiday Give Back Challenge. I encourage you to read the article below to see what was accomplished this year.

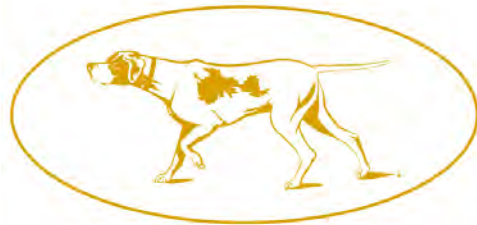
I appreciate the opportunity to work with such an exceptional community of staff, students and faculty and look forward to continuing successes in 2019.

Warm wishes to all of you and happy holidays.

Sincerely,

Lorin D. Warnick, D.V.M., Ph.D. '94
Austin O. Hooey Dean of Veterinary Medicine

Latest News



**[CVM to provide care at
The Westminster Kennel
Club's annual dog show](#)**



**[Eighth annual TOGO
awards celebrate
Southside Community
Center and CVM](#)**



[behavior expert Dr. Temple Grandin to Cornell](#)

December Trivia

Thank you to Susan Branch for submitting this month's trivia question! Look out for the answer in January's eNews.

What was the original name for the Veterinary Research Tower when it opened in 1974?

Macro Resources Building

Select

Multicategorical Research Facility

Select

Interdisciplinary Faculty Tower

Select

November's trivia question: Schurman Hall's namesake Jacob Schurman served in what role at Cornell?

Answer: President of Cornell. 23% of you answered correctly!

This was a tricky one! As Cornell's president, Schurman helped invent the modern state-supported research university. In 1894, he convinced the state legislature to give financial support for the establishment of CVM and make annual appropriations for the college.

Community Notes

[Contract College Option Transfer open until January 18! Learn more about your options here.](#)

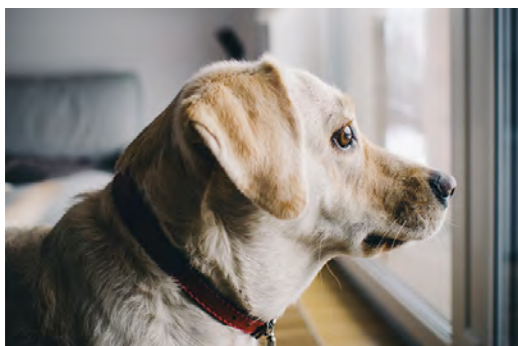
[CVM community comes together for festive, successful Give Back Challenge](#)

[Staff Council spotlight on the ezyVet Project Team!](#)

[Cornell veterinarians lead spay-and-neuter trips in Puerto Rico to alleviate post-hurricane conditions](#)

[Hellos, goodbyes and HR update](#)

CVM in the News



[Yahoo! News: What you should do with your pets during a natural disaster](#)

Dr. Lena DeTar offers practical suggestions for pet owners when facing a natural disaster.



[Healthline: Seven ways to protect your pet from holiday hazards in your home](#)

Dr. Leni Kaplan '91 reminds pet owners about seven big dangers the holidays can present for animals and how to avoid them.

[More News](#)

[More Events](#)

Have Ideas to Share?

Let us know what you want to see in the Community Notes portion of eNews. Contribute events and articles which might be of interest to your colleagues and the CVM community at large.

Send in your submission by 1/11/19 to cornellvet@cornell.edu. Make sure to put eNews in the subject line so that your item can be considered for the next issue.



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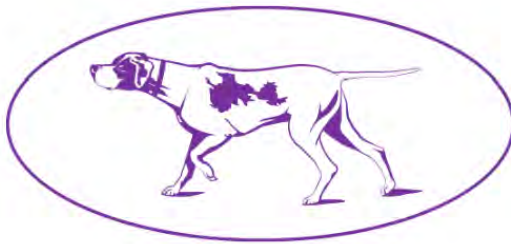


Cornell University College of Veterinary Medicine

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Cornell veterinarians to provide care at The Westminster Kennel Club's annual dog show

🐾 Monday, December 10, 2018 - 10:19am



Cornell University
College of Veterinary Medicine

The Cornell University College of Veterinary Medicine (CVM) and its satellite clinic, Cornell University Veterinary Specialists (CUVS), will be the official veterinary care providers for the 143rd annual Westminster Dog Show happening February in New York City.

This first collaboration marks the beginning of a multi-year partnership between Cornell and The Westminster Kennel Club.

The Westminster Kennel Club is world-renowned for its Best in Show event, but also holds events in Agility and Obedience competitions.

"The Westminster Kennel Club is excited to have Cornell as our veterinary care provider," said Westminster Kennel Club President Charlton Reynders, III. "Their world-class knowledge and training in veterinary medicine makes them the ideal partner for our iconic event, and we plan to strengthen this collaboration in the future."

"We greatly look forward to working with The Westminster Kennel Club," said Lorin Warnick, D.V.M., Ph.D. '94, Austin O. Hooey Dean of Veterinary Medicine. "This relationship will be a rewarding one for both Cornell and Westminster as we exchange our expertise and enthusiasm for dogs of every shape and size."

As part of this partnership, CVM and CUVS veterinarians will be on-call for the duration of the Westminster show, providing treatment and consultation for all animal guests of the event. A Cornell booth will present Q&A sessions and other informational activities and resources. Attendees will have the opportunity to learn more about specialty services, basic veterinary care and clinical trials carried out at CVM and CUVS.

###

About The Westminster Kennel Club – The Westminster Kennel Club is America's oldest organization dedicated to the sport of purebred dogs. Established in 1877, Westminster's influence has been felt for more than a century through its famous all-breed, bench dog show held every year in New York City. Today 204 breeds and varieties of dogs compete in Best of Breed judging at Piers 92/94 with the winners advancing to Group and Best in Show competitions at Madison Square Garden. America's dog show has expanded into Westminster Week which includes the Masters Agility Championship at Westminster and the Masters Obedience Championship at Westminster, both held at Pier 94. More than 3,000 dogs entered from around the world compete in these events, making Westminster Week like no other. Westminster. *There's only one.* ^(R) Follow us @WKCDogs or visit: westminsterkennelclub.org.

About The Cornell University College of Veterinary Medicine: [The Cornell University College of Veterinary Medicine](#) seeks to lead, enable, and inspire others to attain a healthier world for animals and people. Consistently ranked among the top veterinary schools in the world, the college is a global leader in outstanding multidisciplinary clinical and diagnostic services as well as exemplary animal care. The college continuously produces a stream of scientific breakthroughs while also preparing students, veterinarians and scientists to assume vital roles in scientific inquiry, local and global health, public policy and clinical, population and diagnostic veterinary medicine.

[Cornell's Companion Animal Hospital](#) is dedicated to advancing the health and well-being of animals. From sports medicine and rehabilitation to cardiology and dermatology, the Ithaca, N.Y., hospital offers world-class care in over 20 specialties.

[Cornell University Veterinary Specialists](#) in Stamford, Conn., redefines specialty and emergency veterinary care by providing the best-possible medical expertise and care for each patient and the pet's family through authentic, compassionate communication and service.



Cornell University College of Veterinary Medicine

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Eighth annual TOGO awards celebrates Southside Community Center and CVM

🐾 Monday, December 17, 2018 - 11:39am



The 2018 Cornell Town-Gown Awards recognized three student partnerships with local organizations to develop new bus route signs, sponsor a pet health clinic and explore the future of local emergency medical services.

The 2018 Cornell Town-Gown Awards recognized three student partnerships with local organizations to develop new bus route signs, sponsor a pet health clinic and explore the future of local emergency medical services.

Held Dec. 8 at Ithaca High School, the eighth annual TOGOs also recognized local leaders retiring from key positions and presented the inaugural Achievement Award to performing artist, author, and health and wellness coach Michelle Courtney Berry, MPS '92.

Cornell President Martha E. Pollack gave remarks and welcomed Shirley Collado, president of Ithaca College, and Orinthia Montague, president of Tompkins Cortland Community College. Pollack said Ithaca is so special “because of the deep relationships between the community and all three of our institutions of higher education. Staff, faculty, students, alumni, parents, volunteers,

partners – there are so many people in the Ithaca community who are tied in one way or another to one of our institutions.” The community and higher education “enrich each other all year long,” she said.

Pollack noted that Cornell was founded to make a difference in the lives of its students, the local community and communities around the world. Engagement is all about having that impact, building those connections and “recognizing that good engagement is good for everyone,” she said.

Demonstrating that engagement, students in Cornell’s Meinig National Scholars program were present to raise funds for the inclusive playground currently under construction in Stewart Park.

In addition, Beth Bagwell, executive director of the International Town-Gown Association, described how successful town-gown strategies also enhance local economies.



Luvelle Brown, superintendent of the Ithaca City School District, addresses the audience at the 2018 Town-Gown Awards as Martha Pollack looks on.



Meinig National Scholars stand with Cornell President Martha Pollack and, to the right, Friends of Stewart Park Executive Director Rick Manning.

TOGOs were awarded for the following projects and programs:

Bus route signs: About 60 engineering master’s degree students and undergraduate students studying design thinking in systems engineering work on collaborative projects with TCAT each year. Last year, these students worked with lecturer Sirietta Simoncini and Tompkins Consolidated Area Transit service manager Matt Yarrow to design new route signs throughout the TCAT system. About 30 of these students were recognized in person.

- **Pet clinic:** The partnership between Southside Community Center and College of Veterinary Medicine students has provided a monthly walk-in health clinic for pets since 1996. In addition to the CVM student volunteers who provide health care for about 600 pets annually, second-year veterinary students serve as program directors for the clinics.
- **Emergency medical services:** The Emergency Medical Services Task Force of the Tompkins County Council of Governments collaborated with students in the Cornell Institute for Public Affairs on challenges to the long-term sustainability of local emergency medical services. Irene Weiser, task force chair, called the students “remarkable, smart and capable” in their analysis and recommendations.

Receiving TOGOs for their service to the community were three retiring Cornellians: Jane Mt. Pleasant, associate professor in the Department of Horticulture and former director of the American Indian and Indigenous Studies Program; Monika Roth, agricultural extension leader for Cornell Cooperative Extension of Tompkins County; and Cal Walker, former associate director of the Learning Strategies Center and outreach liaison for the Office of Community Relations, who received a standing ovation for his community service.

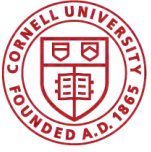
Thirteen retiring community leaders also received TOGOs: Dave Banfield, town of Lansing town justice; Steve Colt, town of Lansing recreation director and park supervisor; John Connors, recently retired provost and vice president of Tompkins Cortland Community College; Dale Johnson, Hospicare executive director; Ken Lansing, Tompkins County sheriff; Carol Mallison, executive director of McGraw House; John Rudd, president and chief executive officer of Cayuga Medical Center; Bruce Ryan, dean of external relations at TC3; Kathy Schlather, executive director of the Human Services Coalition of Tompkins County; Rich Schoch, parks maintenance manager for the town of Ithaca; Jim

Steinmetz, Cayuga Heights chief of police; Mario Tomei, Lansing Planning Board; and Gary Woloszyn, manager of Wegmans in Ithaca.

The TOGOs are sponsored by Cornell's Office of Community Relations.

By [Nancy Doolittle](#)

This article originally appeared in the [Cornell Chronicle](#).



Cornell University College of Veterinary Medicine

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Veterinary students bring renowned animal behavior expert Dr. Temple Grandin to Cornell

🐾 Wednesday, November 28, 2018 - 4:00pm



Dr. Temple Grandin, the prominent author on autism and animal behavior, visited Cornell on November 13 to share her unique perspective on animal behavior and livestock husbandry and to meet with students, faculty and other members of the Cornell community. Her visit was organized by student members of the American Association of Bovine Practitioners (AABP) club and supported by the Cornell Dairy Center of Excellence.

According to organizers and third-year students Olivia Cox and Amber Forrestal, bringing the world-renowned animal behaviorist to Cornell felt far-fetched at first. As members of the Cornell AABP club, they wanted to invite speakers that have made a real impact on the cattle industry. “After letting the idea percolate for a few days, we decided that there could be no harm in reaching out to her,” said Cox. “We were both delighted and shocked to get such an enthusiastic response from Temple.”

Grandin, a professor of animal science at Colorado State University, has made the Time 100 list of the people who most affect our world, and is the subject of an Emmy Award-winning HBO film. More than half the cattle in North America are raised and processed in systems designed by Grandin. “Temple has revolutionized animal welfare, particularly the production animal industry,” said Forrestal. “She reminds all of us that animals are highly emotional, sensitive beings and that understanding their behavior can help us better serve them as veterinarians.”

Grandin’s visit included a tour and a dinner at the Cornell Teaching Dairy Barn (TDB) where she shared her observations of the operation. “She was so impressed by the comfort level of our ‘ladies’ that she took her phone out mid-tour and exclaimed, ‘Now THAT’S a comfy cow!’ while snapping a photo,” Cox recounts. “She later told us that she planned to use the photo as an example of a happy cow in her work.”

Grandin was also able to help troubleshoot some areas. “We asked her to look at a few places in the barn where cows tend to get nervous, and she made some recommendations for improving footing to limit slipping thereby keeping the cows calm,” said TDB Director Blake Nguyen, D.V.M. ’12.



Dr. Temple Grandin toured the Cornell Teaching Dairy Barn with Director Blake Nguyen, D.V.M. '12, and veterinary students.

Grandin gave two lectures — the first, on bovine stockmanship, and the second, on animal behavior and autism — both to a packed lecture hall, where Grandin drew laughter from the crowd on many occasions with her unvarnished opinions and observations.

On cattle husbandry: “Good stockmanship requires time and a lot of people aren’t willing to spend the time. ... You can go buy a fancy new milking parlor, but it’s not going to work without good management.”

On dogs and their need for human interaction: “What would I rather have, chain link fences with a great volunteer program, or a fancy dancy [facility] with no volunteers to play with the dog? I’ll take the one with the chain link fence and the volunteers.”

Grandin's viewpoints come from experience — animals think in pictures — just as she does. This alignment in thinking allowed Grandin to revolutionize animal welfare, particularly in the cattle industry, where her insights have led to more humane and comfortable facility designs. She continues to use her image-based thinking to improve facilities — pointing out the errant hanging chain or flapping paper towel that causes cattle to balk or freeze. “I want to stress the importance of being a good observer when working with animals,” said Grandin. “It doesn't matter if you're working with livestock or dogs and cats.”

Grandin credits her power of observation to her autism — noting how this condition should be used and viewed as a strength as opposed to a disability. “Einstein probably had autism. Same with Steve Jobs and Edison,” she said. “The same genes that make people have a big brain are the same genes that cause autism...so you can't get rid of it. It's embedded. If we did get rid of it, we'd probably still be living in caves.”

Grandin's message on leveraging one's unique strengths struck home for Forrestal, who noted, “We hope that her attitude of embracing the parts of herself that make her unique is an encouragement to anyone who feels held back by their differences.”

-By Lauren Cahoon Roberts

Photography by Rachel Philipson



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2019 Contract College Option Transfer December 18 - January 18, 2019



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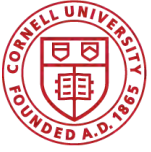


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CVM community comes together for festive, successful Give Back Challenge



Becky Callan (left), accepting on behalf of the Animal Health Diagnostic Center, which collected the most items for the Give Back Challenge; Dean Lorin D. Warnick, D.V.M., Ph.D. '94, center, presenting the awards; and Taylor Thompson, accepting on behalf of CVM Administration, which collected the most money for the Give Back Challenge.

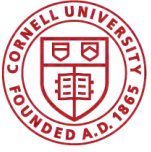
Faculty, staff and students of the College of Veterinary Medicine gathered for a celebration of the culmination of the annual Give Back Challenge December 14. This year's Give Back Challenge included the following impressive statistics:

- Most items collected: Animal Health Diagnostic Center at 283, which will benefit the Ithaca Rescue Mission.
- Most money raised: \$432 by the CVM Administration, which will benefit the CUHA Patient Assistance Fund.
- Winner of the baking competition's People's Choice Award: Michelle Nieman, who made miniature gingerbread cupcakes. The People's Choice runner-up was Karuna Katariwala, who made cinnamon rolls.

- Silent Auction: 21 people donated items they made for the Silent Auction, which raised \$1,078 also for the CUHA Patient Assistance Fund.
- Total amount raised for the CUHA Patient Assistance Fund: \$1,510

The community also came together to write a total of 197 holiday cards that will be delivered to the veterans at the Syracuse VA Medical Center on December 22. CVM collected 687 non-perishable items to donate to the Food Pantry of the Southern Tier and the Schuyler County SPCA.

Thank you to everyone who made this year's holiday activities such a success!



Cornell University College of Veterinary Medicine

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Staff Council spotlight on the ezyVet Project Team!

The CVM Staff Council is excited to highlight the *ezyVet Project Team* in the December 2018 edition of CVM eNews. The Project Team, led by Project Manager of Clinical and Business Workflows, Daniela Mancuso, successfully went live with the ezyVet practice management software within the Cornell University Hospital for Animals (CUHA) at the end of October 2018. The Staff Council was able to sit down with the team and learn more about the process.



From left to right: Daniela Mancuso, Deb Watrous, Danielle Pfaff, Pamela Moore, June DeWolf, Anna Robertson, Larry Pfaff, and Dr. Meg Thompson.

Staff Council: What is ezyVet?

Project Team: ezyVet is a New Zealand cloud based veterinary practice management software. To operate effectively, our hospital uses an electronic medical record system (EMR); CUHA was previously using the software UVIS since 2007.

Staff Council: Why ezyVet?

Project Team: ezyVet provides the foundation needed to begin exploring improved patient care workflows, increased communication methods with clients and referring veterinarians, data-mining for research, and better EMR feedback to our students. We feel ezyVet will help our graduates enter the marketplace skilled and practiced in a modern, cloud-based veterinary practice management system.

Staff Council: Who will be using this system?

Project Team: The system will be used by faculty, clinicians, referring veterinarians, residents, students, clients, members of the Animal Health Diagnostic Center, and all of Cornell University Hospital for Animals.

Staff Council: How long did the implementation process take?

Project Team: The process really started in 2012 with Dr. Meg Thompson's vision of bringing a more sophisticated EMR ecosystem into CUHA. The team began researching systems in 2015, and in December of 2017 ezyVet was selected. The team worked extremely hard over the past year to meet the ambitious launch date of October 23, 2018.

Staff Council: What was the most memorable moment of the project?

Project Team: ezyVet staff were onsite providing support for several weeks following implementation, which happened to coincide with Halloween. Faculty, students, and staff, including ezyVet staff, dressed up in costumes; the students dressed Minnie the horse as the 'Ghost of UVIS' and brought her by the room for all project team members to see!

Staff Council: What is the next big project?

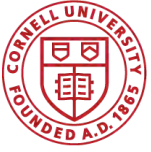
Project Team: We began implementing Cubex, an automated pharmaceutical and supply dispensary, to replace the current system of 15+ years. The new dispensary is highly sophisticated and will help improve workflow; the system will be interfaced with ezyVet, is fingerprint controlled, and sends an alert when restocking is required.

Staff Council: Thank you for speaking with us about your experiences with this monumental implementation! Is there anything additional you would like to add?

Project Team: This was really a community effort, the team leveraged resources from around the College and University including the Accounting Service Center (ASC), Animal Health Diagnostic Center (AHDC), Cornell University Hospital for Animals (CUHA), Educational Support Services (ESS), Facilities, Marketing and Communications, Procurement Office, and Veterinary Medicine Information Technology (VMIT).



Do you have ideas or suggestions for an upcoming *Spotlight*? Email us at cvmstaffcouncil@cornell.edu!



Cornell University College of Veterinary Medicine

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Cornell veterinarians lead animal outreach trips to Puerto Rico

🐾 Wednesday, November 14, 2018 - 12:36pm



Brenda Payne, administrative assistant in the Department of Population Medicine and Diagnostic Services, provided essential logistics support during the Spayathon for Puerto Rico. Photo by the Humane Society.

Even before Hurricane Maria struck Puerto Rico in September 2017, an estimated 300,000 stray dogs and 1 million stray cats roamed the island. After the Category 5 hurricane hit, family pets became separated from their owners, regular spay/neuter operations for strays ceased and few animal shelters could function because of the island's fractured infrastructure. Now, veterinarians from the College of Veterinary Medicine are leading service trips as part of a national initiative to alleviate these difficult conditions.

Organized by the Humane Society of the United States, the Spayathon for Puerto Rico initiative is bringing volunteers from a coalition of organizations together to perform high-quality, high-volume spay/neuter and vaccination services. During four visits over the course of a year, eight separate clinics will operate simultaneously across the island to meet

the Humane Society's goal of reaching at least 30,000 animals by May 2019. They treated approximately 5,600 animals this summer during the first round.

"The Spayathon is about reaching animals in crisis as well as providing a sustainable and replicable model for the future," said Elizabeth Berliner, D.V.M. '03, the Janet L. Swanson Director of Shelter Medicine. Last week, Berliner led a team of experts from Maddie's® Shelter Medicine Program to the city of San Germán as part of the Spayathon's second round of outreach trips.

"We treated exactly 600 animals in seven days, exceeding our initial goal of 500," said Berliner. All told, the second round saw over 8,000 animals treated, bringing the current Spayathon count to 15,572. Berliner will lead two additional trips this winter during the third and fourth rounds of Spayathon visits.

Hurricane Maria was the costliest natural disaster in the island's history, incurring \$95 billion in damages across the storm's path and an estimated over 4,000 human casualties. Many of the unincorporated territory's 3.3 million residents found they could not care for their pet after the storm, and animal shelters were quickly overwhelmed.

"It was inspiring to see what could be accomplished with limited people and resources, including basics like electricity," said Sarah Ericksen, a fourth-year veterinary student. "Whatever challenge we faced, we found a way to solve it because we knew how much it meant to everyone." Most pet owners waited in hot temperatures for hours, often overnight, to ensure their dog or cat would be seen, said Ericksen.

Providing these services to thousands of animals at no cost to their owners or the shelters will help both the people of Puerto Rico and their pets recover. It will also reduce the risk of transmission of zoonotic diseases like rabies and leptospirosis that comes from a high density of stray animals.



A patient waits for his turn to be neutered in business casual attire. Photo by the Humane Society.



The last clinic patient, Montesquieu, with owner, Luis. Luis told the Cornell team, "Montesquieu is like my son. I love him more than anything." Photo by the Humane Society.

"In the years prior to Hurricane Maria, some shelters were already euthanizing more than 95 percent of their intake. Because of the hurricane's effects, their intake numbers have risen dramatically," said Berliner.


In addition to treating animals, a core component of the initiative is to create a lasting spay/neuter infrastructure in Puerto Rico. One way they are accomplishing this is by training veterinary professionals from the island in high-quality, high-volume spay/neuter and vaccination techniques.

"The sustainability factor is extraordinarily important," said Berliner. "Island veterinarians and technicians will be able to apply their training even after the Spayathon concludes. Their ability to continue contributing to the effort is critical to enacting sustainable change for both the animals and people of Puerto Rico."

The Spayathon will also be donating all of the surgical equipment, supplies and other remaining assets at the end of the campaign, contributing to an estimated cost of \$1.6 million worth of free services, materials and donated time.

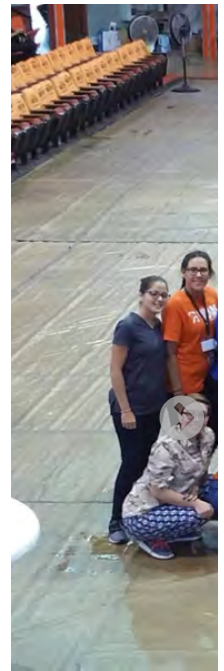
By Melanie Greaver Cordova

Wednesday, November 14, 2018 - 12:30pm

 Image



Elizabeth Berliner, D.V.M. '03, the Janet L. Swanson Director of Shelter Medicine. Berliner has a great passion for Chihuahuas, of which there were many in San German. Photo by the Humane Society.



Each member of tl





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December 2018: Hellos, goodbyes and HR update

Help us welcome new employees who joined the CVM community in November and bid a fond farewell to those who have retired.

New Hires

- **Matt Braun**, Assistant Dean for Alumni Affairs & Development, CVM Administration
- **Jason Philip Garnett**, Administrative Assistant, Department of Microbiology and Immunology
- **Don Hinshaw III**, Team Leader, Materials Warehouse, Cornell University Hospital for Animals
- **Kelly Anne Patterson**, Administrative Assistant IV-Business Office, Cornell University Hospital for Animals

Retirements

No retirements during this time period.

Human Resources Update

2019 Contract College Option Transfer: December 18, 2018-January 18, 2019

There are only certain changes you can make to your **health plan coverage** during the state-run Option Transfer period.

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	Do you want to contribute to a Flexible Spending Account (FSA)?
	Do you want to keep your current legal coverage or do you want to enroll for the first time?



We encourage you to use this [Decision/Enrollment Guide](#).



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What you should do with your pets, the elderly, and the handicapped during a natural disaster

Korin Miller
Writer
Yahoo Lifestyle December 1, 2018



Hurricane season officially ended in the U.S. on Friday, but it was definitely one to remember. Both Hurricane Michael, which made landfall as a category 4 storm, and Hurricane Florence, which was a category 1 storm when it swept into North Carolina, left behind destruction that people are still struggling to recover from.

Unfortunately, it's pretty likely that we'll see a bad hurricane season like this again, which is why experts urge people to prepare for next time. The same is pretty much true for all natural disasters, including floods, tornados, earthquakes and wildfires — preparation is crucial. "Prepare, prepare, prepare," Scott Kaiser, a family physician and geriatrician at Providence Saint John's Health Center in Santa Monica, Calif., who just helped evacuate an center for the elderly during the recent wildfires, tells Yahoo Lifestyle. "It's hard to get people to think about prevention."

While you're probably aware of certain things you should do, such as listening to evacuation orders and having a disaster kit, it's important to keep in mind that you'll also need to think of how to care for your pets, as well as elderly and handicapped loved ones, in the event of a disaster. Here's what you should do if the worst happens.

If you have pets...

Whatever you do, don't leave them and assume they'll be OK. "We saw so many pets abandoned as people evacuated from Hurricane Michael, and it was heartbreaking," Daniel Noah, a meteorologist with the National Weather Service in Tampa, tells Yahoo Lifestyle.

"One of the most important actions is to make sure your pets have permanent identification, usually in the form of a microchip and a

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ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with psoriatic arthritis. ENBREL can be used with or without methotrexate.



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keep your dog or cat healthy by exercising near other animals," she says.

You'll also want to make sure you always have "at least three days of food, water, and medications on hand for your pet," Ragan Adams, a veterinary extension specialist at Colorado State University, tells Yahoo Lifestyle. "This will be essential if you are cut off from suppliers or can be placed in the 'ready go bag' if you must evacuate."

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It's a good idea to have a crate large enough to house your pet in case you need to move it someplace where it will need to be contained for a bit, along with food and water bowls, leashes, and toys "all to create a familiar and safe 'home away from home' if the pet must be transported and sheltered in an unfamiliar place," Adams says.

And, if you have larger pets like horses or farm animals, "having access to a trailer and making sure your horses and pasture pets are used to loading and unloading can help a lot," DeTar says. "Having a prearranged destination is critical — nearby municipalities often have pasture or barn accommodation, fairground, stockyards, or other facilities that can be used, but they may fill up fast."

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If you know a natural disaster, such as a hurricane or wildfire, is approaching, call a pet-friendly hotel out of harm's way and make a reservation ASAP, Noah advises. "Don't wait until the last second because all the rooms will be gone," he says. "You can always cancel if you don't need to evacuate."

If you have an elderly loved one...

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In general, the things you'll need for your elderly loved one will be the same as for yourself — food, clothes and other essentials, says Kaiser. However, you'll also want to make sure you're on top of any medications they may need and "have a supply to last during the event and available until you can get to a drugstore," Jack E. Nicholson, director of the [Florida Catastrophic Storm Risk Management Center](#) at Florida State University, tells Yahoo Lifestyle.

Not only do you want to make sure you have a large enough supply, you also want to make sure the medication is portable and easy to grab if you need to get out quickly, Kaiser says. "Health care documents — medications, name of doctors, and health history — are also essential for the elderly to have," he says. "If you need to go out of the area where you live to get care, you'll want to have that information."

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And finally, keep in mind that "everything is going to take a lot longer" with elderly loved ones, Kaiser says. That means you have to be prepared to act fast if you're ordered to evacuate and possibly even preempt an evacuation. "You'll have to account for needing some extra time in a situation where you might not have time," Kaiser says. "That's why preparation is so key."

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If they require supplemental oxygen, you'll want to make sure you have enough for three or more days, Nicholson says. "Some people may require more than one person to take care of them, so have family ready or on call," he adds.

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If your loved is in a wheelchair or requires the use of a cane to get around, know in advance where those things are so you can quickly grab them if you need to, Kaiser says. And, if they rely on an electric wheelchair, "make sure you have a manual one as well because you may not be able to charge it," Noah says.

As for medical devices your loved one may need, "make sure several family members know how to use them," Noah says. That way, if you're busy tending to another aspect of the emergency or get injured, someone else can step in to help.

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Above all, experts stress that preparation is crucial. And, even if it's not hurricane, tornado, or wildfire season where you live now, thinking about what you'd need in case the worst happens can make a huge difference.

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HEALTH NEWS

✓ Fact Checked

7 Ways to Protect Your Pet from Holiday Hazards in Your Home

Written by Gigen Mammoser on December 12, 2018

It may be the most wonderful time of the year, but it can also be a dangerous one for your pet. Here's how to help them avoid 7 of the biggest holiday hazards.



Do you know the best ways to pet-proof your home for the holidays? Getty Images

There are so many things to love about the holiday season: visiting friends and family, putting up decorations, and of course delicious treats.

But, there's one member of your family for whom the season isn't so merry and bright: your pet.

The holidays actually present many additional dangers for dogs, cats, and other furry family members.

Friends and relatives visiting can make your animal anxious and stressed out, decorations can injure paws and snouts, and many holiday treats can either be toxic to dogs and cats, or at the very least upset their stomachs when they're eaten.

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1.) Holiday decorations

Tinsel, ornaments, and lights can all be very hazardous to pets.

Metallic and glass ornaments can cause cuts and bleeding. If they're ingested, these items can cause even more severe internal damage, such as gastrointestinal obstruction, which is likely to require surgery.

Lights and candles can lead to burns and electrocution for your pet, as well as become a serious fire danger to your home and family.

"Keep your pet from chewing or ingesting ornaments, holiday lights, electric wires, and ribbons to prevent gastrointestinal obstructions and electrocution. Consider confining your pet's access to rooms with holiday decorations especially when unsupervised. One easy option is to use baby gates," said Kaplan.

2.) Turkey, ham, and other rich foods

While not necessarily harmful themselves, an abundance of rich foods and leftovers can lead to weight gain and health problems for pets. Turkey and ham [can be tricky](#).

The addition of spices and other seasoning agents, like onion and garlic (which can be toxic for dogs), make these items risky for your pets.

The skin of turkey in particular can be problematic for dogs and should not be fed to them.

"Do not share your food to avoid unnecessary weight gain in your pet. Have healthy snacks on hand to share including green beans, carrots, zucchini, or celery. Fatty and greasy foods can lead to vomiting, diarrhea, dehydration, and in some circumstances pancreatitis — a serious illness



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3.) Medication

More visitors means a greater likelihood that things like medication can be left out somewhere a pet can reach them.

Medication is harmful and potentially fatal for animals to consume. Make sure guests keep their medication secured in their rooms out of the reach of pets and children.

This also applies to medical cannabis, particularly if it's in edible form which might be more appealing to a pet.



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4.) Sweets and treats

Many of the sweet items that are eaten frequently during the holidays are potentially toxic for pets. Fruit cakes, nuts, and (for the health-conscious) sugar-free candies all pose the risk of gastrointestinal distress for animals.

And yes, chocolate is most definitely toxic for dogs and cats.

“Restrict access to holiday snacks and treats like chocolate, coffee,



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Many traditional holiday treats are poisonous to pets. Make sure to keep them out of paw's reach. Getty Images

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5.) Trees and plants

Christmas trees are generally safe for pets, though pine needles can cause eye trauma. Also, cats specifically should be discouraged from climbing in the tree due to risk of harm from lighting and ornaments.

Many holiday plants and flowers are toxic for pets as well.

Holly (as in that plant we use to 'deck the halls') [is toxic](#) for dogs and cats, as [is mistletoe](#). Both can lead to vomiting, diarrhea, and potentially more severe symptoms.

"Examine all bouquets, as some flowers can be toxic to pets. Bear in mind, some visitors may bring bouquets that contain flowers such as lilies, which are toxic to cats," said Kaplan. "Poinsettias are relatively safe and do not impose a serious hazard to pets, but do avoid access to, or ingestion of, mistletoe and holly."

6.) Potpourri

If you want your house to smell like sugar and spice and everything nice, keep in mind that potpourri is dangerous for animals.

Liquid potpourri contains essential oils and other additives that can harm your pet's eyes, nose, and mouth.

If ingested, both solid and liquid potpourris can cause gastrointestinal distress.

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7.) Alcohol

Whether it's in eggnog, spiced punch, or another holiday favorite — alcohol is no good for pets.

Alcohol can lead to many of the same effects that humans experience including vomiting, diarrhea, decreased coordination, and central nervous system depression.

It can also be fatal in large quantities.

Mental health hazards are problems for pets, too

Your pet's mental health should also be a major consideration during the holidays.

Take their stress level into consideration when hosting guests and consider boarding them, if it's likely to cause anxiety.

Anti-anxiety medications are also available through your veterinarian for some pets.

Creating a special safe space or room for your pet is also a great idea if you expect lots of guests during the holidays.

“Make sure to stick to your pet's normal routine as much as possible to enjoy a low-stress holiday season. Build in time for walks, play, and meals prior to the start of the holiday [celebrations]. Consider how and where to feed your pets — is their normal spot going to be off limits or overcrowded?” said Kaplan.

In a worse-case scenario, being a good pet owner also means knowing when you need to call your veterinarian.

“Contact a veterinarian immediately if you suspect your pet ingested any dangerous foods, items, or if they are not acting right. If traveling, be proactive and find out where and when you can seek veterinary care during the holidays in case you need it,” said Kaplan.



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The bottom line

The holidays can present new dangers and stresses for pets of all varieties.

Ensure pets are kept away from dangerous decorations, including tinsel, lights, and potpourri, which can cause serious injury.

Keep food well out of reach of pets, as holiday sweets and treats can be toxic for them. Rich foods like turkey and leftovers can cause weight gain and stomach problems for pets, and shouldn't be given to them.

Finally, keep your pet's mental health in mind as guests and visitors can cause a great deal of stress for them. Keep a regular routine with your pet, including walks and feeding time. Consider putting aside a private room or space for your pet where they can relax away from the crowd.



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