

# GROOVY

Pet Wellness 🐾 Pet Lifestyle

*Online Magazine*

## ANNUAL BOOSTERS

Why Your Pets Need Them

## UNIQUE PET OPTIONS

EXOTIC ANIMALS TO LOVE

## New Year Makeover

Time for Improvement

Get it at Groovy

New Services for All

# WELCOME 2022

WITH NEW YEAR'S RESOLUTIONS

Groovy Vetcare Clinic

**NEW BUILDING**

**COMING SOON**



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



Hello PAWrents and pet lovers,

We are now in the year 2022, time has gone by so fast since our last edition, #15, which was printed at the end 2018. Since then, we have been busy planning our return, and now we are happy to inform you that Groovy Magazine is back. Starting from this edition, #16, the magazine will be exclusively available online.

We have chosen the theme “New Beginnings”, as it signifies new hope for all of us. After two years of going through the COVID-19 pandemic and adjusting to the new normal, many aspects in our lives have changed, especially our relationships with our pets at home. While we have kept a safe distance from other people, we have become closer to our pets. Working from home has allowed us to give our furbabies, and other animals at home, more attention. It is therefore no surprise, that there has been a significant increase in the number of people who brought new pets home, and pet businesses were less affected during the lockdown periods.

We are happy to announce that there will be five editions of Groovy Magazine this year, and all of them will be available online for your easy perusal. Readers only need to subscribe to stay updated on the new issues.

Inside this edition, Groovy Pet Services unveils its new services for pet lovers. We also put the spotlight on our loyal and happy customers in Groovy Personality, and continue to prioritize wholesome living in Healthy Living, and provide you expert advice about your pet's health from Groovy's team of professional veterinarians in Vet's Corner.

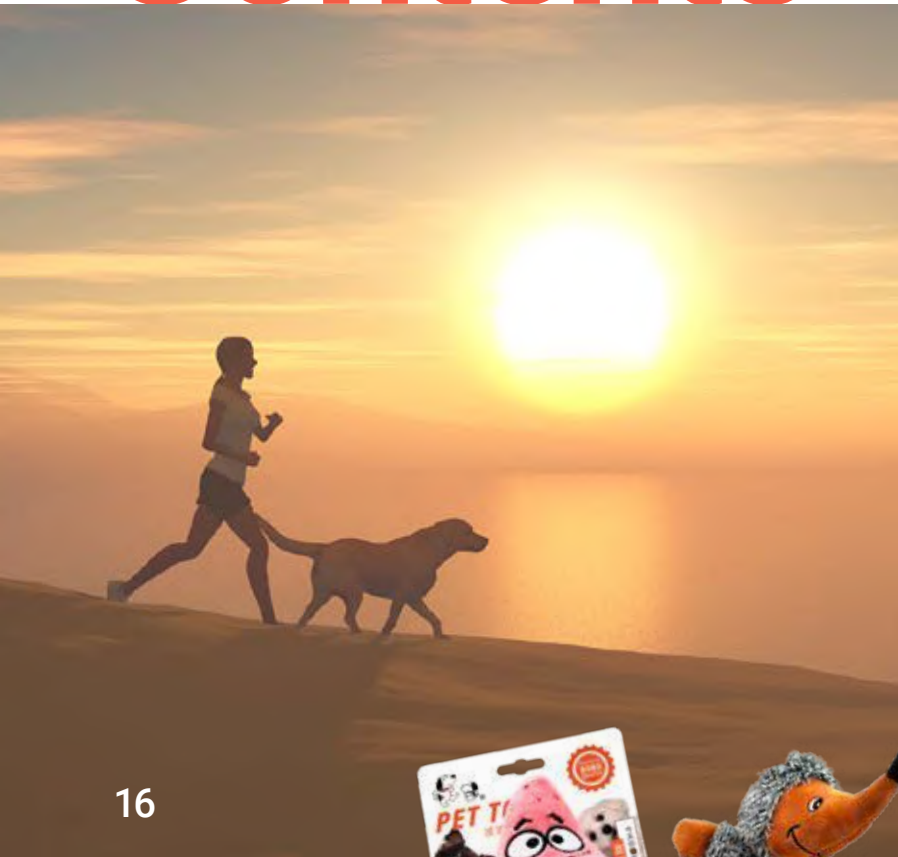
This year is a special one as Groovy celebrates its 32<sup>nd</sup> anniversary on March 27. For 32 years, Groovy has been happily serving PAWrents and pet lovers in Indonesia. We wish all our readers, customers, and their families, good health and prosperity for 2022. We also invite and welcome suppliers or companies who want to join and advertise in Groovy Magazine.

We hope you enjoy reading Groovy Magazine edition #16.

Juda Adisusanto  
CEO Groovy Pet Services



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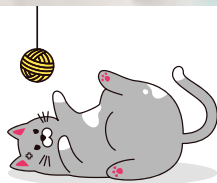
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DOG TOY  
BO-152  
Rp55,000

TOY BALL  
BO-4426 A  
Rp20,000



# Pet Play

AROUSE YOUR PET'S CURIOSITY AND  
ELEVATE PLAYTIME WITH THIS SELECTION  
OF TOYS FROM **GROOVY**.



DOG TOY Y013-WJ  
Rp40,000  
DOG TOY Y014-WJ  
Rp30,000

M-PETS ERIZO  
SQUEAKER  
Rp95,000

CAT TEASER  
Y-0027  
Rp30,000

CAT  
TEASER  
Y-0006  
Rp15,000

HARTZ  
CATTRACTION  
MICE  
Rp180,000





BLACKWOOD D  
GF CHICKEN 5 LB  
Rp290.000



WELL C CORE SMOOTH  
CHICK&TURKEY 5,5 OZ  
WELL C CORE SMOOTH  
WHITEFISH 5,5 OZ  
WELL C CORE SMOOTH  
TURKEY&DUCK 5,5 OZ  
WELL C CORE SMOOTH BEEF,  
VEN&LAMB 5,5 OZ  
@ Rp50,000



(Left to right)  
ADIRONDACK GF SMALL  
HERRING&TURKEY 4 LB  
Rp255.000  
ADIRONDACK GF WGT  
MANAGEMENT PORK 4 LB  
Rp230.000  
ADIRONDACK GF ALS  
TURKEY&LENTILS 4 LB  
Rp230.000  
ADIRONDACK GF ALS  
WHITEFISH&PEAS 4 LB  
Rp275.000

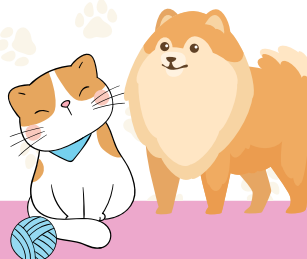


# GLORIOUS FOOD

NOURISH YOUR BABY'S SOUL  
WITH THESE DELECTABLE  
OFFERINGS FROM **GROOVY**.



BLACKWOOD C  
ADULT CHICKEN  
RICE 4 LB  
Rp220.000



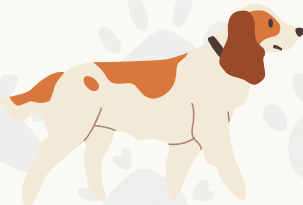
PETOPIA D JUICY LAMB 380 GR  
PETOPIA D GOURMET DUCK 380 GR  
PETOPIA D TENDER BEEF 380 GR  
PETOPIA D FRESH CHICKEN 380 GR  
@ Rp20,000



# VITA CHECK



ENSURE YOUR PET'S  
HEALTH WITH THESE  
SUPPLEMENTS FROM  
**GROOVY.**



CIAO CS-154  
PROBIOTIC &  
HAIRBALL GEL  
TUNA FIBER 80 GR  
Rp 86.000



WAN DOG DS-62  
PROBIOTIC GEL  
CHICK&BEEF  
80 GR  
Rp 86.000

KALA H  
ARTHRIX PLUS  
HA D 90 TB  
Rp 1.370.000



NUTRIPLUS  
GEL 120,5 GR  
Rp 170.000



KALA H  
DERMATRIX  
D&C 45 TB  
Rp 490.000



ZEAL HOKY  
FISH OIL 225 ML  
Rp 370.000





# GROOVY PET CENTER KEMANG

Customer satisfaction  
is our priority, and we  
handle pets with  
loving care

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your pet needs



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📷 @groovypetcenter\_kemang



# KEEP YOUR DOG MOVING

CONTRARY TO WHAT MANY PEOPLE KNOW, LESS ACTIVE DOGS CAN HAVE MORE PROBLEMS IN THEIR LIVES THAN ACTIVE DOGS.



**W**hen dogs get sufficient meals every day, the food they eat will be digested and converted to energy. Energy needs to be used properly to make a balanced life, that's why every creature needs to move and be active; this includes your dog.

Dog walking reduces the health risks in our dogs, especially if you have an active dog breed such as most of the medium and large dog breeds. There are certain breeds that have natural instincts and inbred tendencies, such as those formerly used for special purposes like playing, hunting, working, in which they were then and should be now, more exposed to activities than other breeds. When dogs

are less active, the excess energy in their bodies will be converted to fat and this will make them gain weight and, in over time, can lead to obesity. Without sufficient exercise and activities, your dog can suffer in the long run and have health problems in his/her old age, like heart failure, diabetes and loss of appetite.

One activity that can help your dog is walking. This would have a twofold benefit if you, as a PAWrent, can spend your free time walking and exercising with your dog. Living in a big city such as Jakarta, people usually occupy themselves with routine activities which take them away from their dogs.

The dog is usually left at home alone, and just like other family members, would wait anxiously for the return of its owner, doing nothing or just killing time. In other cases, you may not be up to the task of walking your dog around the complex for other reasons, and just resort to playing with your dog at home. In this instance, wouldn't it be beneficial for

you to have access to someone who would be willing to take your dog out for a walk nearby?

Our Groovy Pet Center offers a pet walking service to ensure that your dog remains active and happy even if you're busy with work or other tasks. The pet walker will take your dog for a walk around your complex for around 30 minutes to an hour; this service is also inclusive of special grooming touch-ups such as brushing, cleaning the ears and nail trimming. You may request for our dog walking offer on regular days or avail of this service on special days. Groovy ensures that the members of its capable staff know how to handle dogs, keep them away from danger, avoid them from biting other dog or chasing cats or kids on the street; your furbaby's safety will be guaranteed as our dog walkers are self-confessed pet lovers too.

You can call Groovy to make a reservation or inquire about what other services Groovy has on offer to make your dog lead a healthier and happier life. 🐾



# Ideal Collab

DO YOU WANT TO TAKE HOME  
A NEW PUPPY OR KITTY?  
FIND YOUR DREAM PET WITH  
THE HELP OF GROOVY



**L**ooking for a good quality puppy or kitty for the family isn't an easy job. Some people bring home a puppy or kitten and a week later, the pet becomes sick or it is discovered that the pet is not suitable for the family. Raising a puppy or kitten you do not want or caring for a sick little puppy or kitty can be a nightmare for the whole family. You can lose money and time when the new pet gets sick, or, even worse, dies.

Some people prefer to get a new pet from the breeders directly, because they are afraid of buying commercial pets from pet shops; they would like to ensure that the pet they will be getting is 100% healthy. There are many good quality and responsible breeders, but

they are difficult to find. That's where Groovy comes in. Groovy Pet Center stores have a data base of trusted and reliable breeders of good quality puppies and kittens. Groovy Pet Center is ready to help customers find a good puppy or kitten from the best breeders and identify the best breed for their families.

Before buying a pet, it is important to know what breed will be suitable for your own lifestyle and capabilities. All the members of the family have to be mentally prepared for a new pet because having a new family member at home will require plenty of adjustments. Similarly, the family needs to know what they can expect with their new puppy or kitten, so both the new pet and the family members can happily co-exist together eventually.

Groovy Pet Center does not sell puppies or kittens, but instead connects

prospective pet owners to reliable and well-known breeders, in their search for a pet. The shop will serve as a facilitator for both parties, ensuring a smooth transaction every time. Our shop will not charge any fee to the customer, except for the purchase of our products or services.

We invite quality breeders of puppies for popular breeds to inform us whenever a puppy litter is available, as well as various kitten breeders. Breeders are encouraged to register their data and information about puppies or kittens. Customers are welcome to inquire at Groovy Pet Center stores, free of charge. 🐾

## For more information

**please contact: 0818-986-656.**

In case you need to import a new pet from overseas into Jakarta,

**please contact Groovy Pet Transport: 0813-1787-6371.**



# Home for the Homeless

AN ANIMAL SHELTER IS A PLACE WHERE STRAY ANIMALS, MOSTLY CATS AND DOGS, STAY UNTIL SOMEONE CAN GIVE THEM A FOREVER HOME.

Cats and dogs are domesticated animals. We can often find them where people live, either as pets or as strays. Strays can even stay alive on the streets because of increasing awareness in the public about animal welfare. We can clearly see this in the increasing trend of street feeding for stray cats and dogs. However, this doesn't mean that all cats and dogs live their lives to the

fullest. Many still suffer from animal abuse and abandonment.

Animal shelters stand to provide a home for these suffering animals. Often, a shelter will house hundreds or even thousands of stray animals for an unspecified amount of time. They fight for other creatures' lives against people who don't care about animals, or people who would hurt them.

Earlier this year, **Groovy Vetcare Clinic** visited two shelters to donate 70 kilograms of Royal Canin kibbles to each shelter, donating a total of 140 kilograms of pet food. One of the two shelters was Natha Satwa Nusantara (NSN), a well known animal shelter that has been fighting at the forefront for domestic animal welfare.

However, NSN's work isn't limited to just evacuating animals and making sure they arrive safely to their shelters. They also provide rehabilitation for hurt and disabled animals and assist in finding a forever home for the animals in their care. Aside from this, NSN is also active in sterilization and vaccination programs for pets and strays.

The other shelter **Groovy Vetcare Clinic** visited was Mrs. Nancy's shelter, located in Bogor. Mrs. Nancy, the owner, has made the shelter a home for hundreds of dogs. Mrs. Nancy strives to keep the establishment well managed and makes sure the dogs have enough food and clean water. Mrs. Nancy also works with pet clinics so dogs can get intensive treatment, medication, sterilization, or vaccination.

Hopefully, these shelter animals can find their new beginnings in 2022. However, did you know you can also personally help them out? Most animal shelters are nonprofit foundations and rely on donations to keep afloat. You can also adopt animals from shelters and give them their forever homes. What better way to start the year, if not by sharing love and joy to the ones that need it most?

You can contact NSN through their Instagram at @nathasatwanusantara or their website at <https://nsn-foundation.or.id/>. 🐾





# DOG WALKING SERVICE

Inclusive:  
Walking, Brushing Out,  
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📍 JL. RADIO 3 NO 1

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📱 @groovypetcenter\_rd





# NEW *in* TOWN

Get To Know PT ANEKAPAKAN UNGGULAN INDONESIA,  
a new company for the distribution and marketing of local pet food.

WITH THE VISION OF PET FOOD made in Indonesia with premium quality and as export quality pet food, PT ANEKAPAKAN UNGGULAN INDONESIA will change the landscape of the pet food industry in the country.

Indonesian food has become well-known internationally and all resources used to prepare these dishes are taken abundantly from local ingredients. Indonesian food has grown such a loyal following, even overseas, that some types of food are even exported to other countries.

Similarly, for its pet food, PT ANEKAPAKAN UNGGULAN INDONESIA will ensure that mostly local resources such as meat, poultry, and sea or freshwater fish as well as fruits and vegetables from modern farmers, and fishery in Indonesia, will be utilized.

Deriving knowledge of Nutrition and Food Technology from experts in their respective fields, today's communications and connections are all manageable with the use of the internet.

From Resources to Manufacturing and Production, these will all be undertaken locally, then our company will be rolling out with Marketing to pet lovers and Distribution to the resellers in Indonesia. With over 30 years of experience in the pet industry, we have the capability of establishing a world class distribution company, which will allow local pet products made in Indonesia, to eventually be favored over imported ones.

PT ANEKAPAKAN UNGGULAN INDONESIA will distribute pet food made locally with export quality standard to pet shops, pet clinics and other resellers in

Indonesia; these products will be made by local pet food manufacturers. A whole array of pet food products will be available, from various snacks, treats and basic pet food. All pet products will be made according to the pet wellness standard.

Our products will be marketed under the brand name, "Grooviest"; the name has been taken with permission from one of Indonesia's premium and pioneer Pet Companies, which has been in existence for more than 30 years.

Basically, our beloved pets need nutrition that covers the six elements of nature: water, protein, carbohydrate, fat, vitamins, and minerals. If they are provided with balanced food, served fresh and in proper amounts, then our beloved pets will all live healthy, balanced and long lives.

Our treats for dogs will be ready for distribution by the middle of March 2022. We are beginning slowly with food for dogs and cats, but eventually we will also be offering products for other popular pet animals.

There is great potential in the pet food market in Indonesia and we are seizing the moment to tap into this opportunity, while also continuing to look at the export market.





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orders

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📷 @groovypetcenter\_bintaro





# CONSULT WITHOUT WORRY



THE COVID-19 PANDEMIC AND THE SUBSEQUENT SOCIAL DISTANCING PROTOCOLS HAVE MADE VET VISITS MORE DIFFICULT. HOWEVER, GROOVY VETCARE CLINIC'S TELEMEDICINE SERVICE MIGHT JUST BE THE ANSWER TO THIS CONUNDRUM.

**T**he COVID-19 pandemic swept the globe by surprise and forced many to change their lifestyles. Clinics, including veterinary clinics, were not exempt from this sudden change. The new health protocols call for minimum contact with others, which have made check-ups, either for people or for pets, more difficult than ever. How do you check your health status if you can't see your healthcare provider?

Well, **Groovy Vetcare Clinic** came up with a solution: instead of bringing your pets to the vets or the vets to the pets, you can now meet in a virtual space where physical contact is not required. After all, viruses can't infect you if you're not physically together in the first place.

**Groovy Vetcare Clinic** allows PAWrents to make an appointment to do a consultation online via Google Meets. To make appointments, PAWrents can contact the clinic through its website,

WhatsApp, or phone call. After an appointment has been scheduled, PAWrents can consult their pets' health with a vet without meeting physically. You don't need to spend time and money to drive, you can get the medicine delivered by delivery service, and you still abide by the health protocols. Everybody wins!

Of course, this method is not without its limitations. Sometimes vets would still need to do a more thorough check-up than a simple look through your device's camera. More serious diseases might call for a temperature check or a blood test, which means you would still need to bring your pets to the clinic. However, the charge for telemedicine cuts the examination fee (terms and conditions apply) if your pets need direct examination, so there's nothing to lose on that front. If anything, the telemedicine session can give you an answer to the question: do I really need to bring my pet to the clinic?

If you're unsure about the safety of going to the clinic in a pandemic, don't worry! **Groovy Vetcare Clinic** enforces strict protocols to make sure everyone is always safe and healthy. This includes body temperature checks, building sterilization, and the simple but effective age-old way to battle illnesses: hand washing. The clinic provides hand sanitizer and hand washing stations for anyone to use. 🐾

**To make a telemedicine appointment, you can contact: Groovy Vetcare Clinic** through WhatsApp at +62 811-4110-440, phone them at +62 21 728-00617, or on their website at <https://www.groovyvetcare.com/>.







# GROOVY PET CENTER RADIO 3

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0818 0863 7387, 0815 8485 7544  
📷 @GROOVYPETCENTER\_RD

No time to walk  
your dog?  
Let us do it for  
you!



Swim & Play



SCAN ME



Grooming, Home  
Grooming  
Spa Microbubble

A silhouette of a person running with a dog on a hill at sunset. The sun is a large, bright yellow circle in the sky, casting a warm glow over the scene. The person and dog are running towards the right, their forms dark against the bright background. The hill they are on is a simple, rounded shape in the foreground.

# CHEERS TO 2022

START THE YEAR  
RIGHT BY SETTING  
SOME NEW GOALS  
FOR YOURSELF,  
AS WELL AS YOUR  
FURBABIES.

**T**he New Year, for some people, means a fresh new start for almost everything. For some people, this can serve as a moment to reset and make new plans for the year ahead. Usually, people will make New Year's resolutions, set new goals, and plan some new habits to make this year a better one.

By setting some new goals and resolutions, we can jumpstart our year and begin 2022 on the right track. Admittedly, many of us have some bad habits that we need to change or slowly get rid of, and the New Year will serve as a motivation for us to achieve what we plan to achieve. Hopefully, by

setting this from the start, we can prepare ourselves and be proactive about what we need to do.

A New Year's resolution can be something simple but makes your life better. It can be as simple as choosing a better lifestyle to improve your life quality or spending more time with your pet during weekends. Having a better lifestyle may sound easy, but any change will definitely need commitment and follow through.

The New Year is also a good time to do some self-introspection. What are the things that you need to change in yourself? You can start from perhaps

BY: GABRIEL WINOTO, PHOTO: FREEPIK



## BY ALLOWING YOUR PETS MORE TIME TO MOVE, WALK OR RUN AROUND, THEY WILL USE UP THEIR ENERGY AND WILL BE CALMER AT HOME.

choosing to lose some of the weight you gained during the year-end holiday. Another aspect is how you manage your time. Perhaps you can spend more time with your beloved pet and make it a routine. By spending more time with your pet, you will be more active and organized since pets, especially dogs, are really into routine.

To begin your weight-loss journey, you can start with baby steps. First, you can make a daily schedule. It may sound simple, but this will change the way you spend your day and it can help you organize your day better. Since many people are doing work from home nowadays, if you don't have a schedule to follow or good time management, it will be harder to keep track of what you need to do. As many people do not have a boundaries between working hours and their personal lives anymore, this may result in burnout because you might end up spending all day working. Burnout, on the other hand, may lead to stress and make it harder for you to lose weight.

A daily schedule can help you prevent burnout because now you know what you will need to do at any given time. A sample schedule can be that you will work from nine to five and bring your dog out for a walk at 6 PM; this can also serve as a short break after working hours. After that, you can have dinner and get some rest. And to make your life easier, you can also prepare your meals beforehand, like cooking a big batch and freezing it, so you don't spend a whole week having lunch and dinner from your favorite takeaway resto and consuming unbalanced meals every day. By having

a daily schedule, you can be more active and organized. You can live your life better since you will have more time for yourself and eat better food you specifically prepared beforehand.

Your weight loss journey can also be supported by a more active lifestyle. As a first step, you can take a short walk around your area before or after office hours. Walking, or doing some light exercises can boost your metabolism and may help you lose weight. The same goes for your pets. By allowing your pets more time to move, walk or run around, they will use up their energy and will be calmer at home. Mostly, dogs like to spend their time doing physical activities outdoors. Once you get used to this new more active lifestyle, you can try other activities, such as hiking or swimming with them. If you are interested in swimming or doing some outdoor activities like agility training with your furkids, you can visit **Groovy PAW Resort** and spend the day there together. **Groovy PAW Resort** also provides bathing and grooming services so you don't have to deal with stinky and soggy dogs all the way home.



Doing more activities outdoors also has some other benefits. You will get more sunlight and fresh air outside, which means more stress relief and more vitamin D for your body. And since you are staying outdoors with your pets at pet-friendly places, you will probably do more exercise, which means burning more calories.

By spending more time with your pet, it will also help to strengthen the bond between you two. With a stronger bond, they will trust you more and feel more secure around you. This may result in calmer behavior, as they tend to be more obedient and become easier to control around you, which means more enjoyable time with them. Also, hugging or simply cuddling your dog can release oxytocin, the feel good hormone. Oxytocin also stimulates our body to release dopamine, another hormone that fights pain and depression. But remember that not all dogs like to be hugged, even by the human they love most. If your dog is one of them, there are still plenty ways to make them know how much you love them. You can give them belly rubs or play together with them. Even though some dogs don't like to be hugged, most dogs can't resist a quick snuggle with their lovely PAWrents.

So, what's your resolution for this year, PAWrents? Will you also be setting a schedule and planning everything in detail so you can spend more time with your beloved pets this year? Whatever you decide to change or improve, the important thing is to stick to your goals, try to have fun and make the most out of 2022. 🐾



# NEW YEAR, New You





## WE'VE ALL HEARD ABOUT THE WHOLE "NEW YEAR, NEW YOU" DEAL. BUT HOW EXACTLY DO YOU BECOME A NEW VERSION OF YOURSELF? WELL, HAVE YOU CONSIDERED DOING A MAKEOVER?

**T**here are a lot of ways for someone to become a new, better person with each New Year, like promising to do a morning run every day (and actually do it) or participate in Meatless Monday. However, there is another way you can show a new side of yourself: makeovers!

The start of a new year is the perfect time for makeovers. The change in the calendar year helps you gain a fresher mindset and the change in appearance and environment will help cement this. Not only that, it's not a difficult thing to do. Rearranging your living room furniture only calls for some elbow grease and the change can help you feel more productive. Of course, the same thing can apply for your pets. You can try putting on a new ribbon on your Shih Tzu's pigtails or testing a new shampoo for your Golden Retriever so s/he smells fresher. However small the makeover may be, it will mark the beginning of a better, brighter future.

### A New Haircut

Haircuts have always been synonymous with a new beginning. It is why many people believe a bad breakup warrants a bold new haircut. It's a way to let go of bad memories and start anew. Of course, a new look in the New Year doesn't always mean chopping off your waist-length hair, but there are fresher, trendier looks to consider for 2022.

Nostalgia is pushing its way in, and 90's inspired looks are gaining popularity. You might want to consider

mullets, layers, and shags for your new look. Natural curls are also turning heads these days, so there's no reason not to rock your natural coils if you have them! There are also buzz cuts for men who want haircuts that require minimal maintenance and bobs of varying lengths for women who want a feminine look without the fuss longer hair often demands.

And who says your pets can't get a new haircut too? They can rock a new hairdo just as much as you. This is easier for pets with longer fur, of course. For example, your poofy Pomeranian might do well with a teddy bear cut, and the shorter fur might help him/her keep clean easier. Ask your **Groovy** grooming expert to find out what cuts are most suitable for your dog/s.

Aside from a new look to make them look better, pets will do well with regular grooming. Even if you don't want to spruce them up, brushing their fur once a day will make them look cuter. A quick brush could be the difference between matted, clumped up look and a cloudlike puff. Grooming can also keep dirt from getting caught in their fur, prevent tangled hair, and keep your home clean from shed fur. If it's time for your pet to get a new trim, you can schedule a grooming appointment with **Groovy** at your earliest convenience.

### Wardrobe Upgrade

Did you know you can upgrade your wardrobe for cheap or even for free? It's true! Thrifting is an option if you want to get inexpensive yet certainly

wearable clothes. Not to mention sustainable!

There are also other sustainable options to get clothes, like specifically shopping at sustainably sourced brands and joining a swap meet where you can swap clothes with other people. You can even arrange one yourself. Choose a venue, invite friends and acquaintances, and have everyone bring a few pieces of good clothing they no longer want to wear for whatever reason. After all, not every piece of clothing you buy is going to complement you well. By swapping clothes with others, that sweater that always makes you look like a flattened muffin can find someone who looks incredible in it. Also, swap meets tend to cost little to no money since the ultimate goal is to reduce textile waste.

This is also possible to do for your pets! If you chat with your pet owner friends, there are bound to be some who will be excited if you ask them to participate in a pet toy swap. Maybe you can give up that ball Rover always passes for the squeaky plush, or the comfy bed you got for Tiger, who prefers to nap at the windowsill. Who knows, you might get a food puzzle or a flopping fish toy in return. The possibility of what you can swap is endless, and think of the amount of money you can save up from getting stuff your pets actually like, for free.

### Spice Up Your Style

So, you've gone to swap meets and gotten new pieces of clothing, but they might not mix well with your



style. What then? Well, you can try experimenting.

Another way to say hello to a “new you” is to mix up your style. For example, you could try to switch up the fabrics for a new look. You can try cottons and linens for hot days and thicker knitwear for colder nights. You could also wear the clothes you bought because you liked the way they looked but haven’t had the chance to wear, too.

Accessories are also another factor to consider. You can try wearing more of them if you never wear any, or you might want to wear less for a more down to earth look. Even swapping them out for new items is also an option. If you’ve been wearing the same eyeglasses for five years, it’s probably time to get a new pair anyway. And hey, maybe you can match the color to your pet’s collar.

And what about your pet? You could consider getting a new collar. This is especially true if it no longer fits right or the clasp has gotten looser. You could even upgrade to a more comfortable material for him/her.

## Rearrange Furniture

Have you considered placing your sofa somewhere where it can catch the morning sunlight, or dragging your coffee table somewhere more shaded? Well, you might want to try rearranging the furniture for a whole new look this New Year.

Rearranging furniture is a good way to improve your home’s layout so you can move around more freely without bumping into sharp corners. While dragging furniture around, it is also a good opportunity to deep clean your house and clean up the piles of dust found in difficult corners. Of course, with a cleaner house you can also prevent allergies and have an easier time keeping it sparkling clean.

A new layout can also make the house feel fresh and new without needing to add new furniture. The bonus of it is you don’t have to worry about your pet scratching or slobbering over your new sofa.

## Add Color

Another way to add freshness into your house is by adding more colors into it. If possible, you can try painting your bedroom walls another color to give it a new look. If not, there are other ways to add color into your life. For example, you can try adding accents into your house through household items, like table lamps and vases. Hanging paintings on the walls could surely brighten any room. You can also try tapestries to make your room look more elegant. Even placing a rubber ducky on your work desk can make it look more cheerful.

Monochrome houses might be popular and elegant nowadays, but sooner or later they will start looking drab and impersonal. By adding splashes of

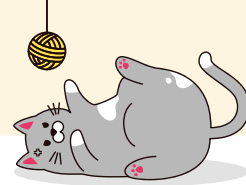
color, you can draw the eyes to interesting objects and inject personality into your home. And your pet might not be able to differentiate the red and the green balls, but if you’re happier with them, then why not?

## Invest in Yourself

Now, this isn’t to be confused with treating yourself. Sure, treating yourself is something you should do from time to time, but investing in yourself isn’t just for indulging in what you want at the moment.

Anyone should be introspective in what they want, need, and are comfortable with, and it is doubly true for pet owners. They have to consider their pets’ needs along with their own. This means that you should make sure all your necessities are met, as well as your pets’. Make sure you are healthy and happy. Your needs, physical or emotional, should be fulfilled. Eat a good and balanced meal, exercise, drink water, and sleep well. Listen to your body’s wants and needs and fulfill them accordingly. If you’re stressed and need to watch a movie to loosen up, then go watch a movie and enjoy your tub of popcorn.

This way, you can also make sure that your pets’ needs are met. Pets need to eat enough, just as we do, and they need mental stimulation to stay happy and healthy. This means playing with them is crucial to keeping them healthy. If you are happy and healthy, it will be easier for you to keep your pets happy and healthy, as well. After all, every pet has the right not to be hungry, to be comfortable, healthy, behave as they are, and not be afraid. Surely as the owner who is responsible in giving them those rights, you are also entitled to the same things, right? Have a great 2022 everyone! 🐾







# FEELS LIKE HOME!

Kopi Cat Café is entering its 5<sup>th</sup> year anniversary and our guests describe our cozy cat café as their second home! The best therapist has fur and four legs. Come visit our cats and enjoy our various menu. Reserve your visit at our Bintaro branch. Meooooow!

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# Exotic CHOICE

THINKING OF GETTING AN EXOTIC PET? HERE ARE SOME THINGS YOU NEED TO THINK ABOUT BEFORE MAKING A DECISION.

**L**ockdowns, quarantines and working from home have become part of the new normal since the pandemic began two years ago. This pandemic has forced most of us to spend a majority of our time at home, changing not only our daily lives but also the way we socialize with people. Many pet owners found themselves spending more time with their loving and devoted pets while they worked from home. It is no wonder that at the height of the situation, the rates of new pet adoptions boomed. According to Today's Veterinary Business, an estimated 11.38 million U.S. households acquired a new pet during the pandem-

ic. Why have so many been drawn to pet ownership during this challenging time? "For many, during the isolation and loneliness of the pandemic, pets have provided companionship, emotional support and a sense of security. Some owners say their pets have helped them feel a sense of purpose, have more self-compassion, and reduced their depression and anxiety symptoms," says Dr. Ronald J. De Vries, Ph.D., a Psychologist at Pine Rest Kalamazoo Clinic, Michigan.

There are many benefits to adopting pets. Adopting a pet can create an emotional bond that provides love and happiness. Bonding is an essen-

tial survival strategy for human beings. We do bond with our pets. One study showed that when we stare into a dog's eyes, an increased level of oxytocin is released. Oxytocin is the "love hormone", affiliated with childbirth and breast feeding, and it is also involved with empathy, trust, and relationship building which are critical components in raising healthy kids. Pets offer more opportunities to create loving, connected families.

Choosing the type of pet you want to adopt can be confusing and time consuming. Depending on your personality, you need to consider how much time you want to spend with your pet,

BY: ROJINI SADEWO, DVM., PHOTO: FREEPIK



understand how to take care of your pet, provide for his/her basic needs, and give him/her food and daily care. These are very important considerations if you want to adopt a new pet, especially exotic pets. Here are some famous exotic animals that you can consider for your first pet.

### ✓ **RABBITS**

You might think that rabbits are classified as rodents, but they belong to a separate group known as lagomorphs. Rabbits were originally kept as sources of food and fur, but by the late 1800s, people began to keep them as pets. Nowadays, rabbits are one of the most popular exotic pets. There are more than 60 breeds

in existence today. They can vary in weight between 1-10 kg (2.2-22lb). Rabbits can be kept indoors or outdoors. Rabbits are usually kept in a hutch, which must protect them from damp and cold, assuming they are kept in the garden. Situate the hutch in a sheltered corner of your garden, so that your rabbit can be protected from direct sunlight or rain. Rabbits will naturally sit up on their haunches, so your pet's quarters must be taller than its body length. The floor of the hutch is also important; it is best to use sliding trays, for easy cleaning and convenience. You also have to make sure that you clean the litter on the sliding tray regularly. If you want to keep rabbits indoors, a large run with a solid floor can be used as housing. It should be tall enough for the rabbit, and easy to clean.

Rabbits have a peculiar digestive system, which enables them to extract maximum benefit from their low nutrient, high fiber diet consisting of plant matter. Their food effectively passes through their digestive system twice, as they eat their droppings. So, if you ever see your rabbits eating their own droppings, you don't have to panic as it is part of their normal behavior. An ideal diet for rabbits should comprise of a mix of prepared rabbit food, some vegetables, and most importantly, hay, as a source of fiber must always be available. You will also need a water bottle that can be attached to the rabbits' quarters, ensuring free access to drinking water at all times.

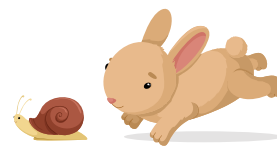
Careful management should prevent a rabbit from falling ill. It is not just a matter of keeping its quarters clean, but also avoiding any sudden changes in diet. Rabbits are also very susceptible to heat stroke, and their run needs to be placed in a shady area

when the sun is at its hottest. Always support a rabbit from beneath. Never support its weight by its ears. A fall can be life-threatening for a rabbit, often resulting in serious spinal injury. Respiratory problems such as sneezing or coughing, if left untreated, can be fatal for rabbits, so seek veterinary advice immediately. Skin disease such as fungal infections or scabies are also common in rabbits. It's best to occasionally take your rabbit to a veterinarian for a check-up. **Groovy Vetcare Clinic** has a dedicated veterinary team that understands about rabbit's health and treatment.

### ✓ **SNAKES**

Snakes are quiet by nature and are unlikely, in many cases, to upset your neighbors, although not everyone may share your interest in snakes. Security to prevent escape is therefore very important. As snakes are not social by nature, they need to be kept on their own. There are two species that are particularly popular with newcomers to the hobby today. These are the corn snake (*Pantherophis guttatus*) and ball python (*Python regius*). Over recent years, both of these snakes have been bred in a range of different color forms, described as morphs. The relative rarity of a color form will directly be reflected on the price, especially in the case of ball pythons, because of their genetic potential.

Snakes can be housed in a tank or a box-style, purpose-built vivarium. You can use an aquarium with a size appropriate for the breed of snake that you choose or you can customize your own vivarium. Most snakes need an average temperature of around 24°C (75°F), but this depends to some extent on the species, and a warmer, basking area is often required. Snakes are cold-blooded, and they can't





generate their own body heat, that's why they need an area where they can feel warmth inside their vivarium. A light bulb or two will help them to adjust their body heat, as a basking area is very important for snakes to help them in processing the food. The need for lighting varies between snakes, that's why you need to learn what kind of vivarium set-up your snake needs depending on which breed you choose. The floor covering in a snake's vivarium is partly a matter of personal preference, although what's important is that it can easily be cleaned. A variety of materials are available from reptile suppliers. The most important when choosing substrate is it won't be ingested because it can lead to an internal blockage.

When you want to keep a snake as your exotic pet, then you must be prepared to feed it live or dead mice, rats and day-old chicks which can be bought from specialist suppliers. The benefit to keeping a snake as a pet is that you only have to feed it once a week or once every two weeks, depending on the size and the breed of your snake. It is best and safer to give dead food to your snake, but if your snake only wants to eat live food, then you have to be very careful during feeding time. Make sure you keep your eyes on the live food and wait until your snake swallows it. Because if your snake refuses to eat, and you let the live mouse or rat inside the vivarium, there's a chance the rodent will hurt your snake. A full water bowl needs to be placed inside the vivarium at all times. Your snake will need it for drinking and for humidity when it comes to shedding time.

Snakes will always lose their appetite when they are about to shed their



skin, with the area over their eyes becoming milky. Ball pythons can sometimes cause you to worry as they undergo periods when they lose their appetite and refuse food, sometimes for months. It is always worth seeking the advice of a reptile vet under these circumstances, to ensure there is no medical problem to explain the change in the snake's feeding habits. Among reptile vets, you can count on **Groovy Vetcare Clinic** to check on your snake's condition.

### ✔ TORTOISES

In recent years, tortoises have become a popular option among new pet owners who want to adopt an exotic pet. When a tortoise is placed in a new environment it will usually behave in an odd manner. Tortoises do not like change. The tortoise will normally pace and refuse food for up to two weeks. This should be of little concern as long as the tortoise settles down. During this period, it is important to soak the tortoise regularly to maintain hydration. The items to focus on in the order of importance are: temperature, hydration, nutrition and housing. There are many breeds that you can choose, from Russian tortoise, the well-known sulcate, to one of the biggest and one of the most expensive ones, the aldabra tortoise. You can keep tortoises either outdoors or indoors depending on their breed and size. If you are adopting a baby or a small breed tortoise, it's best to keep them indoors. For adults of large breed tortoises like sulcate

or aldabra, it is best to keep them in the garden with a fence around the area where they live. You also have to provide a shade for them if you keep them in the garden, so they can be protected from direct sunlight or even rainstorms. If you keep them indoors, you must remember that tortoises are reptiles, and just like snakes, they can't control their body heat. UV lighting is important, because UV A and UV B lights are very essentials for tortoises, if you keep them in poor lighting, it can affect their growth causing abnormalities in their shell; this potentially life-threatening change is known as metabolic bone disease or MBD. A water bowl is also an essential and should be kept inside their vivarium to keep the humidity and provide them drinking water. A thermostat is a vital tool for your tortoise's vivarium, you can monitor the temperature and humidity. You must also provide your tortoise a variety of food, from vegetables to pellets. But many tortoise pet owners believe that vegetables are the best diet.

Just like other animals, tortoises also need to go for regular veterinary visits. If you want to visit a vet to check on the health of your tortoise, you can go to **Groovy Vetcare Clinic**. Besides MBD, tortoises are also susceptible to cold and fungal infections. Another common health issue is bladder stones. But if you give your tortoise a proper diet, and take him/her to regular veterinary visits, you should be able to avoid these diseases. 🐾

# IS THIS HEAVEN?



Kopi Cat Café is entering its 5<sup>th</sup> year anniversary and our guests describe our cozy cat café as heaven! The best therapist has fur and four legs. Come visit our cats and enjoy our various menu. Reserve your visit at our Kemang branch. Meooooow!



Open Daily 09.00 - 21.00

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# DECADES of TRUST



AT FIRST GLANCE, **SYLVIE SUHERLAN** LOOKS LIKE ANY OTHER WOMAN YOU MIGHT MEET AT A MALL IN JAKARTA. HOWEVER, UNLIKE MANY OTHERS, SHE HAS BEEN KEEPING PETS FOR 20 YEARS.



**S**ylvie Suherlan is an HC Coordinator at Trisula Corporation Jakarta. She is a marriage counsellor and ministry leader at Gereja Kristus di Indonesia (GKDI) with an interest in photography, travelling, and reading books. She is also married and currently a PAWrent to several pets of various species in her home.

"My husband and I do not have children after being married for nine years, so we decided to give our love and attention to our furry family

members," Sylvie explained. In the past 20 years, she has taken care of four cats, a rabbit, two guinea pigs, and two canaries.

"Michael is a ragdoll cat I brought from Perth. He accompanied me for 16 years and passed away four years ago," Sylvie said. Other than Michael, her rabbit, Lilo, also passed last year at six years of age. Sylvie described Michael as her best companion when she stayed in Perth alone, accompanying her wherever she

went. Even now, she still feels sad when she sees his photo.

She describes the late Lilo, on the other hand, as a unique rabbit. "All my cats were scared of Lilo because she loved running around them," she explained with fondness. "She had her own territory and disliked it when they invaded her space."

Currently, Sylvie lives with her three cats and two guinea pigs as well as the canaries. They all have distinct per-

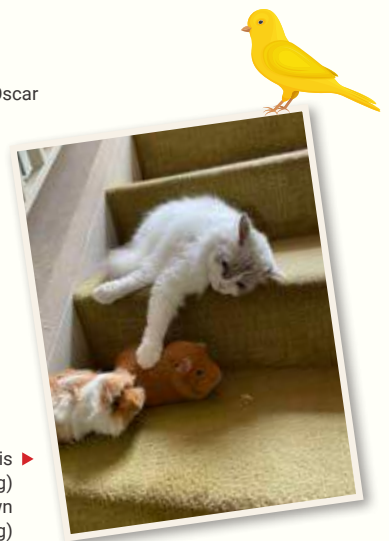


personalities. Khalua and Elvis, the guinea pigs, love playing with each other and loyally accompany Sylvie when she works from home. Logan, the Persian cross cat, is shy and often hides when strangers come, but is a big cuddler who waits for Sylvie in front of her door for hugs. Meanwhile, Olivier, the Ragdoll cross, is an escape artist that slips out of open doors and windows at every given opportunity. "We have to ask the security guards at the complex to help us look for him," Sylvie said.



Olivier (cat) with Elvis (long hair Guinea pig) and Khalua (brown Guinea pig) ▶

◀ Oscar



Oscar, the domestic cat, was found as a kitten under Sylvie's car. She took the stray kitten in and adopted him. "He became a model for **Groovy's** 2018 calendar. It was unbelievable," Sylvie said with a big smile.

Sylvie likes to talk to her furbabies and plays with them to show her love for them. For her, giving hugs, comfort, and security are some of the ways she shows them that she cares for them. She also makes sure to give them the best nutrition she could give and regularly brings them for health check-ups at her trusted vet clinic to make sure they stay healthy. She admits to being picky and selective

about her pets' food, as she believes that it is her responsibility to give them the best life they could have.

Sylvie is no stranger to **Groovy**. She has known **Groovy** since 1996, building a good friendship with the late Doris and Lucia Sudjiat, one of the founders of **Groovy**, and getting a Peruvian Guinea Pig from them. She also sought **Groovy Pet Transport's** help in bringing Michael to Jakarta from Perth in 2006. She has trusted **Groovy** with her pets' care ever since.

"I regularly go to **Groovy Bintaro** to groom my pets since it's closer to my house right now. I used to go to **Groovy**

**Kemang** when I lived in the Sudirman area," she said. She also purchases pet food and cat litter from **Groovy**.

"**Groovy** has friendly customer service. I've known the staff for quite a long time, so I never have difficulty communicating with them," Sylvie said when asked about what sets **Groovy** apart from other pet services. "They also respond quickly and offer solutions when there is a problem. They are open and tell things as they are."

Sylvie also says that she is happy and content with the service she gets from **Groovy**. "So far, I'm happy. They've had my trust since 1996." 🐾



◀ Lilo

Khalua (Guinea pig) ▶ and Logan

In the past 20 years, she has taken care of four cats, a rabbit, two guinea pigs, and two canaries.





## ALL IN THE FAMILY



**NONI SOEPARMAN,**  
WITH REY, JETHRO,  
AVRIL AND KENNU,  
FORM A TIGHT  
FAMILY UNIT



**A** proud mother of one, Noni Soeparman has always loved animals. Thanks to the encouragement of her parents, she learned the value of caring for dogs and cats at a young age, “When I was growing up, my parents gave me the freedom to express my interest and love for animals. Every time I would see a stray kitten or dog on the road or near our house, I would gather them and feed them at home. At first, my parents were okay with it, but eventually it got crowded and they got annoyed, but they still understood that I was passionate about animals.”

Noni has had many pets throughout the years, however, there came a point in time when she thought she and her family would never have a pet again, “When my son was a baby, we had a Rottweiler, and he died when he was 12 years old. We also had a Persian cat, actually a few, the longest living one died two years ago at 13 years old. After they died, we went through a phase where we didn’t want to have a pet anymore, it was hard for us to get over losing them.” After some time though, Noni realized that she would be depriving

BY: MARIA ZARAH GREGORIO VIADO, PHOTO: NONI SOEPARMAN





her son if she let their grief overpower their love for animals, "I didn't want my son to grow up not having the experience of taking care of a dog and experiencing the love of a dog. I think it's very important for his character development, as I want my son to be passionate about pets or animals, like my parents allowed me to do."

At present, Noni, her husband Rey, and son Jethro, are PAWrents to two Corgis – Avril and Kennu. Asked why they chose Corgis specifically, Noni said, "They have the sweetest faces and I've always wanted to have a Corgi, so we researched about the breed. They're very loyal and very much like small guard dogs. When a delivery person comes to our gate and rings the bell, the dogs go ballistic. That's when we discovered that Corgis can be very loud. My son really loves these dogs, because they're similar to cats, they quietly roam around the house, lay around the house, stay by our side when we're busy. They don't bark a lot, they follow orders, when you tell them to stop, they stop."

Since Noni and Rey both work in the creative industry, they usually work from home, which has allowed them to spend plenty of time with their furbabies. When the pandemic began, they derived comfort and distraction from playing with, spending time, and caring for Avril and Kennu, "We stayed at home, didn't go out that much, during the height of the pandemic. But eventually, we took the dogs on walks around the housing complex, as they really love to walk. Surprisingly, they also really love children, they're very friendly. If you leave them for a second, they will go to the next person/stranger; this can be a disadvantage too as anyone can take them and they will gladly go. Whenever we go on walks,

**I ALREADY HAVE  
A SPECIAL BOND WITH  
GROOVY. IT'S GOOD TO  
KNOW THAT YOUR DOGS  
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PEOPLE YOU TRUST.**

the neighborhood children call their names, pet them, and sometimes, they don't even want to come home. It brings us joy when we see that our dogs make other people happy."

Both Avril and Kennu are well-rounded babies thanks to the devotion and love of their family. It is evident that their well-being is a priority for Noni, Rey and Jethro. "Kennu and Avril don't have that distinct dog smell. Not sure if it's the breed, but I think maybe the food we give them could play a big part. Food grade is very important, we give them the best quality, holistic food. We give them grain-free dog food and I think it works well. Their breath is also good, they don't eat junk and we don't give them human food. We give them dog treats."

Asked about the other ways they take care of their Corgis, Noni elaborates, "At home, when I think they need to be cleaned, we just use non-alcohol wet wipes and wipe them, especially if we just took them to the dog park or after their morning walk. We wipe their paws, mouth, ears, before they go inside the house." The fan of K-dramas also shared that she has been a loyal Groovy customer since the late 1990s, "We groom Avril and Kennu once a month at Groovy. I've been using Groovy's grooming service since I was in my 20s, when I lived in Kemang and the closest grooming

place was Groovy. If I had a stray dog or pet, and I wanted to groom them, I brought them to Groovy. Now, I live in Bintaro, but I still go to Groovy Bintaro for grooming and pet food. I always call them to pick up the dogs, and when they're done, they bring them back home. I also take them to Groovy VetCare clinic for their routine check-ups and vaccines. Before, when we used to travel and couldn't bring our pets, we booked them at the Groovy PAW Hotel. Nowadays, we visit Groovy PAW Resort to swim, as the dogs and my son love swimming, so it's the perfect place where you can swim with your pets and other dogs. I already have a special bond with Groovy. It's good to know that your dogs are in good hands and they're with people you trust. Many Groovy staff have been with the company for more than 20 years, and these dogs are more than just pets, they are family/my children, so I need to go to a place I trust. Groovy is also my family, so I trust them with my pets/children." 🐾





# Aldrin Olla with Corqi

## Which city and region

do you live in?  
We live in Singapore

## When did you leave Indonesia and where to?

About **seven years ago**, we moved to **Singapore**. That time, we didn't even have any dogs or cats. And in 2018, we met **Corqi in one of the pet hotels in Jakarta**. We felt an instant connection with him. Soon after, we heard that Corqi was up for adoption and we felt that fate brought him to us and we decided to bring him into our family.

## How was your experience with Groovy Pet Transport?

To bring Corqi to us in Singapore from Jakarta wasn't a simple matter, we were very lucky **Groovy Pet Transport guided us through all the processes**.

During the time we waited for the clearance from Singapore to fly Corqi, we put him first in Kemang. And our first vet visit was to **Groovy Vetcare Clinic**, with **Dr. Chika**; we love Dr. Chika. 🐾

Please tell us **the fun experiences** you can have with your pet in the new country?

Now, he's enjoying his new home. Corqi made a lot of friends here in Singapore. We go to the **dog café** and dog-friendly restaurants here, we visit national parks like the **Botanic Gardens**, play at the **beach**, and many more. Corqi also loves long walks. In Indonesia, we drove to **Puncak** and had a good long stroll in **Taman Safari**.

PHOTO: PERSONAL DOC.



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# ACHIEVE YOUR *Dream Weight*





## MANY OF US HAVE PUT ON EXTRA POUNDS DURING THE PANDEMIC. DON'T FRET, YOU CAN SLOWLY LOSE WEIGHT WHILE CHANGING YOUR HABITS THIS YEAR.



**T**he last two years have not been a good time for many of us. The pandemic hit us all hard and we all locked ourselves in at home for a long time. Staying at home and doing everything remotely from the comfort of home may sound good for some people. Some things can be done efficiently because we can do everything from one place. Unfortunately, by doing everything from home, we also had little to no physical activity. Many of us probably just sat down in front of a screen while working, and only moved from one room to another as we went through our days.

As we were forced to stay inside for so long, we eventually found ourselves becoming bored. To deal with the boredom, some of us would stay on the couch, binge watch movies, and eat snacks while watching. As a result, we have clothes that don't fit anymore, or worse, we experience body pains without knowing why. At this point, maybe you can only ask yourself, what should I do to deal with this?

If you find yourself in this situation, you can probably start thinking about losing weight and changing your lifestyle this year. By planning this at the beginning of the year, people will be more motivated since it's like having a specific goal to reach by the end of the year. So, what can we do to reach this goal?

First, you can be more active. As a first step, you can go on a morning walk before you start your work day.

You can also bring your beloved pet with you to make it easier since you are not doing it alone. Having more physical activity can help you a lot, since it will improve your digestion and sleep quality. After a few days of doing daily walking sessions, you will start to realize that you sleep better and feel less bloated.

Daily walks will also help your pet, especially your dog. By having a walk, your dog also uses up more of his energy. This can make your dog calmer and easier to handle since he will not be on full battery mode all day long. If you are a cat PAWrent, you can also bring your cat out for a walk too! By bringing your cat out for a walk, it may lower its desire to escape your house to wander since it now has time to explore the neighborhood. It's also safer for your cat since you can keep an eye on him while he explores. Besides walking, there are also many other physical activities you can do with your pets that can eventually lead to weight loss. You can involve them in your training sessions. You can use them as weights while doing weight training, or simply kiss them while doing some of the exercises so it feels like a short cuddling session for them. Or you can indulge in a playing session with them like playing fetch

or tug of war. Or if you are interested to do more activities, you can bring them to an agility course and train them there. **Groovy PAW Hotel and Resort** has an outdoor agility training playground that you can visit. There is also a swimming pool where you can swim together with your pets. **Groovy** also has a grooming service so you can have a fuss-free fun time with your dog.

Joining a class or a sports club is also a great idea, especially if you are not normally an active person. Doing sports without supervision from experts may lead to injury. If you like to move fast and enjoy loud music, you can join an aerobic or zumba class. If you are finding something to help you relax while working out, you can try yoga. Or if you like more strenuous activities, you can try soccer or basketball. Overall, there are plenty of sports you can try. You just need to find something that you like to do and won't mind doing regularly. To help with your weight loss journey, you can alter your eating habits since eating right is key to achieving your ideal weight. You can start by portioning your food at every meal. This can help you have a more balanced diet, since nowadays, we tend to eat too much carbs with each meal. To make

*Having more physical activity can help you a lot, since it will improve your digestion and sleep quality.*



it easier, you can try the balanced plate method to help you measure your portions. Usually, when we eat meals that we have measured properly, we will feel full for a longer period. And since you are preparing the meal yourself, you can still consume the food you regularly consume so it will be easier for you. Many people fail to lose weight because they change their daily menu at once and cut out all of their favorite food. This will lead to binge eating, which is going to hamper your progress.

When you go on a diet or simply change your eating habits, this does not mean that you have to stop hanging out with your friends. You can choose healthier dishes such as salads or baked meals. You can also pick a dish with less carbs and more veggies to help you lose weight. Also, you can slowly decrease your sugar intake by giving up soda. Soda contains a lot of sugar and sugar is addictive, so it will take some time to get used to, but it will definitely be for the best.

You can also avoid junk food or deep fried food when you dine out. They

are highly processed and contain a lot of trans fat which may increase your cholesterol and LDL levels. This condition, if not treated properly can increase your risk of heart disease. As an alternative, you can try to make your own homemade burgers or baked potato wedges.

For snacks, you can start to eat fruit or less processed foods for snacks. If potato chips is your go to snack, you can try the baked version as an alternative. You can also go for fruits or nuts. Fruit basically has lower sugar content compared to biscuits or sweets found in the supermarket. Also, fruits are more nutritious and are packed with vitamins that will strengthen your immune system. To make it easier for you, you can go for bananas, apples, or berries since you can just eat these right away after washing them. For nuts, you can try the roasted and unsalted versions for a healthier option.

If you need a fast and easy snack between meals, a granola bar can be a good choice since it's packed individually and you can just put it in



your bag so you can get it whenever you need a quick fix. Or if you still want to consume biscuits due to some reason, you can try the less sugary ones or the no sugar version. There are also organic and wholesome options that you can try.

While you are trying to consume better food, you can also apply this to your dogs too! Some fruits like apples, bananas, or berries can be used as an alternative for their store bought treats. Some dogs also like lightly steamed carrots or broccoli, so you can enjoy those veggies together. Give them the plain version, and you can eat them with your favorite salad dressings. Fresh food is also good for them since dogs are omnivores and still need fruits and veggies in their daily meals.

Another routine that you can do with your dog is to follow an eating schedule. During busy days, we usually just skip meal time and end up eating a bulk of food by the end of the day. But, we rarely forget to feed our beloved pets on time, right? So why don't we apply the same rules for ourselves too? If you don't have time to prepare your own meal, you can try meal prepping in advance so you only need to reheat your food once you are ready to eat. Also, to help your body to digest the food better, you can try what your beloved pet does while eating: focusing on his meal. Since we are pushed to be productive, we often eat while still doing some work or playing with our gadgets. By focusing on our meal, we will aid our digestive system and feel full faster than usual.

Lastly, you can also try to drink more water to hydrate yourself. If you find it hard to drink regularly, you can put a drink reminder on your phone to help you. 🐾

# THE NEW SEPARATED INFECTIOUS DISEASE HOSPITALIZATION FACILITY



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



Minimalizing the risk of  
disease transmission  
in our clinic





A photograph of two huskies running on a dirt path. The husky on the left is brown and white, with its tongue out. The husky on the right is also brown and white, with one blue eye and one brown eye, and its mouth is open. A bicycle is partially visible on the right side of the path. The background is a grassy area with some trees.

# GET A MOVE ON

One thing we often hear being thrown around when we talk about health is the importance of being active. Research has shown that being active is beneficial to one's health, like reducing the risks of illness, enhancing self-esteem, and improving one's overall quality of life. When working out - outdoors, you get more fresh air and sunshine. It also generally means taking a break from looking at screens, which lets your eyes rest and allows you to see more natural scenery. Being active also generally promotes better sleep quality.

Not only that, being active also lets you spend more time with your pets if you choose to involve them. It lets you bond with them and allows you to give them more attention. There are many ways to become more active while letting your pets tag along.

## TAKE THE STAIRS

One easy way to be more active without a lot of effort is to take the stairs instead of the elevator or escalator. When you go to your office or public places, you can choose to climb the stairs to move more. It is a quick and easy way to sneak in some ex-

ercise. Not to mention, climbing the stairs doesn't require equipment, which makes it accessible to anyone who can access buildings with multiple levels.

Obviously, it depends on how many stairs there are to climb. No one would expect you to climb all the way to the 20<sup>th</sup> floor when an elevator is present. However, climbing up to the third or fourth floor and continuing with the elevator is a good way to get some exercise without climbing over 10 flights of stairs. Another alternative is to ride the elevator up and take

BY: GODELVA LINGGA, PHOTO: FREEPIK



PEOPLE OFTEN SAY BEING ACTIVE IS THE KEY TO A HEALTHIER LIFESTYLE. HOWEVER, YOU MIGHT WONDER HOW YOU COULD BE MORE ACTIVE WITH YOUR CURRENT LIFESTYLE. THANKFULLY, THERE ARE WAYS TO BE ACTIVE NO MATTER WHAT KIND OF LIFESTYLE YOU LEAD.

not introduced to stairs from a young age. However, you can teach them to brave the stairs by turning it into a game or guiding them up with the help of treats and praises.

#### JOIN A GYM

When someone talks about exercising, often the first thing that comes to mind is the gym. Gyms and exercising go hand in hand, given that gyms are places dedicated to giving people a space to work out. Of course, joining a gym would be one of the ways you can be more active.

By joining a gym, you will get access to a lot of sporting equipment you might not be able to get your hands on otherwise, like a bench press or pullup bar. Many gyms also provide classes for group exercises, like Zumba or group cycling using stationary bikes, or classes for sports like kickboxing. By joining a gym, you can also get the service of a personal physical trainer. Some gyms may also let you try exercising with a trainer for one or two sessions with no additional fee to see if you like it.

Of course, the downside is that often you can't let your pets join the fun. Not a lot of gyms allow pets inside, and for good reason. A curious dog

may accidentally nudge a barbell and cause it to fall on his/her paw. Having a cute dog may also distract other people who want to exercise. So, if joining a gym is what you choose to do, it's best to leave your furbabies napping at home.

#### TAKE A WALK

This is another easy way to be more active. Unlike gyms that require money to join, all you need to take a walk is a good pair of footwear and some time. Best of all, your pets can join you!

Of course, it's best to take your walk in a safe area. This is especially true if you choose to bring your pet along. A sidewalk is preferable to prevent mishaps with passing vehicles. You can try going to different places so you get different scenery every time or set a different distance goal each day. The important thing is that you move.

If you bring your pets along with you, remember to keep them on a leash or a harness to make sure they stay safe. Bring along some water so they can drink when thirsty and make sure the pavement is not too hot for them. After all, we all have shoes to protect our tender skin from the hot asphalt.

the stairs when going down to the ground level. Gravity may help you go down so you won't feel as tired, but it's still exercise. However, be aware that this may harder on your knees in the long run.

Your pets can even join you on your climbs. Climbing stairs is also a good way to get exercise for your pets. Of course, it depends on whether or not the building is pet-friendly and if the pet in question is courageous enough to brave the stairs. Sometimes, pets may not feel comfortable enough to climb stairs on their own, especially if



Our pets' poor paws don't have the same protection.

And who says only dogs get to go on a walk? Bringing cats on a walk and keeping them close with a harness is a good option to get your indoor cats to exercise and get fresh air under your supervision. It may draw some odd looks, but it's better to keep your cats safe.

### RIDE A BIKE

Another way to become more active is to ride a bike. If you want to keep it indoors, there are always stationary bikes to use. However, you can also choose to ride your bike around the block or to new places.

Aside from the exercise, like taking a walk, riding a bike also allows you to get more fresh air and take in the scenery. You can join biking clubs and ride with other bikers to new places and chat with other people. You can also bring your pets along for the ride. With appropriate training, your dog will know to run alongside your bike and not run off on his/her own. You can also train him/her to stay close to you at all times, which would help keep him/her safe. Aside from that, bringing your dog along will let him/her interact with other pets if other people also bring theirs along.

### STRETCH

Exercising isn't all about running, lifting, and rock climbing. The muscles need to relax, too, or you might strain and hurt yourself.

Stretching is a good way to warm up your muscles before doing more strenuous workouts to prevent injuries. Stretching helps keep the muscles flexible, which helps prevent joint pains, muscle strain, and muscle



damage. This is why walking after sitting for a long time can be difficult, since your muscles become stiff.

Stretching is also a good way to increase your flexibility and your range of motion. Besides that, it also improves your circulation, which can help reduce muscle soreness. This will help when you exercise, because that means you would feel less sore after working out. Before exercising, stretch for around five to 10 minutes. After you finish working out, stretch again for another five to 10 minutes to let your muscles relax and cool down.

### DO YOGA

If you want to be more active without going outdoors, yoga might be a good option to try. Yoga is typically performed indoors with the help of a yoga mat to prevent slipping, so it is something you can try if you don't want to deal with the scorching sun and road dust.

Practicing yoga may also help you reduce stress and be more relaxed. As meditation is among the things practiced in yoga, it may help you manage your mental health, which in turn can help you achieve a better quality of life.

You can try joining a yoga class, which may also let you meet new friends to practice together. If you try doing yoga at home, maybe your pets can also join you. You can do the downward dog pose together with your dog.

### FIND EXERCISE VIDEOS

Another way to be more active without going outdoors is to follow exercise videos online. Many people share their workout routines online, which you can follow to get your own exercise.

Of course, since you are exercising alone you need to listen carefully to your body. Remember to warm up and cool down before and after exercising. Don't overdo yourself and remember to stop when you are tired. You might hurt yourself if you push yourself beyond what you are capable of. You can always build up your strength and stamina as you do more exercise.

All in all, there are many ways and options to be more active. You can always pick whichever option seems most interesting to you. The important thing is to keep to your routine and bring your pets along whenever possible so they get to exercise, too. Happy exercising! 🐾





PT. ANEKAPAKAN UNGGULAN INDONESIA

MINERALS

WATER

VITAMINS

PROTEIN

CARBO  
HYDRATE

FAT



PET FOOD MADE IN INDONESIA  
NUTRITION BALLANCED

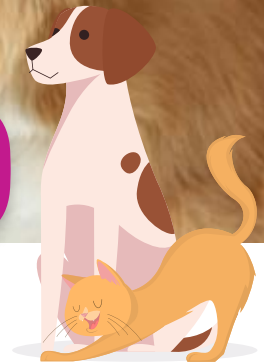


COMING SOON



# Get BOOSTED

FIND OUT WHAT ANNUAL BOOSTERS YOUR PET NEEDS FROM GROOVY VETCARE CLINIC.



**I**n the past two years, vaccinations have received wider attention, with the pandemic still on-going and causing drastic changes to our daily lives. Things that were once simple, such as bringing your pet for their annual veterinary visit, are now complicated. Just like humans, your pets also need to be vaccinated. The vaccinations that your pets need consist of core vaccinations and non-core vaccinations. The World Small Animal Vet-

erinary Association (WSAVA) has a group called the WSAVA Vaccinations Guideline Group (VGG) that evaluates and made guidelines for the vaccination of dogs and cats.

The WSAVA VGG has defined core vaccines as those which ALL dogs and cats, regardless of circumstances or geographical location, should receive. Core vaccines protect animals from severe, life-threatening diseases

that have global distribution. Core vaccines for dogs are those that protect against canine distemper virus (CDV), canine adenovirus (CAV) and the variants of canine parvovirus type 2 (CPV-2). Core vaccines for cats are those that protect against feline parvovirus (FPV), feline calicivirus (FCV) and feline herpesvirus-1 (FHV-1). In areas of the world where rabies virus infection is endemic, vaccination against this agent should be considered core for

BY: ROJIVNI SADEVO, DVM., PHOTO: FREEPIK



both species, even if there is no legal requirement for routine vaccination.

### WHAT IS AN ANNUAL BOOSTER?

The annual booster means your pet will receive their core vaccinations and non-core vaccinations. Unlike their first vaccination where your pets were given a vaccine three times, the annual booster is only one shot, which is normally given 12 months after they completed their initial round of vaccinations. Many pet owners believe that once their pet has completed their initial round of vaccinations, they're protected for life. Unfortunately, this isn't true. Annual booster vaccinations are needed throughout your pet's life, whether it's their core vaccinations or non-core vaccinations. The annual boosters are required every year. This is because the protection that they received from the initial round of vaccinations becomes less effective over time.

The booster for core vaccinations for dogs in Indonesia include canine distemper virus (CDV), canine adenovirus (CAV), canine parvovirus type-2 (CPV-2) and Rabies. The booster for non-core vaccinations for dogs are canine parainfluenza virus, leptospirosis, canine coronavirus, and kennel cough. The booster for core vaccinations for cats in Indonesia are feline parvovirus (FPV), feline calicivirus (FCV), feline herpesvirus-1 (FHV-1) and Rabies vaccination. The booster for non-core vaccinations for cats is *Chlamydia*.

### THE IMPORTANCE OF ANNUAL BOOSTER

Giving your pets their annual boosters helps them to fight pathogens such as virus or bacteria and trains their body to memorize and attack

those pathogens. This means, should they ever encounter the pathogens in the future, their immune system will successfully fight it off. "There is no evidence that annual booster vaccination is anything but beneficial to the majority of pets. Published research has shown conclusively that abstaining from some boosters can put your dog at risk," says Rania Gollakner, BS DVM; Ernest Ward, DVM from VCA Hospitals in Los Angeles, California.

What if your pets don't come into contact with another animal? Do they still need their annual booster vaccinations? The answer is Yes! They still need their annual boosters. Infectious diseases caused by virus and bacteria sometimes don't require transmission between animals, some viruses and bacteria can stay up to months in an environment. If you often bring your pets to the pet groomer, park, malls, or even just on a short walk around your house, they are still vulnerable to infectious diseases. That's why bringing your pets to **Groovy Vetcare Clinic** for their annual booster is necessary.

It's also worth remembering that if you choose not to vaccinate your pet you may face some restrictions. Currently, in Jakarta, most of the pet grooming and pet salons require pets to be vaccinated before they avail of grooming services. You may also need to vaccinate your pets if you're planning on bringing them to another island or taking them travelling abroad, or if you want to bring your pets to a pet hotel, your pets need to be vaccinated

to avoid any transmission of viral or bacterial diseases.

### ARE THERE ANY SIDE EFFECTS TO ANNUAL BOOSTER FOR PETS?

Vaccines have prevented outbreaks of serious diseases and saved the lives of thousands of dogs and cats. However, vaccination is not a completely risk-free procedure. Thankfully, there is only a very small adverse reaction risk, with most reactions observed with no long-lasting side effects. Serious side effects are rare, with adverse events being reported once every 200-250 vaccinations given. Mild reactions can include loss of appetite, decreased activity, mild fever, tiredness, sneezing, coughing or a runny nose lasting 24-48 hours. A small, firm swelling may develop where the shot was given but this should disappear a few days later. If it doesn't, and it gets bigger, contact your vet. Serious side effects are vomiting and diarrhea, collapsing, difficulty breathing, severe cough and hives. If your pet experiences any of these, seek immediate veterinary help. Given that illnesses can occur at any time, they may sometimes develop shortly after vaccination; this does not mean that the vaccine caused the disease.

When deciding what is best for your pet it is vital to balance the benefits of vaccination against the risks. For the majority of pets, the benefits far outweigh the risks. The veterinary team from **Groovy Vetcare Clinic** can help you understand the benefits and

THERE IS NO EVIDENCE THAT ANNUAL BOOSTER  
VACCINATION IS ANYTHING BUT BENEFICIAL  
TO THE MAJORITY OF PETS.



risks, and help you to decide upon the best strategy for your pet as part of an overall preventative healthcare program.

It's important to remember that vaccines go through rigorous trials before being licensed for use, and a robust reporting process exists to track any possible adverse reaction. This is then investigated and recorded to ensure pet vaccinations are completely safe and effective for long-term protection. An annual booster vaccination appointment provides a chance for your vet to conduct a full nose-to-tail check of your pet to ensure they're fit and healthy. Your veterinarian will perform a health or wellness examination. You will be asked specific questions regarding your dog's or your cat's health status, and your veterinarian will check your dog's or your cat's head, neck, chest and abdomen, muscles, skin, joints and lymph nodes. Annual vaccines mean annual examination by a veterinarian; veterinarians frequently detect infections of the teeth or ears, and sub-clinical diseases (diseases that do not present definite or observable symptoms) such as underlying heart conditions, metabolic problems or organ dysfunction during these visits. Early diagnosis allows more effective and successful treatment and may improve the quality of your pet's life.

### HOW MUCH LEEWAY IS THERE IN DELAYING BOOSTER SHOTS?

In this pandemic situation, veterinarians are following the lockdown guidelines. You may be slightly confused as to where your local veterinary practice stands with the current lockdown guidelines, which may change month to month depending on the government policy. But with the current sit-

uation, it shouldn't matter if you push these boosters back, right? At what point does the protection from the previous vaccination become less effective?

According to WSAVA (The World Small Animal Veterinary Association) there is currently a three-month leeway period, in which any adult animal, with their full course of immunizations as a puppy or kitten, will be considered 'protected' for three months after their annual booster is due. If they have surpassed this three-month period, then they will need to start a part of their course again, and will need to have a second vaccination 2-4 weeks later. In these times, if your pet is considered overdue and you are uncertain whether they will be completely 'covered,' it is always best to be cautious.

However, this is different for puppies and kittens. If they are receiving their first course of vaccinations which consist of three initial vaccinations, appropriate timing is key. Missing the 'booster' at this time can mean that your new pet isn't covered for these diseases. So it is of utmost importance that – before introducing your new pet to the outside world – you vaccinate him/her. This usually involves three vaccinations four weeks apart from eight weeks of age with minimum weight approximately 950 grams.

During this pandemic situation, many pet owners tend to skip the annual booster for their pet. It is understandable that most of you are afraid to go to your veterinarian. But, missing your pet's annual booster is also not good for your pet. They will become more vulnerable to infectious diseases. Calling your veterinarian for a house visit is also not a viable option



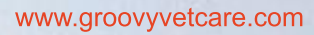
at the moment, that's why at **Groovy Vetcare Clinic**, we provide our clients with Pick-up and Delivery services. You can remain safe in the comfort of your home, doing your daily activities or working from home, and we will pick up your pet(s) and bring them to the clinic for their medical check-up prior to the annual booster vaccination and bring them home again safely after being vaccinated with their annual booster.

### WHOSE RESPONSIBILITY IS IT TO REMEMBER THE DATE OF BOOSTER VACCINES?

You've got the date for your pet's annual booster encircled on your calendar and set it as a reminder on your phone. But the most common reason owners miss their pet's appointments is that they forget to write it down or write down the wrong date. Whilst the veterinary clinic is there to provide advice and ensure you are well-informed of everything your pet needs for his/her optimal health, it is technically your responsibility – at the end of the day – to ensure that routine checks and treatment are undertaken.

If you bring your pet for their first vaccination or the initial vaccination at **Groovy Vetcare Clinic**, you don't have to worry about forgetting or writing down the wrong date for their annual booster. The veterinary team at **Groovy Vetcare Clinic** always makes sure that you're informed about the date when your beloved pet needs to come in for his/her annual booster. 🐾

# Allergies in Pets



# Itchiness

## Swelling of the face, ears, lips, eyelids, or earflaps

**Diarrhea**

**Vomiting**

**Red or Inflamed Skin**

**Chronic Ear Infections**

**Nonstop Licking**

**Runny Eyes**

**Sneezing**

**Spot Allergen Test** will analyze the 91 most common allergens to put your pet on the path towards long-term allergy relief.

The testing result is super simple to read and gives information on the best way to manage your pet's allergies.



# ALLERGY REPORT

**nextmune**

Groovy Vetcare Clinic

SPCT Platinum Test

Lab Number

Order Date

Patient

Sex

Owner

Breed

Age

Color

Top Photo

N - Negative

P - Positive

(0-99)

(100+)

## TOTAL REACTING ALLERGENS 30

(Excluding Feeds, Eggs & Insects)

Insects			Foods			Foods		
Beehive	85	N	Wheat	97	N	Eggs	100	P
Blugreen	100	P	Almonds	100	P	Feeding	71	N
Cornmeal Round	95	N	Almonds	100	P	Feed	40	N
Johnson Oats	100	P	Almonds	100	P	Lentils	91	N
Orchard	94	N	Almonds	100	P	Maple	72	N
Personal Fly	100	P	Almonds	100	P	Oil	72	N
Reddy	100	P	Almonds	100	P	Pine	100	P
Reddy Cattle Grazing	100	P	Almonds	100	P	Apricot	100	P
Trout	85	N	Almonds	100	P	Apricot	100	P
Trout	100	P	Almonds	100	P	Apricot	100	P
Trout	100	P	Almonds	100	P	Apricot	100	P
Insects			Foods			Foods		
Dark Shaggy Bear	100	P	Almonds	100	P	Apricot	100	P
English Shepherd	100	P	Almonds	100	P	Apricot	100	P
Goldfish	85	N	Almonds	100	P	Apricot	100	P
Golden Shaggy Bear	100	P	Almonds	100	P	Apricot	100	P
Heard Elder	100	P	Almonds	100	P	Apricot	100	P
Plagiarist	100	P	Almonds	100	P	Apricot	100	P
Plagiarist	100	P	Almonds	100	P	Apricot	100	P
Plagiarist	100	P	Almonds	100	P	Apricot	100	P
Trout	100	P	Almonds	100	P	Apricot	100	P
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Heard Elder	100	P	Almonds	100	P	Apricot	100	P
Plagiarist	100	P	Almonds	100	P	Apricot	100	P
Plagiarist	100	P	Almonds	100	P	Apricot	100	P
Plagiarist	100	P	Almonds	100	P	Apricot	100	P
Trout	100	P	Almonds	100	P	Apricot	100	P
Insects			Foods			Foods		
Dark Shaggy Bear	100	P	Almonds	100	P	Apricot	100	P
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Golden Shaggy Bear	100	P	Almonds	100	P	Apricot	100	P
Heard Elder	100	P	Almonds	100	P	Apricot	100	P
Plagiarist	100	P	Almonds	100	P	Apricot	100	P
Plagiarist	100	P	Almonds	100	P	Apricot	100	P
Plagiarist	100	P	Almonds	100	P	Apricot	100	P
Trout	100	P	Almonds	100	P	Apricot	100	P

(\*) For Max IgE (IgE) test results, see nextmune.com



# Health is Wealth

START THE NEW YEAR RIGHT  
BY PRIORITIZING HEALTH -  
YOURS AND YOUR PET'S.



**M**eow-wy happy new year PAWrents! The happiness of welcoming 2022 hasn't faded, and some of us are still struggling to write 2022, instead of 2021. With this fresh start, it's never too late to prioritize the health of your furry family members. With proper discipline, we can become new and more fulfilled persons, and our pets can also benefit from us setting and maintaining good habits for them. We at Groovy Vetcare Clinic have already compiled Vet-approved ways of putting your pet's health first.

Like us, animals deserve to have a happy and healthy life. We can thank

Professor Roger Brambell and the UK Government for outlining **The Five Freedoms**, five aspects of animal welfare. These concepts have become our basis for treating animals. We know that you work hard to provide for your pet's happiness, despite your busy schedule, so here are some simple tips to follow.

## **Freedom From Hunger and Thirst: 10 minutes daily to measure your pet's food.**

It's easy for a pet's weight to gradually increase over time, especially when we love them and give them too much food. The opposite is also problem-

atic, if we give them too little, they will get hungry and lose weight (and get sick). Obesity has been a leading medical problem in humans, and this also applies to pets. Nearly 30% of Pets (dogs and cats) seen by veterinarians in the USA are either obese or overweight. According to the Vets in UK, obesity is one of the biggest health and welfare problem for pets. It's common knowledge that obesity will increase the risk of heart disease, joints and musculoskeletal problems, diabetes mellitus, urinary problems, just to name a few. The multifactorial nature of obesity makes it hard to prevent and treat this condition. The best and basic thing you can do as an own-

BY: RETNO WINDRADINI, DVM., PHOTO: FREEPIK





WE CAN THANK PROFESSOR ROGER BRAMBELL  
AND THE UK GOVERNMENT FOR OUTLINING  
**THE FIVE FREEDOMS**, FIVE ASPECTS OF  
ANIMAL WELFARE. THESE CONCEPTS HAVE BECOME  
OUR BASIS FOR TREATING ANIMALS.

But how? Every time your pet eats or drinks, some of the oral bacterial is transferred to the bowl. Not cleaning the bowl will allow the bacteria to grow and spread further and even create a biofilm, a thin layer of hard-to-clean bacteria. To prevent this, you can simply clean your pet's bowl with soap and water, after every feeding. To be extra careful, you can sterilize the pet bowl once a week: add ½ cup of bleach to a gallon of water, then let the pet bowl sit in the mixture for 10 minutes, then rinse with water.

If you want to be extra careful, you can choose our favorite pet bowl material: stainless steel. It's lightweight and durable, easy to clean, it doesn't break, and it lasts for a long time. Stainless steel bowls won't get microabrasions, decreasing the chance of bacteria spreading to your pets.

### **Freedom From Pain, Injury, and Diseases: SIMPLE PET FIRST AID KIT!**

Whether you're at home, travelling, at work, or doing errands, emergencies can happen anytime and anywhere. We usually have our own first aid kit (even as simple as betadine and plaster) stored somewhere around our home or vehicle, or even carry it with us everywhere. But how about our furry family member? Do they need their own first aid kit? According to vets, it could be a big help to have your own **Pet First Aid Kit**. Let's say, it's a Sunday morning and you're going on an adventure with your pet

to a waterfall, it's extremely slippery, and suddenly your dog falls and hits a rock, and bleeds. What do you do? Who do you call? Where is the nearest vet? In this kind of emergency, it's hard to have rational thoughts. If only you have prepared a first aid kit for your pet, you could have all the supplies and information you need at your fingertips. If the wound or case is serious, you will still need to bring your pet to the vet. But having a pet first aid kit helps prevent serious injury and infection. A pet first aid kit may need longer than 10 minutes to assemble and you would need to consult with your local vet beforehand, but this will be a serious investment and a time-saver in the long run. Here is a simple list of things your pet might need (You can consult your vet for a more detailed list that can be adjusted to the environment):

- ❖ Documents: local emergency vet phone number, copy of medical records, vaccination records.
- ❖ Flexible tip digital thermometer
- ❖ Gauze (To wrap open wounds or as a muzzle)
- ❖ Non-stick bandage (to cover wound)
- ❖ Saline (to flush eye or wound)
- ❖ Activated charcoal (to absorb toxins)
- ❖ Eye dropper or syringe without needles (To give medication or flush wounds)
- ❖ Leash
- ❖ Blanket or large towel
- ❖ Cotton balls
- ❖ Povidone iodine
- ❖ Tweezers, soap

er is to follow the pet food instruction and measure according to your pet's age, activity, and weight and this usually only takes 10 minutes a day.

### **Freedom From DISCOMFORT: 10 MINUTES DAILY TO CLEAN PET DISHES**

We want to make sure our pets stay comfortable, happy, and healthy in our home. But how often do we clean our pet's bowl? Did you know that an unclean pet bowl contains bacteria, parasites, yeast, molds, and can cause sickness? Did you know that Giardia, a diarrhea causing parasite, can persist if pet bowls are dirty?

## Freedom to express normal behavior: DAILY PLAY/WALK/OR TRAINING YOUR PETS.

The way a healthy animal behaves will depend on the species, breed, age, and past experience. Most dogs, for example, are playful, sociable, and enjoy playing with other dogs, people, and toys. Terriers may love hunting more, while a Beagle may love to dig. Most cats are playful animals and enjoy socializing with people, playing with toys and play hunting, and cats normally sleep for many hours each day. A change in behavior may suggest that something is wrong. Say you have a medium-sized Terrier as your pet, you need to have a vast lawn. You can start by spending 10-30 minutes a day to go for a walk outside or play with him/her. It is even better to train them or have another dog to socialize with them. If this is not possible, you can bring your dog to the local shelter to play with other dogs. If you're busy, you don't have to do these all at once. These activities may vary, and here are some examples:

- ❖ Playing
- ❖ Exercise
- ❖ Training
- ❖ Social Environment

## Freedom From Fear AND DISTRESS: PROVIDING PETS WITH A MENTALLY AND PHYSICALLY SAFE HAVEN

Just like us humans, animals are also able to experience fear. If they are constantly exposed to a fearful condition, they will experience poor mental and physical health. They will be very alert, constantly worried and overwhelmed. Digestion issues, heart problems, and difficulty in eating and sleeping are commonly found



in animals experiencing fear. Post Traumatic Syndrome Disorder (PTSD) also occurs in animals. An example of this is a journalist's story about her cat, Lola, who suffered from PTSD. There was an attack in Afghanistan in May 2017. The impact of the explosion was felt for several miles and made Lola hide. She said Lola was edgy for the next week and always startled by small sounds and would follow the journalist everywhere. Lola started to eat less and lost weight. An estimated 5% of working dogs coming back from war are also reported to have PTSD, they will usually 'shut down' and refuse to work. Many animals that lived in Oklahoma (US) through the tornadoes also manifest PTSD symptoms.

If these examples seem too far-fetched, you can observe animals around you. I've seen a dog without an owner (he was colored and had multiple rubber bands wrapped around his tail) become aggressive towards humans. We eventually rescued him, but he was still scared of us. A dog I knew also showed signs of stress due to her owner keeping her 24/7 inside a cage, and a cat showed sudden stress symptoms after her

brother died. Animals can't verbally communicate with us, but if you look closely, they are just like us.

You can start by learning what makes your animal feel loved and happy, this will depend on the species and breed you own. For example, don't put too many pets in a narrow room (overcrowded) as that will make them overheat and also uncomfortable. You need to provide a vast lawn for big-sized dog breeds, you need to provide a cool environment for dog breeds that are used to living in cold areas. Cats need places to hide. There are also universal ways to make animals feel mentally safe, 'talk' to them, and do not vent your anger towards them. And if the stress is unavoidable (the death of another pet/lightning/fireworks), you can provide them with warmth and comfort, and don't bully them.

Lastly, don't forget that your physical and mental health also matters. So while you're caring for your pet's health, you must also pay attention to your own health. It is only by taking care of yourself that you can actively care for others, especially for your beloved furbaby. 🐾

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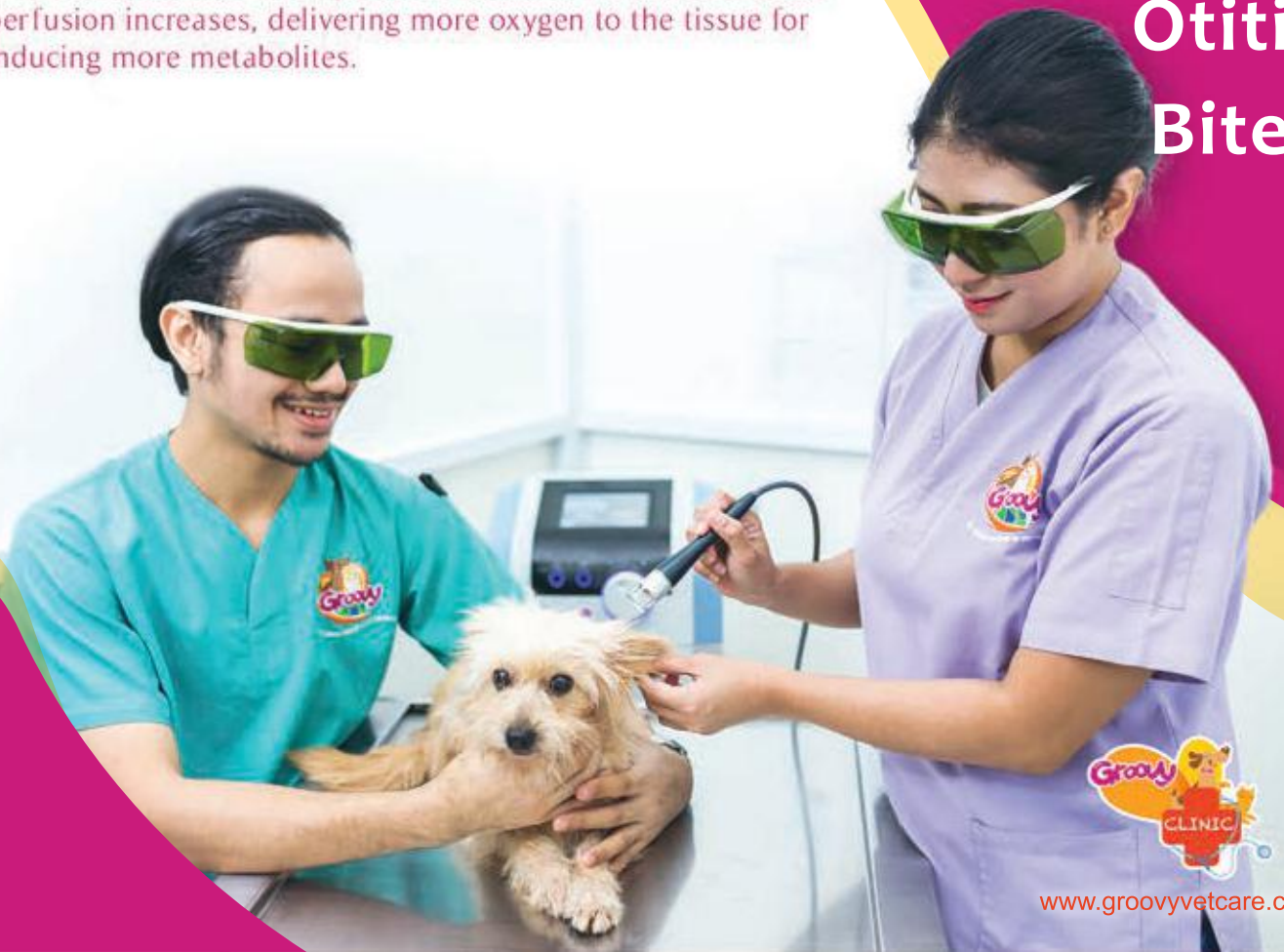
**Neuropathy**

**Sinusitis**

**Wounds**

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# Call From the Heart

BETWEEN WORK AND PURSUING A MASTER'S DEGREE, DR. AGNYA'S LIFE IS ALWAYS BUSY. THE AFFABLE MOTHER OF ONE SHARES HOW SHE FOUND HER CALLING.



Agnya Sinung, DVM

Being a veterinarian was not part of Dr. Agnya Sinung's plans when she was applying to go to university. Since she had to list three fields of her choice in her application form, she wrote Veterinary Medicine as her last choice because she didn't know what to choose anymore and she grew up with animals as a kid. Her first choices were Accountancy and Psychology. Who would have thought that her last choice would end up as her profession?

Dr. Agnya is one of Groovy Vetcare Clinic's experienced veterinarians; she has been working with the clinic for 10 years now. She did not plan to work as a vet when she was about to attend university. But since she has always loved animals and grew up with animals that her grandparents kept, she gave it a try. It sent her to Groovy Vetcare Clinic, and she now enjoys

working as a vet in Groovy. Working in Groovy has allowed her to grow and learn new skills since the clinic keeps adding new services.

Apart from her duties as a vet, Dr. Agnya is also taking a masteral program in hospital administration. She chose this field since there is no specific field for animal clinics. "It's interesting to study in that field since the medical field for humans is always more advanced compared to animals. I have learned a lot of new things."

Asked how she manages her time, Dr. Agnya says that for her, it's quite manageable to work as a vet while also studying for her master's degree. It only gets a bit tricky when there are some assignments that she has to do at home. Overall, it's been manageable for her since she doesn't have many hobbies or activities outside

the clinic and going to the campus. "I don't have a specific hobby, I just do some light exercises during my days off since I also need to take care of my child. It helps me to have more energy during workdays," she said.

Though she is an animal lover, Dr. Agnya has no pet of her own, since she cannot bring a pet outside of the house in her neighborhood. In her neighborhood, pets commonly become a source of conflict between neighbors.

Since there are a lot of new PAWrents because of the pandemic, she hopes that we as PAWrents can always treat our furbabies well and care for them in the same way even though we are getting busier and will start going back to the office again. "Please don't give up on them, no matter how busy you are," is Dr. Agnya's request. 🐾



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