

# GROOVY

Pet Wellness 🐾 Pet Lifestyle

*Online Magazine*

## HOLIDAY HAUNTS

Where  
to Go

## Allergy Dilemma

Prevent  
an Attack

## REAP THE BENEFITS FROM YOUR VACATION

## Enjoy Your Getaway

What to  
Bring

# PETS ON VACATION

PROS AND CONS





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Hello Groovy PAWrents and pet lovers, welcome to the 17<sup>th</sup> edition of Groovy Magazine.

This edition is special due to Groovy's 32<sup>nd</sup> anniversary on March 27, 2022. To commemorate this achievement, we began our online publication of Groovy Magazine [groovy.co.id/magazine/](http://groovy.co.id/magazine/) in January. With this new online portal, we have also made our back issues available for your perusal.

Online publishing opens up the world to us and allows us to cater to a wider audience, from the remote areas of Indonesia to other parts of the world. With our unprecedented reach, we would like to ask for your support in continuing to publish our magazine. This is an open offer to suppliers and principals to advertise in our Groovy Magazine. We also invite pet lovers who love to write, we would love to publish your work. Please send an email to [magazine@groovy.co.id](mailto:magazine@groovy.co.id).

The theme of this edition is Pet Getaway, which is just in time for the upcoming summer holidays. As many people plan to move and bring their pets to/from overseas, interested PAWrents can contact our Pet Transport office for ways to make your move more convenient and hassle-free.

As an organization, Groovy has grown substantially after more than 30 years. Now we have a total of 10 business units (3 pet centers, 1 clinic, 1 pet transport, 1 paw resort & pet hotel, 1 magazine, 2 Kopi Cat Cafés and 1 distribution company), all offering various services within the pet industry, yet all working together as a group and with full support of each other.

As our 32<sup>nd</sup> anniversary falls at the same time as the fasting period, we have organized 'sembako' packages to be given away to the people living near our business units. For this momentous occasion, we have also prepared a special video commemorating Groovy's 32 years as a pet center company.

Happy reading and please email me at [info@groovy.co.id](mailto:info@groovy.co.id) for any feedback to improve our services.

Juda Adisusanto  
CEO Groovy Pet Services



# April 2022

# Contents



16



6

- 1 Foreword
- 2 Contents

## FOR THE LOVE OF PETS

- 4 Travel Essentials
- 6 Spoil Your Pet

## WHAT'S NEW AT GROOVY

- 8 Sharing Happiness

## GROOVY NEWS

- 10 Meeting with IPATA Asia Pacific
- 12 Weekend Plans
- 14 Get to the Pool

4



## FEATURES

- 16 Time for a Getaway
- 18 Pet Vacay Packing
- 22 To Bring or Not to Bring



22





## GROOVY PERSONALITY

- 26** A Charmed Life –  
Annika Sutardjo
- 28** A PAWrent's Love –  
Alvita Purnomo

## PAWTROTTERS

- 30** Luisa and Ghost

## HEALTHY LIVING

- 32** Reap the Benefits
- 36** Stay Active on Vacation
- 40** Allergy Dilemma

## VET'S CORNER

- 42** Not on My Watch
- 46** Ever Ready

## VET IN FOCUS

- 48** The Unexpected Decision -  
drh. Lia Wahyu Ekaningsih



32



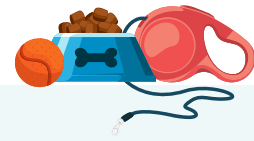
28



36



42



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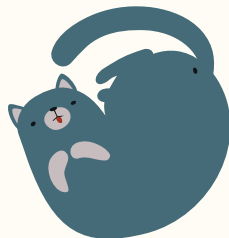


# Travel Essentials

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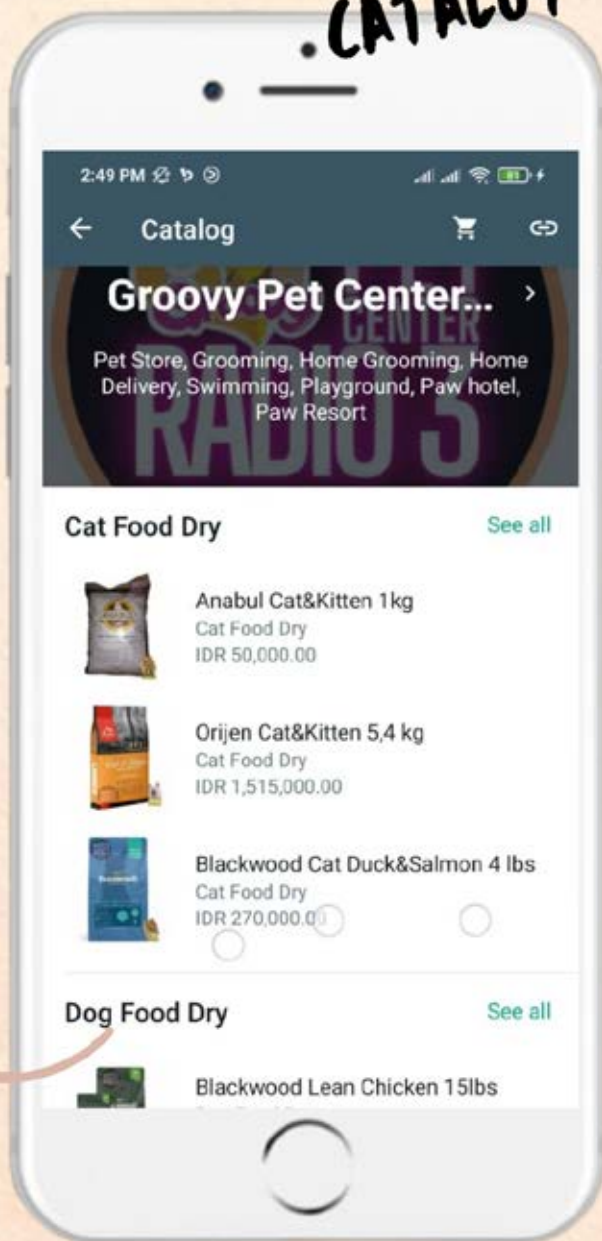
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# SHARING HAPPINESS

BIRTHDAYS ARE WONDERFUL OCCASIONS THAT WE CELEBRATE BUT ONCE A YEAR. THERE ARE MANY WAYS WE CAN COMMEMORATE THIS MOMENTOUS DAY, BUT ONE OF THE MOST FULFILLING IS TO SHARE OUR BLESSINGS TO OTHER PEOPLE. BY GABRIEL WINOTO

**T**he month of March is incredibly important to **Groovy** as it signifies the time of its founding. Dubbed “**Groovy Day**”, **Groovy** was established on 27<sup>th</sup> of March, the same day as the birthday of **Groovy**'s late founder, Mrs. Lucia Sudjiat. Every year, **Groovy** would usually host an event to honor this double celebration. But since the conditions have

not gone back to normal yet due to the pandemic, we chose to celebrate **Groovy**'s 32<sup>nd</sup> birthday this year in a slightly different, yet more meaningful way.

This year, instead of holding events like in previous years, we opted to share our happiness to the people surrounding the **Groovy** community, by

sharing some basic needs packages (sembako) to the less fortunate people who live or work near us.

Almost all of the **Groovy** business units took part in this event. As a group, we prepared and packed the packages and each was then distributed independently by the different branches.

PHOTO: GROOVY DOC.





For **Groovy** Kemang, the packages were handed out to the couriers that pick up delivery orders from the shop, to the drivers that send the pets for grooming at **Groovy**, as well as garbage men and cleaning service staff who work around the area. The packages were also given to less fortunate neighbors. For **Groovy** Bintaro, the packages were distributed to the security guards that work around the building, the cleaning service staff, and the couriers that work around the Bintaro area. The **Groovy Pet Transport** team, on the other hand, distributed packages to the people working at the rest area in Tol Pondok Ranji, and those that work around the office building area.

For 32 years, **Groovy** has flourished because of the support and loyalty of its clients, as well as the assistance of many other people. As a way of giving back, **Groovy** marks its 32<sup>nd</sup> year

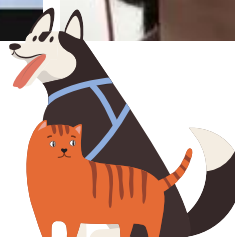
by spreading love and assistance to other people especially since the situation is still hard for many of us who were hit hard by the onset of the pandemic in 2020. Without the help of the couriers and other people we would not have gotten this far, especially during the pandemic when most people chose to stay at home to be safe. By showing our appreciation to these important people, we share our joy and happiness with them, and thank them for their huge impact on our businesses.

Thirty two years is not a short period of time. With the help of our staff, clients, and other people, we have made it this far. Moving forward, we aim to keep evolving and improving our services to help you and your pet live life to the fullest. Please reach out to us if you have any questions, suggestions or feedback. We will be very happy to hear from you! 🐾





# MEETING WITH IPATA ASIA PACIFIC



**GROOVY PET TRANSPORT JOINED THE IPATA REGIONAL MEETING 2022 THROUGH ZOOM LAST MARCH 24.** BY GODELIVA LINGGA

Several topics were discussed at the meeting, including pet relocation laws in various countries and the Frankfurt Animal Lounge located at the Frankfurt International Airport. Nayoung Kim, Lufthansa's Commercial Manager for Asia Pacific, explained about the Animal Lounge in detail.

"It has two lanes for imported and exported animals separated by partitions," she explained. This ensures that animals being imported and exported would not have any contact with each other.

The meeting also discussed pet import requirements from USA's Centers for Disease Control and Prevention (CDC). There is a focus on canine rabies virus variant, which caused a temporary suspension of dog imports from high-risk countries. Dogs from high-risk countries require CDC Dog

Import Permits or valid US-issued rabies vaccination certificates to enter the USA. There are also designated entry points for imported pets. They also have to be at least six months old, have been equipped with a microchip, and are healthy. Many countries are considered high-risk for the canine rabies virus variant, including countries from Africa, South and Central Asia, China, and Indonesia.

Theresia Susiana, Operational Director of **Groovy Pet Transport**, revealed that most airlines don't accept both dogs and cats transportation from Indonesia to USA anymore despite having all the required documents. "In this case, we ship the pets to Singapore first, and then from Singapore to the US. From Singapore, there is no problem at all," she said. She speculated that some airlines misunderstood that the import suspension is only for dogs.

Aside from the import requirements imposed by the CDC, the meeting also went over shipment regulations from the European Union. Aside from the required documents, the cage the animals are transported in also needs to meet requirements, such as appropriate ventilation and proofing to make sure the animals would not get hurt. Bernard de Boer from KLM Airlines explained, "The responsibility to make sure everything meets requirements falls to the shippers. If someone doesn't have the required documents, it's on us."

**Groovy Pet Transport** is one of the few pet transportation companies in Indonesia that is an active IPATA member. The company has been transporting pets for over 20 years and the staffs handle each case with care. For more information, you can contact Groovy Pet Transport at 0813-1787-6371. 🐾

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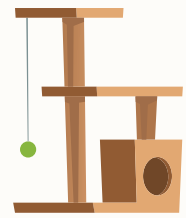


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can bring us. Having a pet, especially a cat is not for everyone. For people with long working hours or high mobility, having a pet may sound impossible since they rarely spend enough time at home. People with allergies are also wary about cats, as they may trigger an attack. And other people may have their own reasons for not adopting their own pet cat.

However, since there are many benefits to playing and interacting with cats like stabilizing your blood pressure, reducing stress and anxiety, and helping you to get relaxed faster, spending your day off with a furry friend is still something worth doing. Don't worry though, as you don't need to have your own pet cat to get the benefits from interacting and playing with them. You can simply visit **Kopi Cat Café by Groovy** located in Kemang and Bintaro.

**Kopi Cat Café by Groovy** is home to a family of healthy and friendly cats. These furry felines love to play and get attention from their human visitors. All the cats are checked by **Groovy's** vets and groomed regularly so you can rest assure that they are in the best of health. Visiting **Kopi Cat Café** would also be a great idea if you are looking for somewhere unique to take your kids. Since **Kopi Cat Café by Groovy** also follows strict health protocols, it's a safe and nice place to visit with your family on a weekend getaway. It's also a great way to introduce young children to animals and teach them how to treat and play with them properly.

So, what are you waiting for? Make a reservation for a fun, furrylicious day at **Kopi Cat Café** by clicking on this link [https://linktr.ee/Reservasi\\_WA\\_KopiCatCafe](https://linktr.ee/Reservasi_WA_KopiCatCafe). 🐾

PHOTO: GROOVY DOC.

# WEEKEND PLANS

TAKE A WEEKEND BREAK WITH THE LOVABLE CATS AT **KOPI CAT CAFÉ**. BY GABRIEL WINOTO

All of us need some rest and relaxation every now and then. After a long working day or a stressful week with plenty of deadlines, all we need is just one peaceful day to relax our body and mind. There are many ways we can indulge, the most important is to find one thing that will calm our mind, body and soul. Some people who prefer to spend their day off at home may choose to watch

movies or their favorite TV series, do some gardening, or just read a book. While other people like to spend their free time outside, where they can explore some new places in town or do café hopping while also hanging out with friends to do some catching up. Since there are so many activities that we can do, we rarely think about spending our day off interacting with our cat or pets for all the benefits they





# FEELS LIKE HOME!

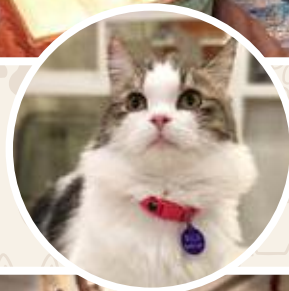
Kopi Cat Café is entering its 5<sup>th</sup> year anniversary and our guests describe our cozy cat café as their second home! The best therapist has fur and four legs. Come visit our cats and enjoy our various menu. Reserve your visit at our Bintaro branch. Meooooow!

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# GET TO THE POOL



SWIMMING IS GOOD FOR YOU. IT'S A FULL BODY WORKOUT THAT'S LIGHT ON THE JOINTS AND RELAXES YOU. DID YOU KNOW THAT THE SAME BENEFITS ARE PRESENT FOR DOGS THAT SWIM? BY GODELIVA LINGGA



**D**ogs need exercise. There are many ways to provide it for them, like bringing them on walks or morning runs. However, there is another form of exercise that might be even better for them: swimming.

Did you know that one minute of swimming is equivalent to roughly four minutes of running for a dog? The water resistance provides an extra challenge for him/her to move, but it also distributes the resistance evenly and allows all muscles to work equally. Not only that, the buoyancy also takes the dog's weight. It supports his/her body and protects the bones from the impacts the body experiences when moving on dry land, such as when running.

Swimming is also an ideal exercise for overweight dogs. Since the water supports the dog's weight, s/he can

move more lightly and get exercise with less risk of overworking the joints, which is a major concern when it comes to giving an overweight dog some exercise.

Aside from that, swimming is also an excellent exercise for dogs that are recovering from injuries as it promotes better blood circulation, strengthens joints, and decreases inflammation. It's also good for reducing pain and could be a good choice for older dogs that might be suffering from stiff muscles and joints.

Swimming also has mental benefits for dogs, like providing stimulation and improving sleep. Dogs need stimulation to keep their minds sharp and less anxious, and since swimming burns a lot of energy, it could help your dog to get the rest s/he needs.

If you're interested in letting your dog swim, you can head to **Groovy Paw Resort**. **Groovy Paw Resort** features a swimming pool and playground for dogs. You can also swim together with your pup here, which may not be possible in other pools. **Groovy Paw Resort** also provides grooming so your dog can get cleaned up after swimming. Pet boarding is also available, for both dogs and cats, if there is a need for you to leave your pet for a few days. Rest assured, the staff are fully capable and trained in keeping your pets safe, not to mention, they are all pet lovers too.

You can contact **Groovy** or check out [www.groovy.co.id](http://www.groovy.co.id) for more information about **Groovy's** services. To make a reservation at the **Groovy Paw Resort**, please click on this link <https://linktr.ee/groovypawhotelandresort>. 🐾

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# TIME FOR A GETAWAY!



Where does one  
go for a getaway  
and what does one do  
while on vacation?

**S**ometimes, it feels like the stars have to align just right for you to get some time off your daily routine. And once your schedule is freed up, you have to ask yourself: where does one go for a getaway and what does one do while on vacation? Here are some places you can visit for a quick getaway – and maybe for some longer ones, too.

## The Beach

Think sun, sea and lots of fun! What screams vacation more than the beach? A day playing in the water

would make anyone feel happy and refreshed. There are a lot of things you can do by the water. You can try building sand castles, do some sea-side yoga, work out, or even just have a picnic. You can also try water sports such as surfing and hover boarding if these are available at your chosen destination.

Aside from that, many beaches also allow you to bring pets along, usually dogs. There may be some rules you need to follow, such as keeping your dog on a leash and picking up their

PHOTO: FREEPIK





## YOUR WORK IS DONE, THE TIME IS RIGHT, AND YOU NEED A BREAK FROM WORK. ONE QUESTION REMAINS: **WHERE DO YOU GO FOR A GETAWAY?** BY GODELIVA LINGGA

Like the beach, the mountainside can also offer lots of fun and activities. You can walk along a hiking trail, do some mountain biking, or sleep under the stars when camping. If you choose to stay at a resort, many offer pools that allow you to bask in nature or platforms where you can watch the sun rise or set. If nothing else, the pictures you take will look fantastic on your Instagram account.

Obviously, hiking is also a great choice if you want to bring your pets along. It's a good place for dogs and cats alike to explore and be one with nature, provided that you keep them on a leash to keep them safe. With a long leash, they will be able to explore freely while still being under your supervision.

### **The City**

Now, this might sound a bit boring if you live in an urban area. Why go to the city for a getaway if you live in one? The point of a getaway is to take a break from everyday life, and staying in the same place might feel counterintuitive. However, the city could still offer you some interesting

places to visit if you just know where to look.

For example, you can try visiting museums for an educational getaway. The average person doesn't frequent museums, so it would allow you to see a different side of the city and learn new things at the same time. You might also find some tours, either on foot or by bus, to allow you to discover some historical monuments throughout the city. If you're lucky, you might even get a free one.

You could also try going the experiential route instead of shopping for objects that accumulate, like going to room escape games or joining an art class. It would be fun to try an escape room game with friends and family or go to a painting or pottery class with them. Escape room games usually time your progress and let you take pictures once you're done to remember the experience. Art classes typically also let you bring home your artwork. Not only do you have a great time with friends and family, you also get to bring home something to remind you of the fun you just had. 🐾

stool, so make sure to check before you bring little Fido along. If you choose to go to the beach with your dog, remember to bring sunscreen for you, enough water for both you and your pet, and be ready to bathe your dog once you get back home. Even if your dog decides not to swim, the salt from the wind might catch in their fur and make it feel stiff.

### **The Mountains**

If a beach getaway doesn't sound relaxing to you, maybe you'll feel more at home on a trip to the mountains.

# PET *Vacay* PACKING







## HAVING A PET SOMETIMES FEELS SIMILAR TO HAVING A BABY. THEY HAVE THEIR OWN THINGS THAT WE MUST BRING AND PREPARE. FROM LEASH, DIAPERS, TO WATER BOTTLE AND FOOD BOWL, THESE ARE ESSENTIAL IF YOU ARE ABOUT TO LET YOUR PET JOIN YOUR GETAWAY, NO MATTER HOW SHORT IT IS. BY GABRIEL WINOTO

**A** vacation is something that every member of the family looks forward to. And because our pets are part of our family, it's totally understandable that we would like them to join in on the fun. Taking our furry friends on vacation would mean taking stock of more things to bring, as our babies have their own things, and adjusting some things on our getaway to make sure that it's also enjoyable for them.

If you usually never plan your getaways and just pop into your car and drive, you may need to be more prepared if you're bringing your pet with you. For your own safety, you can provide a car seat or car seat cover for your dog. Make sure the car seat you use is fitted nicely into the car and can be tied securely using the safety belt. Using a car seat will allow you to drive safely since your pet's movements are restricted by the car seat. It will also prevent them from disturbing you while driving, or even prevent them from being thrown around when you suddenly hit the brakes.

Also, to keep them safe in the car, don't forget to attach your dog's body harness securely to make sure they

cannot escape the car seat. Don't use a collar or a slip collar since it will only restrict your dog's neck and this may injure your dog.

Along with the harness, you will also need to bring a leash to help you control your dog. You can choose any leash based on your preferences; a snap leash or a slip leash can be attached to your dog's harness and will help you to control your dog. The leash should be stowed in an easily accessible area, so if you are about to stop to rest or let them out to do their business, the leash can be quickly attached to your dog.

If you are afraid that you cannot stop to let them out of the car to at least pee, you will need to bring some pee pads and provide an area in your car where your dog can relieve his/herself.

Since dogs, especially male dogs, have a tendency to mark their territory, you will need to bring a belly band or manner belt for your dog. Or if you have both male and female dogs, you can just simply bring diapers for them since there are many places that only allow dogs to come in when they have

diapers on to prevent any accidents. If your dog's diaper falls off easily, you can use dog panties to secure it. Some dogs with no tails, such as Pembroke Welsh Corgis, often experience this.

To keep the environment clean when you are going out with your dog, you will also need to bring your dog's poop bag wherever you go. Don't forget to pick up your dog's poop!

If you are planning to visit a lot of new places, you can also bring a pet carrier to make it easier for both you and your pets. Some dogs tend to be nervous or afraid in a new place and when this happens they will usually refuse to walk or keep pulling their leash. It will make both of you uncomfortable, so a pet carrier can help you a lot.

---

**TAKING OUR FURRY FRIENDS ON VACATION WOULD MEAN TAKING STOCK OF MORE THINGS TO BRING, AS OUR BABIES HAVE THEIR OWN THINGS**



A healthy dog also needs to drink enough so bringing a portable water bottle would be advisable. Compared to a water bowl, a portable water bottle will be handy as you will only need to pour the water out and voila, it's ready to drink. But, if you are planning to stay for a few days, you will still need to bring your pet's water bowl for them to drink while staying at a hotel.

Aside from a water bowl, don't forget to also bring your dog's food bowl along with you. Even if a hotel is pet-friendly, this doesn't mean that they will provide eating utensils for your dog. It's better if you also bring your dog's daily food so they can consume what they usually consume while adapting to a new environment. This may prevent your dog from getting diarrhea caused by stress and make your trip a little easier.

Also don't forget to bring your dog's bed since not every accommodation

allows pets to stay on the furniture. Just in case this happens, you are already prepared and your pets can still sleep comfortably like usual.

Lastly, you should always have a pet first aid kit in your car. This should contain everything your pet may need if an accident occurs. A first aid kit should contain hydrogen peroxide to induce vomiting in case your dog swallows something dangerous, wound cleaning agents, a kit to cover open wounds, sterile wash, alcohol wash, and some medicine that your dog may need in case of an emergency like antihistamine for allergies and activated charcoal to alleviate poisoning. If PAWrents find it complicated to prepare this at home, you can just grab the pet first aid kit that is available in all **Groovy** stores. It comes in a handy bag so you can just grab it and go. You can also store your pet's special medication in it if s/he has any. 🐾



LASTLY, YOU SHOULD ALWAYS HAVE A PET FIRST AID KIT IN YOUR CAR. THIS SHOULD CONTAIN EVERYTHING YOUR PET MAY NEED IF AN ACCIDENT OCCURS.





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# TO BRING *or* NOT TO BRING

WHEN ANY PET OWNER WANTS TO GO ON VACATION, THERE IS ALWAYS THE QUESTION OF WHAT TO DO WITH YOUR PETS WHILE YOU'RE AWAY. SHOULD YOU BRING YOUR PETS ALONG? SHOULD YOU LEAVE THEM AT HOME? WHO WILL TAKE CARE OF YOUR FURBABIES WHILE YOU'RE AWAY? BY GODELIVA LINGGA

**M**ost people go on vacation every now and then. Unfortunately, this might be a little harder for pet owners, as it's not always possible to bring your pet along on a trip, and when it is, there are some challenges that await you. There is also the option of leaving your pet at a pet hotel, but it might not always be possible to do so. Which is better for you to do?

Here are some of the pros and cons of each option for you to consider.



## Bringing Pet Along: The Pros

If there's one thing both pets and pet owners hate, it's to be separated for a long time from each other. If you bring your pet along on vacation, then this would not be a dilemma. Aside from that, vacationing with your pet will allow him/her to explore where s/he wouldn't be able to otherwise. For example, an urban dog may never

know what it's like to explore the woods. Hiking with your dog may give him/her the chance to run between the trees. And since many places have become more pet-friendly, you can let your pet experience many things. For instance, relaxing at a pet-friendly coffee shop.

Pets are also great talking points, so bringing your pet along might allow you to meet new people and make new friends. Your pet could also meet other pets during a getaway, so s/he may also make new friends. Your pet's exercise needs will also allow you to stay active, so both you and your pet can stay healthy.



## Bringing Pet Along: The Cons

Unfortunately, bringing pets with you has its own set of challenges. Pets may get stressed, especially if they're not used to traveling. You can mitigate this by slowly letting them get used to

traveling, but if they're used to going on car rides and you have to go by plane, the difference in the two travel options may still cause them some stress. Staying at an unfamiliar place may also be another cause of stress, especially when there are so many new things to take in all at once.

Pet-friendly places may also have restrictions for pets, like not allowing certain breeds of dogs to stay in the premises or not allowing pets in certain areas. Rules vary, so you will need to do some research before deciding where to go.

Transportation could also be another issue. If you go by car, some pets may get carsick. If you go by plane, the ticket price isn't exactly cheap. You will also need to prepare the necessary documents for your pet and make sure his/her vaccinations are up to date. Luckily, **Groovy** can help you with this! **Groovy Pet Transport** provides

Pets are also great talking points, so bringing your pet along might allow you to meet new people and make new friends.



pet transportation services as well as pet taxi. For more information, you can contact us through our Instagram @groovypettransport.



### Boarding Your Pet: The Pros

If you want to have some me time, you might choose not to bring your pet on a getaway. In that case, boarding your pet at a pet hotel could be the perfect choice for you. You don't need to worry about looking for pet-friendly hotels and you can focus on relaxing and having fun.

Your pet can also meet other pets and make new friends at a pet hotel. Pet hotels typically allow boarders out to a designated area where they can play, so your pet will get his/her daily exercise. Not only that, there is also routine feeding time, and workers make sure your pet gets a good amount of food without over or under feeding him/her. They can also give medication to your pet, if necessary. Some pet hotels also have facilities like a pool or a playground for boarders.

**Groovy Paw Resort** offers a pet-friendly pool, playground, and grooming for boarders. The staff are also trained in handling pets and making sure they are safe and healthy, so you don't need to worry about your pet. If you're unsure about where to board your pet, Groovy Paw Resort could be a good choice for you. For more information, please contact **Groovy Paw Resort: 0857-1969-2054**.



### Boarding Your Pet: The Cons

If you choose to board your pet, obviously you will have to be separated for a while. This may be stressful to your pet since they will be away from both you and their usual environment. For cats, this may be especially stressful. Some pets may also be uncomfortable around other animals, especially if they are the only pet their owners care for.

Being stressed may also lead to aggression. Some pets, especially dogs, may be reactive to other pets. Being stressed can worsen their reaction to other pets. Stress may also lower their immunity, which increases the chance of catching illnesses. While pet hotels typically require pets to be fully vaccinated, it doesn't stop sickness that isn't

prevented by vaccines, such as respiratory infections.

Boarding your pet may also be costly. The price differs for each pet hotel, and cheaper alternatives may not allow your pet to come out of the cage for the most part. Pet walking and play time may be considered as add-ons instead of a package deal, which means it will cost you more to make sure your pet gets the care and attention s/he deserves. It's important to research which reputable pet hotel has the facility and services you want your pet to have.

Bringing your pet along on vacation and boarding him/her in a pet hotel has its own set of pros and cons. Make sure you weigh them all carefully before deciding what to do with your pet while you go on vacation. 🐾





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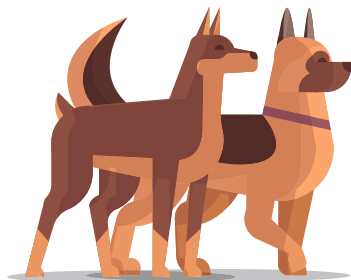


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# A CHARMED LIFE

LIVING WITH TWO GENTLE GIANTS HAS CERTAINLY ENRICHED THE LIFE OF **ANNIKA SUTARDJO** AND HER FAMILY. BY GABRIEL WINOTO



A freelance writer/editor living in Jakarta, Annika Sutardjo shares her home with two big buddies, Odin and Flicka. Odin is a seven-year-old cuddly Doberman, while Flicka is a four-year-old German Shepherd who really loves balls.

Before Odin and Flicka, Annika used to have smaller breeds like Shar Pei. Even though she and her husband have always had dogs, they were still surprised when they brought Odin home, as he turned out to be one of the sweetest dogs they had ever met. Their first Doberman, Odin is very cuddly and likes to stay as near to people as possible. When he wants to cuddle, Odin will put his head on Annika's lap, or simply rub his paw to Annika. Annika and her family's experience with Odin is the exact opposite of what society has always framed a Doberman to be. "Dobermans are portrayed as cruel dogs, or guard dogs of criminals. But the fact is, Odin is really into people and really loves to cuddle," she explained.

PHOTO: PERSONAL DOC.



*Odin is a seven-year-old cuddly Doberman, while Flicka is a four-year-old German Shepherd who really loves balls.*



On the other hand, Flicka, the four-year-old German Shepherd is not really into people, except if they bring a ball with them. Flicka is an independent dog who really loves to swim. Flicka also loves to herd other smaller animals, since herding runs strong in her blood. This tendency for herding happens every single day when they go out for morning walks. One of their neighbors has four small dogs that does their morning walk around the same time daily. Flicka knows their house, so every morning Flicka will wait for them near their house or near the crossroad and herd them during their morning walks. If she doesn't meet those small dogs, she will insist to wait until Annika needs to pull her away to continue their walk. "When the small dogs don't come out, I need to tell Flicka that they are not here

today and pull her leash so she will move and continue to walk. If not, she will insist to wait for them." This has impressed some people, as they don't usually see a big dog get along with such small dogs.

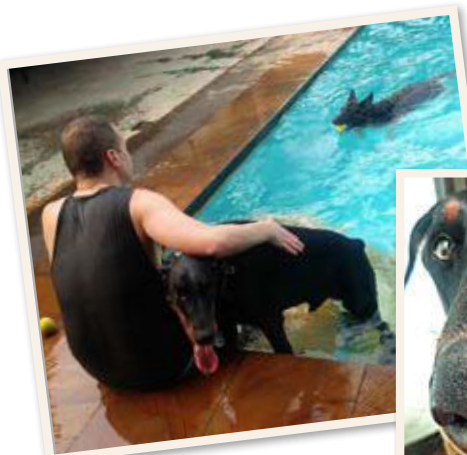
But, a big dog is still a big dog. When she was a puppy, Flicka once tried to play with a cat that ended up scratching her since she didn't realize how big and strong she is compared to the cat. She also tried to play with a Corgi when she was a puppy and ended up scaring the Corgi, prompting it to attack her. Luckily, Flicka was still a small puppy so it was quite easy to separate them at that time.

Annika learned about **Groovy** when she was still with her late Shar Pei, Oscar. At first, Annika was familiar with

the pet shop since it's located near her house in Pondok Indah. When Oscar was about eight-years-old, he got sick and needed to be hospitalized. Annika initially brought him to another vet, but the vet disappointed Annika and her husband due to the lack of hygiene and care. Then, while looking for a second opinion, a friend recommended **Groovy Vetcare Clinic** to her. She brought Oscar to **Groovy** the next day, and with the help of the clinic's team, Oscar was able live for another five years.

Since then, **Groovy** has become a one stop solution for all her pet needs. From grooming to emergency vet service, **Groovy** has become her first choice. For Annika, the quality services **Groovy** provides and the loving way **Groovy** treats her pets are some of the main reasons why she chooses Groovy. "It's good to see them comfortable around the **Groovy** staff, who treat my pets gently. **Groovy** also has great facilities and services. The staff members are attentive, from the clinic to the pet shop, all of them are attentive and very helpful."

Annika is eagerly waiting for the return of the emergency vet service that became unavailable because of the pandemic. "The emergency service helped me a lot, especially when my dogs were still puppies. I used the emergency service a number of times, when my dogs accidentally ate forbidden objects or were having diarrhea. It's a really helpful and important service." 🐾



▲ Swimming is a family activity

Flicka ▶



◀ Odin



## A PAWrent's Love

FOR **ALVITA PURNOMO**, HAVING A DOG CAN BE LIKENED TO HAVING A CHILD. LIKE ANY PARENT, SHE WANTS THE BEST FOR HER FURBABY. HER DOG, CAPPUCCINO, IS A FEMALE TERRIER-KINTAMANI MIX, AGED FIVE AND A HALF YEARS OLD. A HOTEL HOSPITALITY STAFF WORKING FROM HOME, ALVITA HAPPILY TAKES CARE OF CAPPUCCINO EVERY DAY. BY GODELIVA LINGGA



**A**lvita isn't a stranger to taking care of animals. Growing up, she always had dogs or birds around. Cappuccino, often called Puci, isn't her first pet.

"We're allowed to have pets in our apartment as long as they don't bother anyone, but we're not actually allowed to walk them at the apartment complex park," Alvita explained about the rules at her place of residence. This restriction isn't a problem for her, though. She plays with Puci to entertain and stimulate her. "I hide treats around the apartment and let her hunt for them."

Working from home lets her spend more time with Puci, which she is grateful for. To keep Puci entertained, Alvita keeps many toys for her. "We really like to spoil her," Alvita said. Puci also has a big plush dog Alvita bought from IKEA that serves as her companion on which she likes to pull around.

Because she brought Puci home at only two weeks old, Alvita was worried about her health. She would feed Puci milk and often check with the vet. To ensure Puci's well-being, she brought Puci around everywhere she went until Puci was about three months old. She even brought Puci to a pet psychologist to make sure Puci was happy. "I'm treating her like my

PHOTO: PERSONAL DOC.



own child, but it's my responsibility as a pet owner. That's how it should be."

Alvita named the dog Capuccino because she loves coffee and Puci has some brown colouring. As a puppy, Puci was very active and curious. She would chase after insects and small animals, sometimes resulting in insect bites or stings. Alvita would often bring her to the vet to make sure she was okay.

Slow to trust anybody, Puci would express her dislike of someone by barking. However, Alvita finds that offering treats could be just what Puci needs to open her heart. In fact, treats seem to be the key to keep Puci content. "She has to get treats every day. I used to come home late at night, so she usually sleeps in the corridor. We would lure her in with treats, but now it's become a habit to get treats before going to sleep."

Alvita enjoys learning new things, watching movies and videos, and many other things. She also enjoys traveling, but hasn't done it since the onset of the pandemic. She also likes spending time with Puci and sleeps together with her. They often wake up and kiss each other good morning.

To take care of Puci, Alvita would often bring her to a groomer in order to keep her clean. However, she was disappointed because sometimes the groomer didn't dry Puci's fur properly. A friend then introduced her to **Groovy Pet Center**, and she finds the staff's work satisfactory. "When grooming at **Groovy**, it takes a bit longer but the pet comes home very clean and the fur is really dry. The price is a bit more expensive, but it's worth it. It's better to pay a little more than having to go to the vet because of complications," she explained.



She also gets pet food from **Groovy Pet Center** and goes to **Groovy Vet Care Clinic** for Puci's medical needs. If she goes out of town, she would also board Puci at **Groovy Paw Resort**. Before the pandemic, she also used the Pet Taxi service from **Groovy Pet Transport**. Now that she works from home, she drives Puci herself. She likes coming back to **Groovy** because the staff are friendly and well-trained. She also commends the staff for truly showing love and care for animals.

"The first time I really got hooked with **Groovy** was when I left Puci at the **Paw Resort**. The staff sent me videos every day. They really care about Puci," Alvita said about why she chooses **Groovy**. The care and love the staff show has won her trust, and because of that she has been going to **Groovy** ever since. 🐾



As a puppy, Puci was very active and curious. She would chase after insects and small animals, sometimes resulting in insect bites or stings.



Which  
**city and region**  
do you live in Indonesia?

Semarang, **Central Java**

How long did your pet  
**live in Indonesia?**  
What were  
**the fun experiences**  
you and your animals used  
to do while in Indonesia?

It will be **10 months** since Ghost was born in February and flew to Canada in November.

**My sister took care of him** for me until he was ready to fly.

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

I can tell that Ghost enjoys the **fall weather** in Canada and likes to **play snow during winter!**

I often do **road trips** with him and his sister, and he is such a smart boy that **likes to run.**



Luisa  
and  
Ghost



When did you  
**leave Indonesia**  
and where to?

It was on **2<sup>nd</sup> November 2021**  
when Ghost arrived safely  
in **Toronto, Canada.**

What  
**airline did your**  
**pet use**  
and how was your  
experience last time?

Ghost was on a **KLM flight.** In Canada, I used a broker service and everything went smoothly!





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# Reap The Benefits





WITH THE HUSTLE CULTURE, PEOPLE PUT MORE EMPHASIS ON WORKING HARD AND DEDICATING THEIR LIFE TO WORK. PROFESSIONAL ACHIEVEMENT IS SEEN AS THE END ALL, BE ALL GOAL IN LIFE. HOWEVER, WE NEED TO REMEMBER THAT **RELAXATION** IS ALSO IMPORTANT. BY GODELIVA LINGGA



**D**id you know that working too hard can make you sick? Overworking puts a strain on your well-being and may cause a downgrade in your work quality. You may suffer from higher blood pressure, neck and back pain, and you may not get as much sleep as you need. Or, if you are able to take the recommended eight hours of sleep, the quality may be poor. Overworking may also cause missed periods in women.

So, what can you do to fix this? Go on a vacation, of course! A vacation may just be what you need to rest and recharge so you can tackle the professional obstacles in your life. But what exactly can you get from a proper getaway?

### STRESS REDUCTION

Working causes stress! Chasing deadlines, meeting clients, and all the emails you need to write and send in a day causes a lot of strain on your mental health. Even the toughest employee would be relieved to have some room to breathe during his/her free time.

Taking the time to take a break from all that could help manage your stress levels. Taking a breather from work will also allow you to come back and

see it with fresh eyes and an open mind, which means getting things done quicker, and more efficiently too.

### DECREASE IN BLOOD PRESSURE

Did you know that rising stress levels go hand in hand with rising blood pressure? Cortisol, the stress hormone, regulates blood pressure and having too much of it in your system may elevate your blood pressure.

With your stress reduced during a getaway, your blood pressure will naturally decrease as well, which can help lower the risk of heart complications, stroke, and diabetes. Not only is a getaway good for your mental health, it's also great for your longevity.

### CATCH UP ON SLEEP

Not only does stress increase the risk of health complications, it also robs you of sleep. Someone who is stressed often tosses and turns in bed, either because their worries nag at them and they overthink about it all, or it follows them into sleep and turn into nightmares. This does nothing for your sleep quality.

When you go on vacation, you can relax and destress. This is the perfect

opportunity to catch up on your sleep and improve your sleep quality, since less stress means you're likely not as anxious about work and everyday life. It also means that it will be easier for you to let your mind shut down at night as you go to bed, which means you will also get better sleep. Besides that, better sleep will also let you wake up feeling refreshed and rested.

### IMPROVE YOUR HEALTH

For many people, working means sitting in front of a computer doing spreadsheets and sending emails five days a week. With a tight nine-to-five schedule and the responsibilities of work, health often gets sidelined to get things done. However, finishing the report your boss asked for likely wouldn't do much for your health. So, what better time to do something about that than on a getaway?

Of course, this doesn't mean that you should hit the gym the moment you have the time to do so. However, there are ways for you to improve your health when you're not tied up with work. For example, spending time outdoors would do wonders for your body since you will get fresh air and sunshine. It would help you get some Vitamin D, which is good for your



When you go through a state of burnout, your productivity plummets. Going on a getaway for a break should let you **relax and recharge**.

bones. You could try hiking, biking, or even surfing to get a fun workout that doesn't feel much like working out.

Aside from the physical health benefits, your mental health will also improve. A getaway allows you a break from the monotony of work, which does wonders for you. It also removes you from a potentially stressful environment. Even just looking forward to your getaway could lift your spirits. As mental and physical health go hand in hand, better mental health will make you feel better physically and vice versa. With a healthy body and mind, it will be harder for stress to get to you.

### INCREASE YOUR PRODUCTIVITY

Have you ever felt stuck in your work and it feels like nothing you do can

increase your productivity? Maybe you feel like all the easy things that usually just take five minutes to do now takes you hours to finish. If this is your state of mind, then you're probably experiencing burnout.

Burnout is caused by prolonged or repeated stress. It is a state of mental, emotional, and often physical exhaustion and is often caused by problems at work. Overworking is one of the contributing factors to burnout. So, of course you can fix it with taking a break from work.

When you go through a state of burnout, your productivity plummets. Going on a getaway for a break should let you relax and recharge. Taking time away from a problem allows you to see it with a fresh

mindset later on, so it will help you be more productive when you get back to work. Aside from that, your mind also needs to get stimulated by new and interesting things so it doesn't get bored from doing the same thing over and over again. A getaway could be a good opportunity to indulge in a hobby you didn't have time for before, such as reading a book or completing puzzles, or trying out some new things.

Of course, other than all these excellent benefits, there's still one other thing: time to have fun with your pets! Either way, these are only some of the benefits you can derive from getaways. So, what are you waiting for? Now's the time to take a break and give your mind and body some much needed rest and relaxation. 🐾



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# STAY **ACTIVE** ON VACATION

GOING ON HOLIDAY DOESN'T MEAN FORGETTING ABOUT YOUR DAILY EXERCISES. YOU CAN GET THE MOST OF YOUR VACATION WHILE ALSO STAYING FIT WITH THESE ACTIVITIES. BY GABRIEL WINOTO

**W**hile on vacation, some of us that are used to being active daily usually experience bloating, stiffness in some body parts, or even digestive problems. It's not a big issue if you do not have specific health problems. These issues can be solved easily with one solution: working out.

While on a holiday, we usually spend our time with our loved-ones or families, visit interesting places, enjoy good food and do a lot of fun activities together. Since people usually only have a short period of time away from work, we usually pack our schedule with as many fun activities as possible.

Surrounded by people we love and with new and interesting places to see, as well as good food to eat, many of us forgo or may forget our daily exercises. Some people who usually move a lot daily, and go out for walks with their dog daily may stop these routines while on vacation. Or if we usually eat healthy at home, we may provide ourselves some respite from our daily diet.

As a result, some of us may experience some physical issues that may make us feel uncomfortable during our getaway. Some issues like bloating, stiffness in some body parts, or even digestive problems may occur. To deal with these issues quickly, we can



use ointment or medicine to relieve the symptoms. Or we can just stick to our daily routine even while we're far away from home.

Working out while on vacation is not impossible, as long as you want to do it. There are various ways to stay active while enjoying your time away from the daily grind. If your hotel has a swimming pool, you can invite your family or friends to play water volley or water basketball. You can also do some laps in the pool or play Marco Polo. By doing this, you can still be active while still spending time with the people you value most.

Or if you are visiting places that provides many outdoor activities, these can also be a great way to stay active. If you are staying on an island with a beautiful beach, you can walk and explore the beach, or you can try to ride a jet ski. Also, if you love to see underwater creatures, you can try snorkeling and enjoy the beautiful underwater views.

Renting a bike can also be a good option. While riding your bike, you can explore further and visit some nearby local attractions. Or if you are not into

biking, you can instead take a walk. Since you are on foot, and moving at a slower pace, you can enjoy the surrounding scenery better.

If doing outdoor activities is not your cup of tea, you can also check out your accommodation's gym facilities. Some hotels provide sports classes daily or the use of the clubhouse for free. You can take this opportunity to try something new since the classes are usually open to everyone.

Staying active while on vacation can also be easier if you bring your lovely pet with you. Since they also need to move a lot on a daily basis, you as their pack leader will have to provide some activities for them. Even on vacation, they will still ask you to take them out for their morning walk. Or if you are staying at the beach, you can bring them to explore the beach and play fetch with them there. You can play frisbee or even a random stick as long as it's big enough. Some dogs also love to swim in the ocean. You can take this opportunity to swim together with your pets. And if you are in a place that is surrounded by many small islands, island-hopping can also be an activity you can enjoy

with them. Your pets will enjoy visiting small islands as there is nobody else around and they can take their time to explore and roam freely.

You can also bring your dog on a hike. If you live in a crowded city, this is one great opportunity to see places you both have never been to. By taking them on a hike, they can explore a lot of new things and gain new experiences. This will also help you be active since you have to hike together with them or even carry them once they are tired and refuse to walk anymore.

Even if you are too lazy to do some activities outside with your pet, you can still play with your furry friend indoors and engage him/her so s/he can get tired, since a bored dog usually can become a destroyer dog. You can try to play tug of war if your accommodation is big enough. Or you can even play hide and seek to make them use their nose and sense of smell which can be quite tiring for them.

Whether or not you take your furbaby with you on your holiday, the important thing is to stay active while enjoying your special time away from work. Keeping to your active lifestyle will help you ease back to your daily grind without skipping a beat. 🐾



Staying active while on vacation can also be easier if you bring your lovely pet with you



# Symptoms of Allergies in Pets



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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  
SPCC Platform Test

Lab Number  
Order Date  
Patient  
Sex  
Age  
Owner  
Breed

☐ N - Negative (0-99)  
☐ P - Positive (100+)

**TOTAL REACTING ALLERGENS 30**  
(Excluding Foods, Insects & Indoor)

Group	Item	Result
Insects	Beetle	91 N
	Blattella	106 N
	Cockroach	106 N
	German Roach	91 N
	Johnson Grass	106 N
	Grass	106 N
	Parasitic Flea	106 N
	Parasitic Flea	106 N
	Parasitic Flea	106 N
	Parasitic Flea	106 N
	Parasitic Flea	106 N
	Parasitic Flea	106 N
	Parasitic Flea	106 N
	Parasitic Flea	106 N
	Parasitic Flea	106 N
Foods	Chicken	106 N
	Beef	106 N
	Salmon	106 N
	Shrimp	106 N
	Crab	106 N
	Scallop	106 N
	Clam	106 N
	Squid	106 N
	Octopus	106 N
	Seafood	106 N
	Wheat	106 N
	Rye	106 N
	Buckwheat	106 N
	Sorghum	106 N
	Millet	106 N



# ALLERGY DILEMMA



## ARE YOU ALLERGIC TO FURRY ANIMALS? FIND OUT WHAT YOU CAN DO TO EASE YOUR SYMPTOMS. BY JUDA ADISUSANTO



**D**espite loving animals, some people are allergic to pets like cats and dogs. When a cat or dog is nearby, their bodies react and manifest symptoms such as **runny nose, itchy skin, difficulty in breathing related to asthma, coughing, sneezing, red eyes, itchy eyes, watery eyes**, etc.

What could prompt the onset of such allergic symptoms? Allergies are caused by allergens, which is composed of proteins produced by cats or dogs in their saliva, fur or skin. When these come in contact with any part of the human body or in micro material such as dust or pollen in the air, a reaction will occur.

As pet lovers, we sometimes can't resist to pet or to be close to our furry friends, even if we are aware that we will have an allergic reaction because of this interaction.

Dog lovers or Cat lovers must be prepared for the worst case scenario, especially when it comes to allergies, in order to prevent it or survive a bad allergic attack.

One obvious solution is to stay away from a dog or a cat that can cause such allergies. There are dog breeds that are less likely to cause an allergic reaction such as **Poodle, Bichon-Frise, Portuguese Water Dog, Maltese, Chinese Crested, Shih Tzu, Schnauzer, Most Terries**, as they are among the hypoallergenic breeds which rarely cause allergies. It is probably safer to choose a pet from

one of these breeds or to live with any one of these as a pet.

As for hypoallergenic cats, you can choose from **Sphynx, Balinese, Russian Blue, Devon Rex, Bengal Cat, Javanese Cat, Siamese and Burmese**. These breeds are relatively safe for those with allergies, but of course, one must always be prepared regardless of what breed of pet you have in your house.

It is therefore important to have allergy medicine on hand, such as anti-allergy spray, or anti-asthma or nasal spray, or an ointment or maybe a vaccine, to prevent an allergic reaction.

In addition, if you live with a dog or a cat, you need to clean them by brushing their fur every day, grooming them every month, and cleaning your

environment, as these can reduce dust, fur, and dandruff from becoming airborne.

Can allergies be cured? Allergies can't be cured, but symptoms can be controlled so people must be aware of how they can stay on top of the situation. It would be wise to inform your personal physician that you are allergic to cats or dogs, and s/he can prescribe you with medication that you can bring with you everywhere you go especially when you plan to be in a place with a cat or a dog.

In conclusion, it is vital to always be aware and take allergy medication with you, especially if you plan to go to places such as: Pet café, travelling with pet, going to pet community, or when travelling with your cat or dog away from home etc. 🐾



**DISCLAIMER:** This article is not written by an expert, just by a pet lover who lives around pets and would like to inform people who might be allergic to these furry friends. Information for this article was sourced from various articles, by reading and/or discussion, and we apologize for any discrepancies.



# NOT ON MY WATCH

**N**owadays, going on vacation and bringing your pet along has become more popular than ever as the number of pet-friendly cafés, parks and accommodations have increased. It would be ideal if you get to spend much-needed quality time with your family and pet during your vacation, but what do you do if your pet gets sick or gets injured while on holiday?

Before leaving for your vacation, it would be a good idea to visit and talk

to your vet, especially if your furbaby has medical problems. We hate to even think about it. Yet, it's part of our responsibility as PAWrents. Ask them about first aid that can help your pet if any unexpected illnesses occur. Illnesses or accidents that require a visit to the vet are hard and a bit complicated when you are far from home. A little research and education, as well as some level of decision-making, can go a long way toward protecting your pet's health and safety on the road.

A little preparation before leaving to go on a holiday, as well as a little advanced planning will surely save you a lot of stress. If you're not sure what to do if your pet suddenly becomes sick whilst on holiday, read the few tips below.

## KNOW YOUR PET'S CONDITION

Before going on vacation, you need to make sure that your four legged friends are in excellent health. Don't forget to pack your pet's medical records and bring them with you.

PHOTO: FREEPIK





## HAS YOUR PET FALLEN ILL WHILE ON VACATION? BEFORE YOU PANIC, FIND OUT THE THINGS YOU CAN DO FOR YOUR PET WHEN S/HE GETS SICK WHILE YOU'RE ON R&R. BY DRH. OLIVIA JOVITA

Scan your pet's medical records to a flash drive or save it on a phone. It's easier to pack and the attending veterinarian will be able to access all the information they will need to assess your pet's condition.

### PREPARE A PET FIRST AID KIT

As some injuries happen so suddenly, it would be wise to take a pet first aid kit with you, whether you purchase one or assemble it yourself. There are a lot of drugstores that sell first aid kits for humans; the items included in these would be similar to what you would need to pack for your pet. For pets that have medical problems, talk to your vet about proper dosages for common medications your pet might need to take.

- 🐾 Adhesive tape for securing bandages
  - 🐾 K-Y Jelly to protect wounds, eyes
  - 🐾 Activated charcoal to absorb poison
  - 🐾 Saline solution for cleaning wounds
- Some other useful items would be: water for hydration, antihistamines for allergic reactions and chemical cold packs to reduce swelling.

### HOW TO KNOW AND TREAT ILLNESS

If your pet becomes ill, you will need to decide if the illness is minor and can be treated with the first aid kit you have or some of the medicines you have prepared, or is it a serious problem that requires medical assistance.



A little research and education, as well as some level of decision-making, can go a long way toward protecting your pet's health and safety on the road.

These are examples of what should be in your basic pet first aid kit from the *American Veterinary Medical Association (AVMA)*:

- 🐾 Digital fever thermometer for taking your pet's temperature
- 🐾 Muzzle to prevent bites
- 🐾 Spare leash and collar
- 🐾 Gauze roll
- 🐾 Clean towels for restraining, cleaning or padding
- 🐾 Non-stick bandage to control bleeding or protect wounds
- 🐾 Non-stick tape for bandages





The most important thing you can do for yourself as well as your pet is to plan ahead. The time and effort you put into planning will pay off in the event that your pet becomes ill or injured while you're on holiday.

Get familiar with your pet's healthy vital signs, know when your pet is overheated or not feeling well. Knowing baseline vital signs including pulse and body temperature can help you detect health issues.

Some minor illnesses that you can treat by yourself include a possible diet change or injury from activities. It is possible that your pet's gastrointestinal tract can get irritated, resulting in vomiting or diarrhea. If diarrhea occurs, use medications recommended by your vet. For vomiting, if it's just a couple of episodes of vomiting, you can withhold food and water for about six hours to stop nausea.

The activities you and your pet engage in while on vacation can also increase the risk of injury. If you see your pet suddenly limping and you are not aware of the reason, try keeping him/her quiet and limit his/her activity. If your vet recommended a specific medication for soreness or mild pain, use this medication.

If the symptoms seem to be getting worse and your pet is experiencing a lot of pain, do not attempt to treat your pet by yourself, seek medical attention immediately.

### RESEARCH LOCATION OF EMERGENCY CLINIC OR VETERINARIAN

When you're traveling, you'll need to do a little research about the area's veterinary hospitals. If for some reason you can't attend to your pet all by yourself and need medical guidance,



you will need to seek out a veterinarian in the area. Although your pet will be unfamiliar with the clinic and/or vet, don't let that keep you from seeking medical care. The vet will be fully capable of diagnosing, treating and alleviating the illness and pain of your furry friend.

The most important thing you can do for yourself as well as your pet is to plan ahead. The time and effort you put into planning will pay off in the event that your pet becomes ill or injured while you're on holiday. Hopefully, none of these preparations will be necessary. But if your pet

does become ill or injured, you must decide if the pet needs emergency assistance or urgent care. If you are not sure what to do, call your regular vet for medical advice.

Aside from being on top of your furbaby's medical needs, you will need to ensure that your pet is as comfortable and happy as possible. Keep them hydrated and cool. When you return home, keep an eye on your pet for the following week so that you can notice if there's any changes in his/her behavior. While at home or on vacation, it always pays to be a vigilant PAWrent. 🐾



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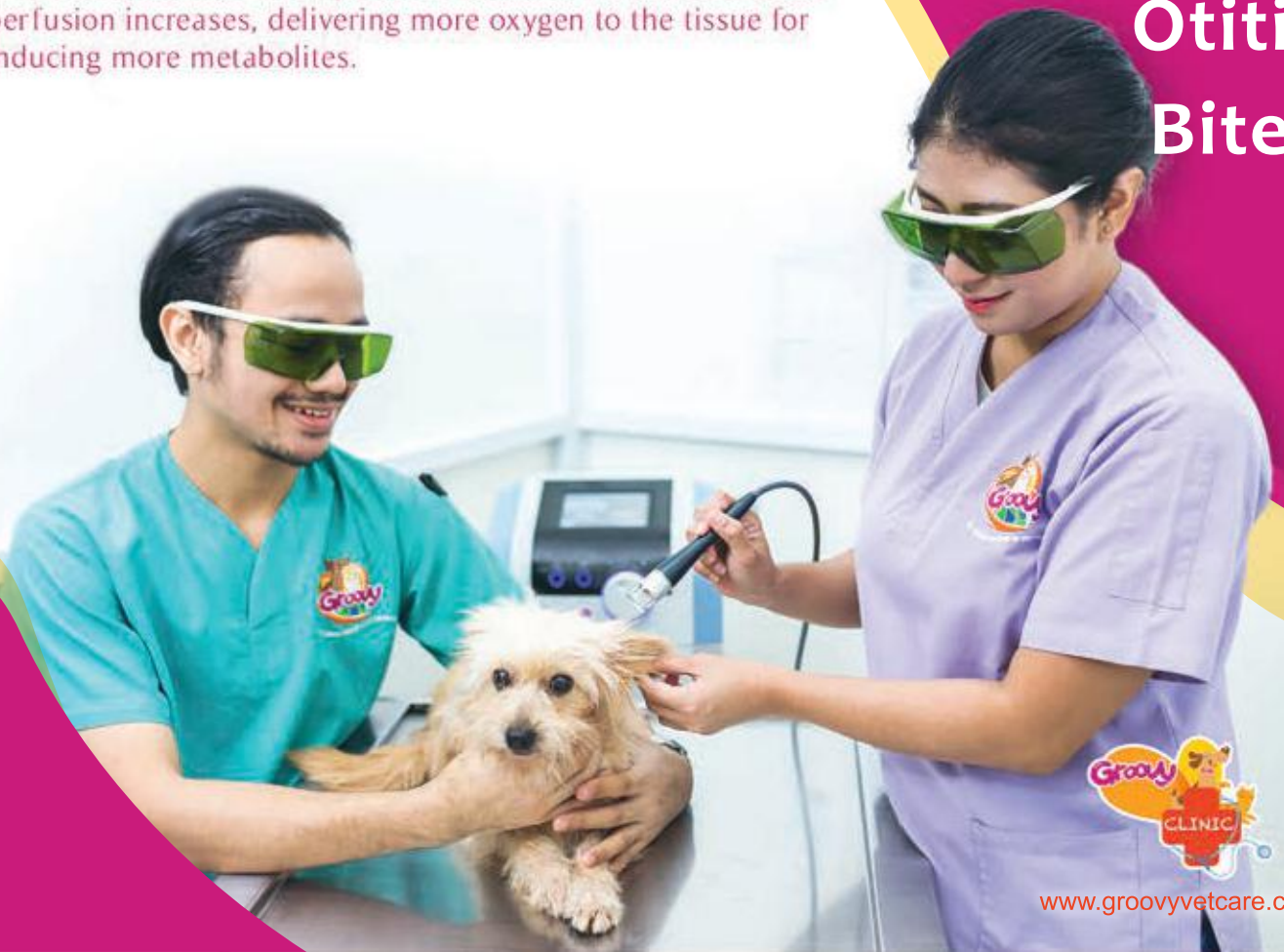
**Neuropathy**

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**Wounds**

**Otitis**

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# EVER READY

IF YOU'RE SOMEONE WHO TAKES YOUR PET EVERYWHERE WITH YOU, YOU WILL NEED TO ENSURE THE SAFETY AND WELL-BEING OF YOUR PET AT ALL TIMES. TO BE READY FOR ANY INJURY OR ILLNESS, HERE ARE EIGHT ESSENTIAL ITEMS THAT YOU SHOULD HAVE IN YOUR PET FIRST AID KIT. BY DRH. RETNO WINDRADINI

**D**o you have all the essentials for your PAWkids in case of an injury? Emergencies can happen unexpectedly, that's why it's always best to be prepared. Having a first aid kit specifically designed for your pets is a serious long-term investment. You will only need a minuscule amount of your time to assemble a pet first aid kit. If you're serious in your time management, some veterinarians also provide ready-to-use pet first aid kits to save you time from having to make your own. But as a PAWrent, it would also be a good idea to understand the basics behind a first aid kit in case

you decide to have your own kit. We've put together a checklist to help you assemble your own pet first aid kit. You can find most of the items on the list at your local veterinarian, pet shop, pharmacy, or even online.

## What to include in your DIY Pet First Aid Kit

According to **Groovy Vetcare clinic's** veterinarians, it is possible to purchase ready-to-use pet first aid kits, but they are still rather limited in amount and hard to find in Jakarta. This kit is usually sold online, and rarely offline, and is more common in other countries, as the awareness for

the need for pet first aid kits in Jakarta is still quite low.

The basics are the same for any kind of pet. Although, several items will differ in size depending on the size of your pet. For example, a Great Dane dog will need a bigger sized bandage than a Chihuahua dog. You also need to adjust some essentials to fit your pet's special needs. Your pet's age and lifestyle can also influence what will be needed in their kit. Having a customized pet first aid kit to cater to the needs of your PAWkids is the best way to make sure you are well prepared to face an emergency. But all in all, know-

PHOTO: FREEPIK





ing and understanding the basic first aid kit equipment is the first step.

Are you ready? Here are eight essential items you might want to start with when assembling a first aid kit for your four-legged friends:

### **1 Paperwork: Emergency Treatment Guide, Vaccination Book, Medical Records, and Emergency Addresses and Phone Numbers**

Make sure to compile all the information above in a compact book to make it easier to carry. This is the first step, and one of the most important parts of a pet first aid kit, whether you're visiting the clinic or planning to treat your pet by yourself. In a critical emergency, you will need all of your pet's information in one place. This will help you and your pet tremendously as critical condition calls for swift action.

If you're located far away from the nearest vet and your pet is in serious condition, you'll need to give first aid treatment to your pet by yourself. Since realistically, emergency conditions often make us forgetful, you can make sure that your kit contains an emergency treatment guide, emergency numbers, and also clinic addresses to ease the process.

Medical and vaccination records are also important. When you go to the clinic, the vet will be able to provide better care if they know your pet's medical history without you needing to explain too much.

### **2 Tweezers, Scissors, Gauze, Bandage & Disposable Gloves**

These may be more than one item, but they all fall in one section in my

opinion, as you need to use them together to close the wound and such. In an emergency, you can use gauze to stop the bleeding, make an emergency muzzle, use it as a rope, let it act as a temporary brace for fractures, and padding for splints. Tweezers are very important if you spend much of your time outdoors. It is used to remove foreign materials from wounds and even ticks and leeches. Then lastly, bandages can be used to completely close the wound to hold the gauze in place. Remember to always wear gloves while doing treatments to protect yourself.

### **3 Sterile Saline Solution**

Irritation here and there is common when you bring your pooch outdoors. Before giving ointments and gauze over the wound, it is necessary to clean the wound first, and you can use sterile saline to do this. Do not use tap water as this will increase the risk of infection. Sterile saline solution is also safe to use for the eyes.

### **4 Antibiotic Ointment**

After cleaning the wound, it's important to apply ointment to help prevent infection, relieve pain, and act as a barrier from bacteria and germs. Make sure you choose the right type of ointment to treat the wound.

### **5 Pocket Thermometer and Flashlight**

A rectal thermometer is an important addition to this kit, just in case your pet is weak and feels strangely cold or warm. Knowing your pet's temperature can help the veterinarian. If you're in a dark setting, you will need a flashlight to ensure the precision of your treatment procedure. But you can also use your phone's flashlight as a substitute.

### **6 A Towel or Blanket**

A blanket or towel can help you and your pet tremendously. If your pet is injured or panicking, you can calm them by gently wrapping them in a soft fluffy blanket. This item can also offer a soft surface area when you do first aid treatment and even dry your pet in case s/he is wet.

### **7 Special Medication**

This could be anything, tailored according to your pet's special condition. You will need to consult your favorite veterinarian about what special or prescribed medication you will need to carry inside this kit when you go traveling. For example, flea and tick meds, antacids, pain reliever, or even any approved sedatives for traveling.

### **8 Treats and Comfort Items**

And finally, this is the best part about the kit. To an animal, an emergency situation is usually traumatizing, and because this is so, it will certainly be nice to have your pet's favorite blanket, bone, or doll to soothe him/her. And after the treatment is finished, you can pat his/her head and give a small treat to let them know s/he behaved well. Treats and comfort items can also serve as a distraction to your pet so the treatment goes smoothly.

Despite having your pet first aid kit in place, you must always remember that treating your pet with a first aid kit must be followed by immediate veterinary care, especially in the event of a serious injury. Call the national emergency number or your local veterinarian immediately so your pet can receive veterinary treatment as soon as possible. 🐾



# The Unexpected Decision

BEING A VET WAS NOT SOMETHING DRH. LIA WAHYU EKANINGSIH PLANNED. BUT IT IS A PROFESSION SHE HAS LEARNED TO LOVE. BY GABRIEL WINOTO



drh. Lia Wahyu Ekaningsih

One of the most experienced veterinarians in **Groovy**, drh. Lia has worked with the **Groovy Vetcare Clinic** team for about 13 years. Initially scared of dogs and unfamiliar with interacting with animals, drh. Lia's work with **Groovy** shows that furry animals can definitely change anyone's life for the better.

Handling the dog of a friend in college served as the first step to overcoming her fear of dogs, which began after she got chased by one as a kid. With no experience of having a pet of her own or even a family pet, drh. Lia had no choice but to be exposed to animals when she went into the veterinary field, and she gradually became used to interacting and working with

animals on a daily basis. As time went by, and with the help of her community and social circle, her love for animals grew and she now considers them a part of her life. "I used to be afraid of dogs and felt lost when I entered veterinary medicine. But the experience has changed my life for the better," she confesses. Similarly, working as a veterinarian has allowed her to welcome animals into her home, beginning with an adopted cat named Abidot. Unfortunately, Abidot escaped from home and never came back, but in 2014, drh. Lia adopted another cat, a three-month-old kitten named Della who used to be called Odel.

One of her most memorable moments as a vet was when she worked with

the **Groovy team** for the pets of the Chevron Corporation employees. Since finding a good veterinarian in Rumbai and Duri was quite hard at the time, the **Groovy team** visited them every six months to take care of their pets. From annual check-ups to desexing procedures, the team did everything onsite by changing their camp into a clinic.

Drh. Lia is now living her best life as a veterinarian while also taking care of her family and her lovely cat Odel. For her, having a pet is also taking the responsibility to take care of the animal for the entire duration of its life. She hopes that every person that adopts a pet will always provide the best for them, comfort them, and take care of their health properly. 🐾

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