

The Parrot Press

Spring Issue



Upcoming Event:

Join us on July 23rd for our 2nd annual picnic from 2pm-6pm

Don't miss out on this year's Picnic with the Parrots! We had such a great turnout last year that we decided to make this an annual event. We will have tons of fun! There will be food, a raffle, a baby goat pen; back by popular demand, and we're bringing in a karaoke machine!

Bring your appetite, and brush up on your best karaoke songs, and come join us for an afternoon full of fun! Bonus points for dressing in your best tropical getup. The winner will receive a PHR themed prize!

Tickets are on sale now! Please call or text Tammi at 330-931-7736 to purchase. Tickets are \$30/adult and \$15/child 12 and under.

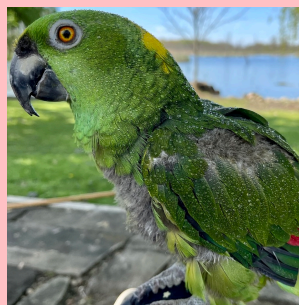
We can't wait to see you there!

Adoptables If interested, please send a message through the website; available birds change on a regular basis.

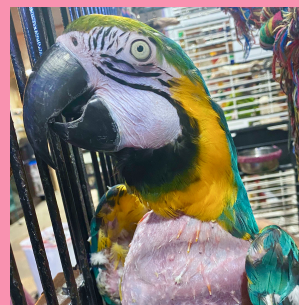
SYDNEY & SEBASTIAN COCKATIELS



POOH - AMAZON



NIKO - BLUE & GOLD



Education Seminar

Join us Saturday
June 25th at 10am.
The topic is Basic
Parrot Care. *Must
call to reserve a spot.



Barrel Run

Saturday, June 25th
from 2-6pm.
Live music, hot dogs,
wine, & a raffle
drawing!



Fins to the Left

River Rock at the
Amp
Friday, July 1st at
5pm.
Jimmy Buffett
Tribute Band!

WHAT TO LOOK FOR IN A RESCUE/SANCTUARY

Parrot Hope Rescue's mission is dedicated to the well-being of companion parrots through rescue, education, and permanent home placement. That being said, the importance of researching where your bird (or any animal) goes if they are being boarded or surrendered cannot be overstated. Listed below are what to look for, and red flags when evaluating a rescue:



What to look for:

- Proper documentation of nonprofit status
- Experience, knowledge, professionalism, and compassion
- High standards for what constitutes a safe and clean environment
- Proper caging, diet, and mental stimulation
- Available avian veterinary attention and resources for medical needs
- Ongoing support and education from the rescue team
- Accommodating of visitor requests to tour the site and see where the animals reside



Red Flags: (If most or all of these questions are left unanswered or are responded to with some sort of “no”, please, for the love of animals, consider finding a new place to surrender or board your pet.)

- Can you physically see the facility and the animals housed there? Can you visit and engage with staff and volunteers on a regular basis?
 - How are the animals housed? Do they look well cared for? Do they have appropriate living quarters? Is it clean? Is fresh food and water provided to all of the animals on a daily basis? Does it look too crowded?
- Is the organization transparent with how they operate?
 - Can you ask questions? Are they responsive to phone calls and e-mail inquiries?
 - Do staff and volunteers willingly share information and answer questions, or do they seem pressed for time? Are they knowledgeable?
 - Trust your gut! Does the rescue team present themselves in a manner consistent with high standards of animal welfare or do they seem sketchy?
- Is the rescue or sanctuary well staffed?
 - Consider how much work it takes for you personally to take care of your animal(s). Do you think that the team can realistically meet the needs of all the animals entrusted to their care?
 - Are foster homes utilized?
- Is ongoing support offered and available?
 - Educational classes, behavioral consultations, resources if help is needed beyond what the rescue can provide. Can you reach out to them for help post-adoption?
- Is there community outreach/involvement?
 - Do they engage with the greater community to promote awareness or do they keep to themselves?
 - Is their social media presence an actual reflection of who they are?
- What is their succession plan?
 - Who will take over the leadership role if necessary? What will happen to the animals?
- Do they fundraise? Do monetary donations go directly towards caring for the animals?
- Is avian veterinary care utilized?
- What is their adoption process? What is their surrender process?

Parrot Hope Rescue believes that companion parrots belong in a home environment. We do not subscribe to the thinking that multiple birds should be placed in one cage, no matter how large, and expected to get along and live out their lives. Each parrot who comes into the rescue is fostered in a volunteer's home, or fostered at the rescue, until they are placed with an adoptive family where they will be cared for as beloved pets. Post-adoption, we offer continuous support with the goal of a successful permanent home placement for every parrot. We take in up to 200 birds a year. Where would all of those parrots have enough space to live and thrive if they were not adopted into families as pets? Our model is centered around the belief that every one of these living creatures is a unique individual deserving of a loving home and family.



Volunteer Spotlight

This mother-daughter duo, Jeannie and Jordan, have been heavily volunteering for Parrot Hope Rescue for 3 years. Jeannie has helped on multiple surrender pick ups, and the two of them are always available to assist at open houses in the adoption aviary and the bird fairs in Medina and Pennsylvania. These two are very appreciated in the rescue, as they foster birds on a regular basis. Jordan has a list of how many parrots they have fostered, and she has a count of 125 fosters just in the 3 years! Parrot Hope is thankful for all that Jeannie and Jordan do for the rescue.

"Jordan and I volunteer because it's something positive we can do as mother and daughter. We enjoy the time together when doing a rescue, like the long drives and the time we get to know the birds we pick up." - Jeannie

We asked a few questions to get to know them a little more:

- Tell us about your flock.
 "We own about 16 of our own birds which include a macaw, Indian ringneck, cockatoo, African grey, Quaker, Amazon, cockatiel, conure, parakeets, doves, and lovebirds. We also have 6 open cages for foster birds."
 - Jordan
- Share a fact that would surprise us about you.
 "I've been volunteering since 2019 and I'm now 16."
 - Jordan
- What brought you to PHR?
 "My first bird passed away and we felt alone so we adopted 2 lovebirds and an African grey and decided we wanted to help more birds out."
 - Jordan
- Best memory of volunteering with PHR?
 "My favorite memory is getting my Amazon, Ike, and being told he was the most aggressive bird ever. He turned out to be a sweetheart and I adopted him."
 - Jordan
 "Hearing my grey, Bogie, talk for the first time!" - Jeannie

PARROT HOPE RESCUE IN THE COMMUNITY

A few weeks ago, PHR had the awesome opportunity to join Nordonia High School at their after prom! Can you guess the theme?

The theme was The Caribbeans! How can you not have parrots with a theme like that?!

Some of our volunteers took their birds to the event for photo ops and everyone had a blast! Students and teachers were able to hold and look at the parrots, and ask any questions they may have had.





RESCUE OF THE QUARTER CHIP, THE BLUE-FRONTED AMAZON

By Dani Castle



How do you create a living space for a bird who cannot climb or perch normally? How can a cage satisfy the need for space but also be fully accessible and safe? How can you provide enrichment items that don't require the use of feet or climbing? How can you help a bird with splayed legs and partial blindness feel more confident? These were all important questions when the Parrot Hope team met Chip, a 28-year-old blue-fronted Amazon surrender. He turned out to be quite remarkable.

Despite his physical disabilities, Chip demonstrated a desire for companionship and an eagerness to move forward with life's next adventure. After living with a foster family for under a month, Chip found his forever home with us and the adventure certainly didn't stop there!

After weeks of research, we 'landed' on a multi-level cage fitted with ramps and flat perches with large and flat dowel perches near the ground levels. He can access ALL levels of his cage and is able to climb on top of by himself! We battled his being underweight, bacterial infections, vitamin deficiencies, and low phosphorus levels, and through it all Chip has maintained a calm, trusting nature. He seems to brighten more every day and reveal more layers of his unique personality!

We adopted Chip with the philosophy of 'let him tell us what he wants' and ran with it. We would sit for hours and watch how he would move, what he would do, where he liked to perch, what types of perches, what toys/textures/sounds he enjoyed, and curated a space uniquely fit for him. Chip, just like any bird, deserves stimulation and has taken to target training despite his lack of mobility and being blind in one eye! He has proven time and time again that he has a great will to not only live, but thrive. He has blossomed into an extremely affectionate bird asking everyone he meets to pet him by bending his neck down and grabbing onto something with his beak for stability. Chip has shown an inspiring resilience and we are honored to share his story. Like any animal, above all else, he needs to be respected, understood, and heard!



COOKING WITH KIWI

In this issue, Kiwi's chop is designed to help convert a picky eater to learn how to enjoy a fresh, high quality, healthy diet. Kiwi and the volunteers at PHR want to remind you again and again; don't give up when trying to transition a bird from a seed or pellet diet! Be persistent, offer a variety of foods everyday chopped into different sizes. Let your bird see you eat and enjoy it. Birds are social creatures who learn from others in their "flock". Make sure you refresh the chop regularly and be mindful of spoilage!



So, what is in Kiwi's chop?

(Great info about the ingredients on the next page!)

- | | | | |
|--------------------|------------------------|----------------|-----------------|
| ☆ Swiss Chard | ☆ Beets | ☆ Quinoa | ☆ Walnuts |
| ☆ Dandelion Greens | ☆ Carrot | ☆ Hemp | ☆ Garbanzo Bean |
| ☆ Kale | ☆ Zucchini (courgetti) | ☆ Bulgar wheat | Pasta |
| ☆ Broccoli | ☆ Sweet Potato | ☆ Pine nuts | ☆ Lentil Pasta |
| | | | ☆ Blueberries |

At kiwi's house we mix up a large batch of the ingredients and store in a Rubbermaid container in the fridge to last the busy workweek.

Kiwi lives with a picky eater - once the veggies are assembled they are tossed in $\frac{1}{4}$ cup quinoa, and $\frac{1}{4}$ cup bulgur wheat. These two ingredients help encourage picky eaters to try other foods due to their nutty flavor and shape.

The chop is then topped with a few walnut pieces and pine nuts to encourage picky eaters as well. Once your bird is enjoying a fresh diet these nuts should be hidden in the chop so the parrot can forage.

Everything in this chop is safe for human consumption! Try eating the chop with your bird, and they might try to take some from you if it looks so delicious!

Enjoy!

COOKING WITH KIWI CONT...

(NUTRITIONAL FACTS)

Swiss Chard: adds color to your chop. Great source of vitamin A, B2, C, E, K, iron, magnesium, potassium, calcium, copper, and manganese

Dandelion Greens: great source of vitamin A, B6, C, calcium, iron, potassium, folate, and phosphorus

Kale: great source of calcium, magnesium, phosphorus, potassium, vitamin A, B6, C, E, K, folic acid, iodine, manganese

Broccoli: high in fiber; helpful in maintaining healthy microbiota. Great source of vitamin A, B3, B5, B6, C, K, folic acid, potassium, phosphorus, high in protein, manganese, calcium, iron, magnesium

Beets: golden and red (be aware, red will change color of stool). High in fiber for a healthy microbiome, vitamin C, folate, manganese, potassium, calcium, copper, magnesium, iron

Carrot: purple and orange. High in vitamin A (an essential nutrient for birds' immune system, kidneys, skin and feathers), C, K, potassium, calcium, magnesium, beta-carotene

Zucchini (courgetti): potassium, manganese, riboflavin vitamin A, B6, C

Sweet Potato: high in vitamin A. Can be fed raw, but, nutrients are more bioavailable if steamed or cooked (**Never** feed your birds uncooked yams)

Quinoa: high in calcium, protein, and phosphorous. Good to help convert a parrot on a seed diet

Hemp seeds: good source of protein, calcium, iron, potassium, omega 3, and omega 6

Bulgar wheat: phosphorous, potassium and calcium. Good to help convert a parrot from a seed diet

Pine nuts: vitamins B1, B2, B3, K, manganese, magnesium, copper, iron, phosphorous, (small quantities)

Walnuts: folic acid, phosphorus, vitamin B6, omega 3's (no more than 2 nuts)

Blueberries: fiber, vitamin B6, C, E, K, thiamine, riboflavin, copper. High in antioxidants, alleviate inflammation, supports digestion