

ALONE AT HOME PET SERVICES

“Humans would be better off if they tried to be more like dogs!”

April 2026

Celebrate National Therapy Animal Day!



April 30th **recognizes** and **celebrates** the exceptional dogs - and other animals - working to improve health and well-being, while also offering comfort through the incredible animal-human bond.

Over 10 years ago, an American non-profit, Pet Partners, created **National Animal Therapy Day** to recognize, educate and raise public awareness about the incredible impact of animal-assisted therapy, including lowering blood pressure, improving mood, helping struggling readers gain proficiency and more!

Therapy Animals: A Chosen Few

Although the need is great for these specially trained dogs/animals, not every dog will be certified as a Therapy Dog. This is because a true Therapy Dog **must**:

- Have the right temperament.
- Be well-trained with basic obedience and Therapy Dog Training.
- Love people.
- Be well-socialized.
- Be calm and gentle.
- Be able to ignore **all** distractions.
- Sit or stand quietly or jump up on the bed when working.
- Be completely comfortable in different situations with different kinds of people, medical equipment, and objects like wheelchairs, canes, and walkers without fear or aggression.

Therapy Animals: Where They Help

The need and access for Therapy Animals have increased over time and now include locations such as:

- Hospitals, nursing facilities, rehabilitation, and hospice care.
- Veterans' groups and senior centers.
- School and library programs with children.
- College campuses.
- Retirement and memory care facilities.
- Psychiatric facilities.
- Assisted living facilities.
- Police and fire stations, airports, courtrooms, and crisis centers.

NOTE: Therapy Dogs or animals are **not** legally recognized as Service Dogs and do **not** enjoy the same protections from the federal Americans with Disabilities Act (ADA).

Your Dog's Behavior and Beyond



The Power of Choice for Your Dog.

Imagine for a moment if every aspect of your daily life was **decided for you**, what you eat, when you can leave the house and who you could interact with (or not!)

Now, imagine how your dog feels when every choice is dictated day-after-day.

Structured choices, aka choice-based training can lead to a happier, more confident and emotionally balanced pup. **Research has shown that animals thrive when given choices!**

Learn how to **REDUCE** your dog's anxiety simply by giving them choices!

Alone at Home Pet Services

*CPR/First Aid Certified, Background Checks
Licensed, Bonded and Insured for
Your Total Peace of Mind!*

NEW CLIENT OFFER:

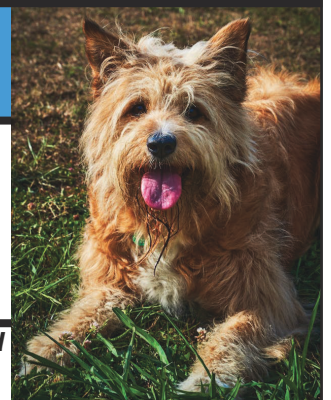
15% off mid-day walks
Minimum: 4 days/week

PLEASE NOTE:

Interview/Meet & Greet
is a **MUST**.

(Must Present this Coupon
at the Meet & Greet for Offer.)

**Compassionate & Experienced
Pet Sitting & Dog Walking
Since 1997!**



Disclaimer: This information does not constitute professional veterinary advice. Always work with your regular licensed vet for your dog, their medical history, overall condition, age and breed.

Click Here to Visit AloneAtHomePetServices.com

Email: TammyMcMahan@AloneAtHomePetServices.com or Call: 727-395-0051

Certified Veterinary Technician & Certified Professional Pet Sitter

Dr. Becker's Ultimate Relief ITCHY Paw Soak



DIY Allergen-Removing Paw Soak

As allergy season approaches, one of the most common complaints is itchy, irritated paws. If your pet is constantly licking, chewing, or scratching their paws, it could be a sign of **seasonal allergies**.

The key to keeping your pet's paws comfortable is addressing the issue early.

Help **soothe** those itchy paws and **prevent** the discomfort **before** it starts with this simple, natural solution from Dr. Karen Becker. By **proactively** soothing those paws, you'll prevent the discomfort of allergy season and reduce the need for harsh medications like steroids.

Allergen-Removing Paw Soak

Add to one gallon of simmering water:
 >12 stinging nettle tea bags.
 > 6 green tea bags; and
 > 6 peppermint tea bags.

Turn off heat and let cool. Once cool, remove tea bags.

Optional: Add 20 drops of pure lavender oil.
 Store in refrigerator for up to 3 days.

Natural ingredients like green tea, stinging nettle, and peppermint tea all contain **anti-inflammatory** and **allergy-fighting properties**. These herbs are known for reducing allergy and inflammation symptoms. When applied to your pet's paws, they can help calm itchy skin and prevent further irritation from licking or scratching.

Also, keep your pet's immune system strong during allergy season!

Source: [Instagram.com](https://www.instagram.com)

K9 Body Language 101: A Confident Dog

This month, we're going to change our focus and talk about what a **confident and calm dog** looks like!

A confident and calm dog should be every dog parent's **and** dog professional's ultimate goal. **A confident dog is balanced, relaxed, and happy!**

Five physical signs of a confident dog:

- Their eyes and eyelids are relaxed.
- Their ears are relaxed.
- Their body posture is relaxed.
- Their mouth is open with a "smile."
- Their tail is wagging high or in a neutral position.

Also, a confident and calm dog will:

- Love to play and invite you to play with a happy play bow!
- Lean into you.
- Show their belly and tongue.
- Always be ready for a walk, game or car ride!
- Have a good appetite.
- Be happy and excited to see you!

Courtesy: Goochie Poochie Grooming



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Certified Veterinary Technician & Certified Professional Pet Sitter



Dog Supplements: STOP Guessing - Check this First!

If you work with dogs professionally, you've likely heard this question from your clients, "**what supplement(s) should I try for my dog for their ...**"

- Digestive issues.
- Anxiety.
- Skin irritation.
- Joint discomfort.

Or maybe you asked the same thing about **your dog!**

Unfortunately, recommending supplements can quickly turn into a guessing game, **even** for dog professionals! This is because:

What works well for one dog may not support another!

Some practitioners explore body-feedback tools such as:

- Muscle testing.
- Sway testing; and
- Pendulums or intuitive sensing.

But tools alone aren't the solution!

Most people already have a tool. What they are missing is **a method to verify decisions**.

The Simple Health Test™

This simple method provides a structured way to verify how the body is responding to:

- What appears supportive.
- What may interfere; and
- What combinations work best

before adding or recommending supplements, foods, products, or protocols.

PLEASE NOTE: The Simple Health Test does not replace veterinary care!
 It simply helps to reduce guessing.



Founder, Jennell Cook, testing Zoey with the Simple Health Test.

Watch this quick video showing how Jennell checked Zoey's treats so you can too!