

WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!



EXERCISING MORE THAN JUST PAWS!

July is here — and while summer fun is in full swing, it's also a great time to check in on how your pet is feeling mentally. Just like us, pets can get bored, especially when hot weather limits outdoor time. That's why this month, we're focusing on pet enrichment — small ways to keep their minds active and tails wagging!

Keep Your Pet Mentally Engaged This Summer

Enrichment isn't just for puppies and kittens — pets of all ages benefit from mental stimulation! Here are a few of our favorite ideas:

- **Puzzle toys & treat games:** Great for rainy days or quiet afternoons.
- **Frozen snacks:** Try stuffing a Kong with peanut butter and banana or freezing broth with a few treats for a cool, tasty challenge.
- **Scavenger hunts:** Hide small treats around the house and let your pet sniff them out.
- **New experiences:** A different walking route or even a new toy can break the routine and keep things exciting.

Need help picking the right toys or treats? We're always happy to offer suggestions based on your pet's age and needs!

Patient Spotlight

MEET ARCHER

Archer was one of our superstar pups in the May Walk Challenge — and he wasn't alone! With help from his energetic sisters, they all teamed up to help their mom take home the prize! Their boundless energy and enthusiasm made every step a celebration. We loved seeing their adorable photos and cheering them on throughout the challenge!

Big thanks to Archer and his sisters for being such motivated motivators — here's to many more walks and wagging tails ahead!





Paws, Pounces, and Puzzles:

A Smarter Summer for Cats

Cats may nap like pros, but they need mental stimulation too — especially indoor kitties! Enrichment helps prevent boredom, reduce stress, and encourage natural behaviors like hunting, climbing, and exploring. Here are a few simple ways to keep your cat engaged this summer:

- **Window Watching:** Set up a cozy perch with a view, or add a bird feeder outside to create instant “cat TV.”
- **Interactive Toys:** Wand toys, laser pointers, and feather chasers tap into their hunting instincts and encourage daily movement.
- **Puzzle Feeders:** Make mealtime more interesting with food-dispensing toys or even a DIY egg carton puzzle.
- **Toy Rotation & Treat Hunts:** Hide treats in paper bags or new spots to spark curiosity and mimic stalking behavior.
- **Vertical Space:** Cat trees, shelves, or window hammocks help them climb, perch, and survey their “kingdom.”

Even just 10 minutes of enrichment a day can make a big difference! Not sure where to start? We’re happy to help you choose the best options for your feline friend.

Happy Birthday Maplewood!

We’re thrilled to be celebrating our clinic’s **5th** birthday! It’s been an incredible journey, and we’re deeply thankful to all of our amazing clients and their beloved pets who have been with us along the way. Your continued trust and support mean the world to our team.

Over the past five years, we’ve grown, learned, and built lasting relationships within our community — and we’re just getting started.

As we look ahead, we’re excited about the future and committed to continued growth, innovation, and providing the highest level of care for every patient who walks through our doors.

Thank you for being a part of our story. Here’s to the next chapter!



Hot Take

FROM DR. MATT

Boredom is a behavior problem waiting to happen. Chewed shoes? Midnight zoomies? Sudden scratching or barking? Your pet might not be “acting out” — they might just be bored. Mental enrichment is one of the easiest ways to prevent unwanted behavior and help your pet burn off that extra energy in a positive, healthy way.

Keep Your Pets Calm & Protected

4TH OF JULY PET SAFETY TIPS

The 4th of July is a time for celebration, but loud fireworks and summer festivities can be stressful — or even dangerous — for our pets. Here's how to keep your dogs and cats safe and calm during the holiday:

For Dogs:

- Create a safe space: Set up a quiet, cozy area indoors where your dog can retreat during fireworks.
- Keep collars and tags on: Make sure your dog's ID is up to date in case they get scared and slip out.
- Avoid outdoor exposure: Don't take your dog outside during fireworks — even a fenced yard isn't always safe.
- Provide distractions: Toys, puzzle feeders, or soothing music can help keep your dog's mind off the noise.
- Consider calming aids: If your dog is very anxious, ask us about safe calming products or techniques.

For Cats:

- Keep cats indoors: Don't let cats outside during fireworks — they can easily get lost or injured.
- Safe hiding spots: Provide boxes, closets, or quiet rooms where your cat can feel secure.
- Maintain routine: Keep feeding and playtime on schedule to provide comfort and normalcy.
- Close windows and curtains: Reduce noise and flashes of light to help keep your cat calm.
- Use pheromone diffusers: Products like Feliway can create a calming environment for your feline friends.

General Tips:

- Never leave pets unattended outdoors during fireworks.
- Keep all party food, especially toxic foods like chocolate or alcohol, well out of reach.
- Watch for signs of stress: panting, pacing, hiding, drooling, or trembling — and contact us if you're concerned.

Have a happy and safe Independence Day from all of us at Maplewood Veterinary Clinic!

WALK CHALLENGE WRAP-UP

A huge THANK YOU to everyone who participated in our Summer Walk Challenge! We had such a great time seeing all the photos and hearing about your outdoor adventures. Whether you walked a few miles or dozens, your energy and dedication inspired us!

Special shoutout to our top two walkers Amanda and Sara — you went the extra mile (literally)! Your prizes are waiting, and we hope they make future walks even more fun!



HERE'S TO HAPPY, HEALTHY, SAFE PETS! 🐾

Need tips on keeping your pet mentally stimulated, managing behavior, or preparing for 4th of July safety? Our team is here to support you! Call us at 563-888-5850 or click below to schedule your pet's mid-year wellness check.

[BOOK HERE!](#)