



Paws Inn Print

A Pets Are Inn® Publication

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Pets Are Inn® Guidelines and Policies

- Lodging and transportation rates are subject to change without notice.
- A deposit is required during peak season, for new clients and for existing clients with a new pet.
- Reservations are taken on a first come, first serve basis. It is to your advantage to book early.
- Pets (both cats and dogs) must be on a topical flea preventative to be administered prior to lodging. (Required during flea season; check the office when making your reservation.)
- Changes in reservations with less than three (3) business days notice will be assessed a \$10 administrative charge. This includes time restrictions. Changes and/or new reservations with less than 24-hour notice will be assessed a \$25 charge.
- Medication instructions must be in writing and meds are to be clearly identified. Instructions for the easiest method of administering are greatly appreciated.

Dog Study Sniffs Out Ways to Help Humans as They Age

Regular exercise, mental stimulation and a diet rich in antioxidants can help keep the brain sharp in older dogs—and perhaps do likewise in humans—according to a new study.

Researchers found that dogs ages 7 to 11 years performed better on cognitive tests and were more likely to learn new tasks when fed a diet fortified with fruits, vegetables and vitamins, got exercise at least twice a week and played with other dogs and stimulating toys.

Scientists at the University of California–Irvine and the University of Toronto conducted the study, done over two years. It was published in the January issue of the journal *Neurobiology of Aging*. “This research brings a note of optimism that there are things we can do that may significantly improve our cognitive health,” said Molly Wagster, program director for neuropsychology of aging at the National Institute of Aging, which sponsored the study. “While we have yet to demonstrate these benefits in people, research such as this gives us new ways to think about the aging

brain and what we can do to keep it intact.”

Dogs are useful models for human-brain aging because they have more complicated brain structures than many other animals and, like people, engage in complex thinking strategies. Like their masters, dogs are also susceptible to age-related declines in learning and memory, and can develop brain lesions similar to those seen in human Alzheimer’s disease.

“The combination of an antioxidant diet and lots of cognitive stimulation—which was almost the equivalent of going to school every day—really did improve brain function in these animals,” said Elizabeth Head, one of the researchers at the University of California–Irvine. “We’re excited about these findings because the interventions themselves are relatively simple and might be easily translated into clinical practice for people.

For the study, 42 older beagles were divided into four groups. One received

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Max’s Helpful Hint

Yes, I know I jump on our guests when they come over. I just get so excited. If you want to break me of this habit you can leave my leash on me and loop the leash under your foot. When I try to jump on our

guest you can maintain pressure and even tug on the leash so I cannot jump. Then of course they should lean down and pet me and tell me how wonderful I am while you maintain control of the leash.

Visit our website at: www.petsareinn.com

Help Wanted

A local business was looking for office help. They put a sign in the window saying:

HELP WANTED

- Must be a good typist and be good with a computer.
- Successful applicant must be bilingual.
- We are an Equal Opportunity Employer.

A short time later a lovely golden retriever dog trotted up to the window, saw the sign and went inside. He looked at the receptionist and wagged his tail, then walked over to the sign, looked at it, whined and pawed the air.

The receptionist called the office manager. He was surprised, to say the least, to see a canine applicant. However, the dog looked determined, so he led him into the office. Inside, the dog jumped up on a chair and stared at the manager expectantly.

The manager said, "I can't hire you. The sign says you must be able to type." The dog jumped down, went to the typewriter and proceeded to quickly type a perfect business letter. He took out the page and trotted over to the manager, gave it to him, then jumped back up on the chair.

The manager was stunned, but told the dog, "That was fantastic, but I'm sorry. The sign clearly says that whoever I hire has to be good with a computer."

The dog jumped down again, went to the computer and proceeded to demonstrate his expertise with various programs, produced a sample spreadsheet and database, and

then presented them to the manager.

The manager was dumbfounded! He said to the dog, "Hey, I realize that you are a very intelligent applicant and have fantastic talent, but you're a dog—no way could I hire you."

The dog jumped down and went to the sign in the window and pointed his paw at the words, "Equal Opportunity Employer."

The exasperated manager said, "Yes, I know what the damned sign says. But the sign also says you have to be bilingual."

The dog looked him straight in the eye and said,

"Meow."



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standard care and diet; another just got dog food fortified with vegetables and citrus pulp, and vitamins E and C supplements; a third just received extra exercise and social play, and a fourth got both the improved diet and exercise-play routine.

Fruits and vegetables added to the food was equal to increasing the human daily intake from three servings to five or six, a formula guided by other studies that show antioxidants can reduce age-related damage to the brain.

In the study, the dogs were challenged with increasingly difficult learning problems. The hardest task was finding a treat under a certain black-colored block and then relearning that task with a different color (white). All 12 dogs getting the combined diet and exercise program were able to solve the reversed learning problem, but only two of the eight in the control

group could do so. However, eight of the 12 on the enhanced diet alone and eight of the 10 on the exercise-play routine were able to solve the learning problem.

"In this case, more was better," said Wagster. "Although each (intervention) factor alone was capable of improving cognitive function in older animals, the combination was additive, pointing to a healthy lifestyle as the most beneficial approach."

By LEE BOWMAN
Scripps Howard News Service
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On the Net:
www.nia.nih.gov
<http://www.shns.com>

Women and cats
will do as they
please, and men
and dogs should
relax and get
used to the idea.

