

# MONROE ANIMAL LEAGUE

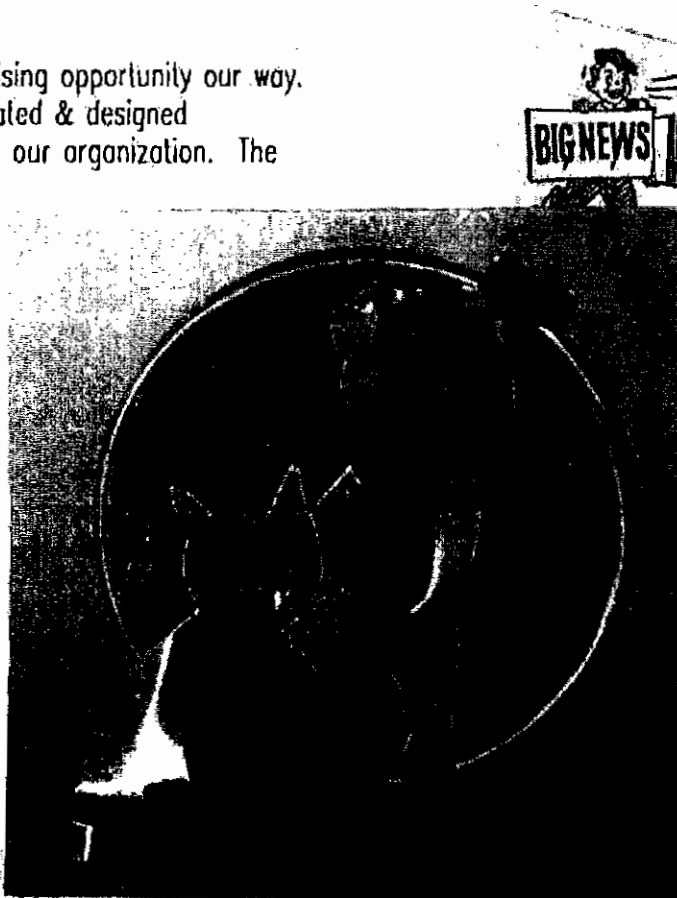
P.O. Box 23 • Stroudsburg, PA 18360  
(570) 476-8444  
[www.monroe-animals.org](http://www.monroe-animals.org)

AN INDEPENDENT, ALL VOLUNTEER, NON-PROFIT ORGANIZATION DEDICATED TO HELPING THE ANIMALS IN MONROE COUNTY SINCE 1943

**NEWSLETTER**

**SPRING 2008**

2008 brings an interesting & unique fundraising opportunity our way. ME CRAZY CREATIONS & Ursula Pooley have created & designed a fashion pin for MAL to sell to raise money for our organization. The pin is a very pretty replica of the MAL logo created with a combination of several different metals, featuring the MAL blue in the background. Tie locks of the MAL dog & cat will also be available. Ursula Pooley will kindly sell these pieces for us at many local and out of state arts & crafts venues. MAL will receive 50% of proceeds. Our members are welcome to purchase the pins & sell them, too. Pins are \$32. If ordering pins by mail, (P.O. Box 23, Stroudsburg 18360) add \$2 shipping & handling. MAL will begin taking orders for pins. Ursula Pooley has created pins for other non-profit organizations, like Habitat for Humanity.



*"I wish you the joy of spotting your missing cat plodding up the path."*

*- Pam Brown*

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MONROE ANIMAL LEAGUE says "TEACH KIDS TO CARE"

MAL is seeking businesses, civic groups & individuals to participate in the ADOPT-a-CLASSROOM Program. The ADOPT-a-CLASSROOM Program teaches elementary school children to treat animals, people & the environment with kindness & respect.

Each \$30 tax deductible contribution made to MAL for this terrific program provides a K-6 grade teacher & his or her students with a subscription to KIND News. This classroom newspaper features articles, activities, puzzles & celebrity interviews that emphasize the importance of kindness and the value of compassion, respect and responsibility towards animals and nature.

A subscription to KIND (Kids in Nature's Defense) News includes 9 monthly issues. Each issue comes with 32 copies of the newspaper. Teachers receive worksheets & other materials to reinforce lessons on responsible pet care, wildlife and the environment.

Highly acclaimed by thousands of teachers nationwide, KIND News has received numerous awards for educational & editorial excellence. MAL hopes to provide this valuable educational tool to many classrooms. Donations are always welcome and this program makes a wonderful gift for a young family member. If you are a teacher or know of a teacher who may be interested in this program, please have them contact MAL.

To make a contribution or for more information about the ADOPT-a-CLASSROOM Program, please call 570-476-8444.

Dear M.A.L.,  
Thank you for  
sponsoring our class  
to receive Kind News  
Jr. I really like  
reading the News  
paper. Thank  
you again.  
Tram,  
Jamie



Dear M.A.L., Thank  
you for sponsoring  
our class to receive  
Kind News, Jr. My  
favorite part was  
the critter clues.  
I like the critter  
cards too.



Sincerely,  
Katie Corrao

thank you notes from Pleasant  
Valley School second graders

# Coping with the Death of Your Pet

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People love their pets and consider them members of their family. Caregivers celebrate their pets' birthdays, confide in their animals, and carry pictures of them in their wallets. So when your beloved pet dies, it's not unusual to feel overwhelmed by the intensity of your sorrow. Animals provide companionship, acceptance, emotional support, and unconditional love during the time they share with you. If you understand and accept this bond between humans and animals, you've already taken the first step toward coping with pet loss: knowing that it is okay to grieve when your pet dies.

Understanding how you grieve and finding ways to cope with your loss can bring you closer to the day when memories bring smiles instead of tears.

## What Is the Grief Process?

The grief process is as individual as the person, lasting days for one person or years for another. The process typically begins with denial, which offers protection until individuals can realize their loss. Some caregivers may try bargaining with a higher power, themselves, or even their pet to restore life. Some feel anger, which may be directed at anyone involved with the pet, including family, friends, and veterinarians. Caregivers may also feel guilt about what they did or did not do, and may feel that it is inappropriate to be so upset. After these feelings subside, caregivers may experience true sadness or grief. They may become withdrawn or depressed. Acceptance occurs when they accept the reality of their loss and remember their animal companion with decreasing sadness. Remember, not everyone follows these classic stages of grief—some may skip or repeat a stage, or experience the stages in a different order.

## How Can I Cope with My Grief?

While grief is a personal experience, you need not face loss alone. Many forms of support are available, including pet bereavement counseling services, pet-loss support hotlines, local or online Internet bereavement groups, books, videos, and magazine articles. Here are a few suggestions to help you cope:

- Acknowledge your grief and give yourself permission to express it.
- Don't hesitate to reach out to others who can lend a sympathetic ear.



- Write about your feelings, either in a journal or a poem.
- Call your local humane society to see whether it offers a pet loss support group or can refer you to one. You may also want to ask your veterinarian or local animal shelter about available pet loss hotlines.
- Explore the Internet for pet loss support groups and coping information.
- Prepare a memorial for your pet.

## What Can I Do for My Child?

The loss of a pet may be a child's first experience with death. The child may blame himself, his parents, or the veterinarian for not saving the pet. And he may feel guilty, depressed, and frightened that others he loves may be taken from him. Trying to protect your child by saying the pet ran away could cause your child to expect the pet's return and feel betrayed after discovering the truth. Expressing your own grief may reassure your child that sadness is okay and help him work through his feelings.

*Only a pet  
but such love he gave  
cannot have perished in the grave.  
So constant and faithful  
and true a heart,  
must in Eternity  
have some part.  
And sometimes I think  
when I've crossed life's sea,  
I'll find him  
waiting to welcome me.*

## Is the Process More Difficult if I'm a Senior?

Coping with the loss of a pet can be particularly hard for seniors. Those who live alone may feel a loss of purpose and an immense emptiness. The pet's death may also trigger painful memories of other losses and remind caregivers of their own mortality. What's more, the decision to get another pet is complicated by the possibility that the pet may outlive the caregiver, and hinge on the person's physical and financial ability to care for a new pet.

For all these reasons, it's critical that senior pet owners take immediate steps to cope with their loss and regain a sense of purpose. If you are a senior, try interacting with friends and family, calling a pet loss support hotline, even volunteering at a local humane society.

## Will My Other Pets Grieve?

Surviving pets may whimper, refuse to eat or drink, and suffer lethargy, especially if they had a close bond with the deceased pet. Even if they were not the best of friends, the changing circumstances and your emotional state may distress them. Give surviving pets lots of TLC ("tender loving care") and try to maintain a normal routine. It's good for them and for you.

## Should I Get Another Pet?

Rushing into this decision isn't fair to you or your new pet. Each animal has his own unique personality and a new animal cannot replace the one you lost. You'll know when the time is right to adopt a new pet after giving yourself time to grieve, carefully considering the responsibilities of pet ownership, and paying close attention to your feelings. When you are ready, remember that your local animal shelter is a great place to find your next special friend.

## COMPANIES THAT DO TEST ON ANIMALS

**Arm & Hammer**  
**Bic Corporation**  
**Boyle-Midway**  
**Chesebrough-Ponds**  
**Church & Dwight**  
**Clairol**  
**Clorox**  
**Colgate-Palmolive**  
**Co.**  
**Cover Girl**  
**Dial Corporation**  
**Helene Curtis**  
**Industries**

**Johnson & Johnson**  
**Lever Bros.**  
**L'Oréal U.S.A.**  
**Max Factor**  
**Mead,**  
**Melaleuca,**  
**Mennen Co.**  
**New Dana Perfumes,**  
**Noxell**  
**Olay Co./Oil of Olay**  
**Oral-B**  
**Pantene**  
**Pfizer**

**Physique**  
**Playtex Products**  
**Procter & Gamble**  
**Co.**  
**Reckitt Benckiser**  
**Richardson-Vicks**  
**Sally Hansen**  
**Schering-Plough**  
**S.C. Johnson**  
**SoftSoap Enterprises**  
**Suave**  
**Unilever**

<http://www.caringconsumer.com/pdfs/companiesDoTest.doc>

[http://www.caringconsumer.com/resources\\_companies.asp](http://www.caringconsumer.com/resources_companies.asp) web address for further information on testing.

## PLEASE REMIT YOUR MEMBERSHIP DUES FOR THE YEAR 2008

**DON'T ALLOW YOUR  
MEMBERSHIP TO EXPIRE!**

MAL'S annual \$10 membership fee is due January 2008. Please keep your membership current. The many animals of Monroe County need your continued support.

The official registration statement and financial information of the Monroe Animal League may be obtained from the PA Department of State by calling toll free, within Pennsylvania, 1-800-973-0999. Registration does not imply endorsement.



### MONROE ANIMAL LEAGUE 2008 MEMBERSHIP APPLICATION (PLEASE PRINT)

NAME \_\_\_\_\_  
MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ DATE \_\_\_\_\_

NEW MEMBER

RENEWAL

ANNUAL MEMBERSHIP FEE \$ 10.00

DONATION (optional) \$ \_\_\_\_\_

ENDOWMENT FUND (optional) \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

I AM INTERESTED IN BEING A VOLUNTEER \_\_\_\_\_

Please make checks payable to: **MONROE ANIMAL LEAGUE**  
PO Box 23  
Stroudsburg, PA 18360

2008

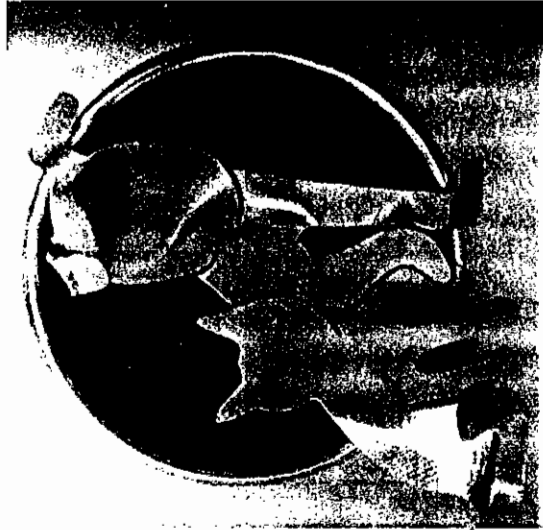
**Supporters of the Monroe Animal League can make a lasting difference for the welfare of animals by including the Monroe Animal League in their will or insurance policy.**

The Monroe Animal League is an independent, all volunteer, 501(c)3 non-profit organization serving Monroe County since 1943. The League is a member of Spay/USA Network and Federated Humane Societies of Pennsylvania.

# Correction Notice:

# Pin Price is \$36.00 NOT \$32.00

Monroe Animal League  
P.O. Box 23  
Stroudsburg, PA 18360  
570-476-8444



Approx. Size of Pin: 1 1/2" x 1 1/2"

## ORDER FORM

Please enclose check or money order written to MAL

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Quantity: \_\_\_\_\_ \$36.00 = \_\_\_\_\_ Total Enclosed: \_\_\_\_\_