

## June is ADOPT-A-CAT Month

Every spring and summer, animal shelters receive dozens of litters of kittens. These kittens are in addition to all the adult cats who find their way into the shelters. Animal shelters don't have the space or the resources to take care of that many animals. Out of the millions of cats who enter shelters each year, only about one in four are adopted into loving homes. In fact, most of them - more than 70 percent of them - must be euthanized.

Everyone knows that pets can reduce your blood pressure and help prevent heart disease. But cats can provide benefits that other pets can't.

### **Here are some other reasons to adopt a cat:**

- Having a cat fights depression and loneliness.
- Cats are entertaining to watch and fun to play with.
- Cats provide companionship.
- Cats will cuddle up with you on a cold evening.
- Cats are independent and can be left alone while you're at work.
- A cat's mere presence will ward off unwanted mice and pests.
- Cats are comfortable in small spaces like apartments.
- Cats are very clean; they bathe themselves!
- A cat's purr is instantly calming and relaxing.
- Cats are affectionate.
- Just 15 minutes a day of playing with you will satisfy a cat.
- Cats are easy to house train, especially adult cats, who are probably already house trained.
- Cats bring a little bit of the wild into your house.
- Indoor cats and spayed/neutered cats live long lives, providing up to 20 years of companionship.
- Cats are cheaper to spay/neuter than dogs, especially big dogs.
- Taking care of a cat can help teach a child responsibility and humane values.

source: American Humane Association