



Make the most of Autumn escapes

March is the first month of Autumn, so for the photo enthusiasts out there, get your cameras at the ready because for the next few months you will capture some of the best photos of pets in play. Watching pets bound through leaves of rustic reds, browns and coppers, Autumn is such a fun time to play outdoors with your furry friends.

If you're planning to escape the cooler months, but want to keep your furry, four legged, fluffy, or scaly friend in the familiar environment of their own home, then consider engaging a house and pet sitter.

You will find many [house and pet sitter profiles online](#), looking for pets to care for as if they were their own.

Start your search now or [post a position for free](#) to get started.

Mindahome Team

Interesting reads...



Where to go to escape the cold

When the cooler months sneak up, its time to find a warmer climate. Here are some of our tips for the best places to go. [More...](#)



10 Steps to finding the Perfect Pet Sitter

You want the best care for your pet while you're away. So make sure you follow these 10 steps to get the purrrfect pet sitter. [More...](#)

An animal's eyes have the power to speak a great language

- Martin Buber



What's on around the country...

- [Polite Pets Month](#) (National, March)
- [Sculpture by the Sea Cottesloe](#) (WA, 3-19 March)
- [WOMADelaide](#) (SA, 10-13 March)
- [Moomba Festival](#) (VIC, 10-13 March)
- [International Day of Happiness](#) (Global, 20 March)

- [Harmony Day](#) (National, 21 March)
- [World Science Festival Brisbane](#) (QLD, 22-26 March)



Caring for pets: Managing arthritis in pets

Arthritis can be debilitating for our pets, but with care and attention, arthritis can be managed. Arthritis is basically an inflammation of the joints and symptoms can vary between pets.

Some pets may experience stiffness in the joints, difficulty going up or down stairs or jumping, an unwillingness to exercise, or dragging of the back legs.

We uncovered some insightful tips from [Greencross Vets](#) about some of the best ways that we can help our pets manage arthritis.

- **Controlling their weight** - calorie restricted diets and gentle exercise, such as swimming or walking, to maintain optimal body weight is essential
- **Get into omega-3** - Omega 3 fatty acids help block the inflammation around joints that causes pain. They also suppress the activity of an enzyme that causes cartilage damage, thus slowing the progression of arthritis.
- **Consider Medications** - some medications are available to increase joint fluid or to be used as an anti-inflammatory for pets with arthritis. Consult your vet for their recommendations.

Always consult your local vet to discuss your pet's needs if you suspect they have or if they have been diagnosed with arthritis.

We hope you have found **Mindahome House and Pet Sitting's e-news** informative and interesting.

If there is something you would like us to cover in the e-news or if you have some general feedback, feel free to email us at admin@mindahome.com.au.

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