

ABA SIGNAL

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4 Ways to Help Transition Pets to Post-Quarantine Routines

(Family Features) As states ease COVID-19 restrictions and people get out of the house to return to work, pets around the country may see their daily routines of hanging out with everyone come to an end.

Some dogs and cats handle routine changes easily. For others, a routine change at home can cause behavior issues, nervousness or separation anxiety.

A Suzy survey of 5,000 U.S. pet owners found nearly 70% of respondents are concerned their pets will have new or additional anxiety when they return to work. It's important to prepare pets for changes in routine, especially those that are new to a home, for their well-being and harmony of the whole family.

Consider these post-quarantine

transition tips.

Make a Plan

The key to any plan is making sure everyone knows what to do. This goes for veteran pet owners and the owners of more than 221,000 new pets adopted or fostered since March, according to the 24Pet ShelterWatch Report. Pet owners should agree on the plan for their pets and details should be shared with children who help with care.

"Pet owners should make a plan with minimal and realistic changes

to help their dogs or cats adapt to new routines,” said veterinarian Elizabeth DeLomba, MBA, senior veterinary services consultant at VetriScience Laboratories. “Start by offering your pets belongings that make them feel safe and comfortable and add small things that promote mental and physical stimulation.”

Practice the New Routine

Ease your pet into being alone by spending short periods of time away from him or her both in and outside the home and work your way up to hours of separation.

Use practice time to get your dog or cat used to what happens before you leave for work, comfortable with a crate or other safe space and acquainted with a new toy, treat or someone who will check on him or her during the day.

Before you leave, take your pet for a walk or play at home to get energy out prior to your departure. When it is time to leave, don't make a big deal out of leaving. Say goodbye long before you leave then leave calmly.

Try a Calming Supplement

The survey revealed that 65% of respondents plan to use a nutritional supplement to help their dog or cat cope with any anxiety a new routine brings. Over the counter calming supplements like VetriScience Composure

chews can help pets relax during stressful times without changing their personality or energy level. Calming supplements come in bite-size chews or a liquid dosage and can help relieve stress for dogs and cats of all breeds and sizes.

“Fear and anxiety disorders affect 23 million dogs in the U.S. alone,” DeLomba said. “Supplements may offer a convenient approach for managing separation anxiety and other behavioral issues. The ingredients in supplements work together to make a positive impact on behavior and anxiousness, which results in a calmer, more focused pet.”

Keep Them Stimulated

Don't let your dog or cat feel bored when home alone. Play music, keep a television on or use a white noise machine to create some constant sound. If your pet isn't into watching television, keep him or her busy with a treat-dispensing toy that requires some work. Or stuff a toy with peanut butter, freeze it and give it to your dog when you leave. These ideas can help keep your pet's mind stimulated and encourage him or her to focus on something other than being alone.

Start thinking about a plan for your pet and ask your veterinarian if you have concerns about behavioral changes. Learn more and find the full survey results at vetriscience.com.



Autism Spectrum Disorder



Engaging in a Social World

(NIH News In Health) - Being social and making friends isn't always easy. Relationships have many subtleties. But people with autism spectrum disorder, or ASD, struggle more than most. For them, communicating with others can be very difficult.

Autism is called a "spectrum" disorder because it's not the same for everyone. Generally, people with autism both have difficulties with social communication and engage in repetitive behaviors.

ASD can also affect learning and problem-solving abilities. But people with ASD range from being very gifted to having severe challenges.

"Some people with ASD need a great deal of support and more extensive services, and some have a milder range of difficulties and need less support," explains Dr. Lisa Gilotty, an autism expert at NIH.

Scientists don't know the exact causes of ASD. They're working hard to understand how different factors contribute. Genes, biology, and environment all can play a role in its development.

Parents of children with ASD may notice their child doesn't respond to their name, avoids eye contact, or interacts with others only to achieve a specific goal. Kids with autism usually don't understand how to play or engage with other children.

"Typically developing children who don't have autism also have to learn how to interact with one another," explains Dr. Dennis Wall, a child mental health and technology expert at Stanford University. "They're inherently social and go engage with others. But kids with autism aren't as social. They need to be brought into that social world."

Researchers are studying ways to better engage people with autism. They're developing tools that aid in learning emotions and interacting with others. They're also looking for ways to identify who's at risk earlier on. That way kids can get help as early as possible.

Early Detection

Diagnosing ASD can be difficult. There are no medical tests. Doctors can only look at a child's behavior as they age.

The symptoms of ASD usually appear around age two. That's why experts recommend children be screened for autism at their 18- and 24-month well-child visits.

"Children with autism don't look like they have symptoms in the first year of life," says Dr. Joseph Piven, a child psychiatrist at the University of North Carolina. "Children at age six months are very social. Typically developing children can play peekaboo, laugh, and engage. The children who go on to develop autism are not distinguishable on the basis of their social behavior."

Researchers are trying to detect changes in the brain before behavioral symptoms appear. "If you can identify children at risk, you can follow their development more closely and get them into a very early intervention program that can work to hopefully minimize that risk," Gilotty explains.

Piven's team is tracking infants' brain development using brain scans. Their studies follow infants from families that have an older child with ASD.

"We looked at the brain in the first year of life and could predict which of those children are going to get a diagnosis of autism at age two," Piven says. "We found that parts of the brain's surface basically expanded more quickly in children who developed autism than in comparison children," he says.

They also found differences in how brain networks function. His team is now trying to confirm these results in studies with more children. They're recruiting infants from families with autism (link is external) to participate.

Innovative Interventions

Getting treatment as early as possible may help change the way a child develops.

"In early infancy, the brain is considered much easier to change and so interventions may have a bigger effect," Piven says.

Current treatments for autism involve behavioral therapy. "One of the most widely used strategies is called applied behavior analysis, or ABA, therapy," explains Wall. "This therapy uses tools like flashcards to reinforce an understanding of facial emotion. So the flashcards will have happy faces and sad faces."

Wall's team has built a computerized version of this therapy. The system uses a camera on augmented-reality glasses. But instead of faces on flashcards, the camera captures the face of the actual person you're talking with. Then, it identifies the person's emotion in the glasses.

"The emotion comes in the form of an emoji, a written word, or color. It also emits a computerized voice saying the emotion through the earpiece," Wall explains.

Kids with autism who used the technology showed improvements in social behaviors. Wall's team is now testing a complementary approach in an app to help kids learn to act out emotions. It's called "Guess What."

The app works as a game. One person holds the phone on their forehead and the other acts out the image displayed, like a surprise face. Then, you say what you think they're acting out. If you're right, you get a point and move to the next one.

"These tools are meant to be used in the same developmental windows that typically developing kids are learning emotions," Wall says. They give kids with autism the extra help they need to understand their social world.

Another group is testing theater techniques for honing social and emotional abilities. People with autism act out a play alongside their peers. The plays have different themes that deal with age-appropriate topics.

"They focus on every aspect of what someone needs to be successful in their social interactions," says Gilotty. "You have to think about your own character and what you're projecting with your face, body, voice, and gestures. But you also have to think about the other characters in a play and what they're thinking and what they're feeling and what they're projecting."

A clinical trial led by Dr. Blythe Corbett at Vanderbilt University found that people with autism who were in the plays improved in their social understanding and interactions with peers.

Personalized Treatments

Because autism is different for each person, researchers are searching for ways to identify which treatments will work best for whom.

"They're looking for different markers that are associated with different types of social difficulties," Gilotty says. "If you can begin to identify those brain differences, then you can develop treatments around them."

People with ASD will face different challenges as they age. For some, symptoms may improve with age and treatment. But many will still need help as they get older. NIH-funded research also focuses on how to support the transition to adulthood.

You can be diagnosed with ASD at any age. Though symptoms show up in early childhood, they may go unnoticed until later. If you think you or your child may show signs of the condition, talk with your health care provider.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of the American Business Association will be held at 16476 Wild Horse Creek Road, Chesterfield, MO 63017, on Friday, September 18, 2020 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY **American Business Association** **September 18, 2020 Annual Meeting of Members** **THIS PROXY IS SOLICITED ON BEHALF OF** **AMERICAN BUSINESS ASSOCIATION**

The undersigned member of the American Business Association does hereby constitute and appoint the President of the American Business Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of the American Business Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors.
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2020

Signature _____

Name (please print) _____

Please date and sign and return promptly to the American Business Association, 16476 Wild Horse Creek Road, Chesterfield, Missouri 63017 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri
September 4, 2020
Date

autumn salad

Ingredients

1 medium Granny Smith apple, sliced thinly (with skin)

2 tablespoons lemon juice

1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce)

$\frac{1}{2}$ cup dried cranberries

$\frac{1}{4}$ cup walnuts, chopped

$\frac{1}{4}$ cup unsalted sunflower seeds

$\frac{1}{3}$ cup low-fat raspberry vinaigrette dressing



1. Sprinkle lemon juice on apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with $\frac{1}{3}$ cup of raspberry vinaigrette dressing, to lightly cover the salad.

Yield 6 servings, **Serving Size** 1 cup, **Calories** 138, **Total Fat** 7g, **Saturated Fat** 1g, **Cholesterol** 0mg, **Sodium** 41mg, **Total Fiber** 3g, **Protein** 3g, **Carbohydrates** 19g, **Potassium** 230mg

Recipe source: *Deliciously Healthy Dinners*
healthyeating.nhlbi.nih.gov



American Business Association

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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting any exercise program.

Thank you for being a valued member of American Business Association!