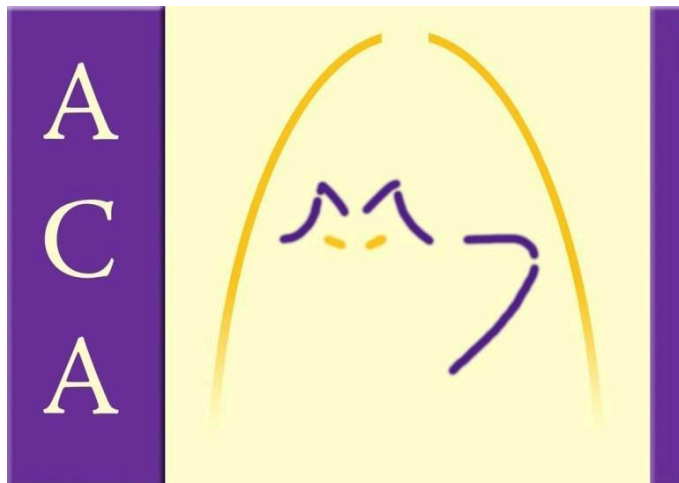




Abbey Cat Adoptions

Foster Parents' Manual

2025

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Welcome Message

Welcome to Abbey Cats Adoptions ("ACA"). ACA is a grassroots charity run by a dedicated group of volunteers and foster parents. Without foster parents such as yourself, ACA would not be able to save the lives of cats and kittens – so our heartfelt gratitude to you.

We have created this Foster Parents' Manual to serve as a resource to assist in your role as a foster parent. Again, thank you so much for agreeing to foster with us and we hope that you find it a rewarding and gratifying experience!

About Abbey Cat Adoptions

ACA was founded in 2002 by five animal lovers. Their mission was to save, in particular, pregnant cats and kittens – populations (tragically) at very high risk of euthanasia in municipal shelters. Despite this particular focus, ACA has always and will continue to accept felines of all ages (and even the occasional dog).

In addition to targeting these at risk groups, ACA founders' mandate also was to focus on adoption, as opposed to just rescue; for us finding permanent, stable and loving homes for our rescued cats and kittens was, and still is, a fundamental priority.

Since 2002 we have been working hard, with your help, to rescue and find permanent homes for homeless cats and kittens. Over the years our small operation has expanded, geographically and in terms of the number of cats and kittens helped. Today ACA operates across the GTA, from Hamilton to Pickering.

All of our rescues are housed in foster homes, such as yours. Given this, fosters are an integral part of this program – without you, we simply could not operate and cats would not be saved. Thank you so much for your support.

ACA adheres to only the very highest standards when it comes to the cats and kittens in our care. We follow holistic medical practices where we can, we feed cats only the best food, and we screen potential adopters to ensure that they will treat the cats well, and will give them safe and healthy homes.

Finally, ACA is a registered charity and is fully not-for-profit. We rely on donations and adoption fees to operate.

Foster Parent Responsibilities

The primary responsibility of an ACA foster parent is to help us get the cat or kitten in their care adopted. The quicker a cat gets into her/his permanent home, the better off it is (moving around is stressful for felines) and the sooner ACA can rescue more cats. We almost always have a waiting list of cats and kittens who need rescuing but we can only save as many cats as we can place in foster homes. As a result, we desperately need your help to get foster cats adopted as quickly as possible.

More details about how to help get your foster cat adopted appears below under the heading "The Adoption Process" – at page 8.

Additionally, ACA foster parents are expected to be responsible members of the ACA team and play a crucial role in several different duties:

- Foster parents are responsible for caring for the cat/kitten;
- Assisting in the adoption process;
- Providing regular updates on the cat/kittens health, personality etc;
- Providing photos and a biography when requested;
- Keeping the cat/kittens indoor and safe;
- Feeding food that is either provided by ACA or purchasing food recommended by ACA; and
- Deworming and defleaing of the cat/kittens (ACA provides all meds).

The Essentials for your Foster Cat/Kitten (Food, Litter, Etc)

Now that your foster cat/kitten is coming home, you will need two basics: food and supplies.

As previously noted, ACA relies entirely on adoption fees and donations to fund our rescue, as a result we ask our foster parents to provide litter and toys for the cats and kittens in their care. We will issue a tax receipt to you for all foster related costs, so please keep your receipts for us.

Food is available for fosters to pick up from either of two locations:

- Janet Boylan (in Mississauga)
- Julie Dimond (in Etobicoke)

But you must be responsible for contacting the depot and collecting the food yourself.

If you are unable to get to either location, or prefer to buy your own (approved brands) of food, we will not reimburse the costs, but if you save your receipts Abbey Cats will issue you a tax receipt at the end of the year.

High quality food is vital to a cat and/or kitten's well-being, both in the short term and well as the long. Many common cat illnesses can be avoided if felines are fed proper and nutritious meals. We want the best for our Abbey cats and insist that they be fed wholesome and nutritious food.

Pregnant and nursing moms and kittens under 5 months are fed exclusively wet food
Older kittens and adult cats are fed high quality dry food

If you will be purchasing your own food (which we so much appreciate), please make sure to only buy the following ACA approved brands:

- Natures Harvest
- Acana
- Go!
- Now!
- Canidae
- Orijen

- Wellness
- Taste of the Wild
- Instinct
- Natural Balance
- Rawz
- First Mate

These foods are available at Global Pet Foods, Pet Value, and at various other independent run and operated pet food stores.

A good website for pet food reviews is <https://www.pawdiet.com/review>

In addition to food, in preparation of your foster cat's arrival, you will need some cat supplies. We think the following are the basic needs:

- Litter box/s;
- Regular unscented litter; (non clumping litter for kittens is very important)
- Food and water dishes. Stainless steel, glass or ceramics are best, please do not use plastic dishes. You can purchase both ceramic and stainless steel bowls at Dollarama at very low costs.
- Cat beds. Again, you can purchase these at Dollarama.
- Toys! Wands with feathers, balls of any kind. Please be careful of any toys with tails or items that can be chewed off. Please do not buy toys from Dollarama, you can purchase these relatively cheaply at PetSmart or other reputable pet stores; and
- If you have nursing mothers and kittens, ensure you have a large box with sheets, towels or a blanket. Mum needs a box large enough for her to stretch out and accommodate the kittens.

Again, for all foster related purchases you make, please keep all receipts and ACA will issue a taxable benefit receipt at the end of the year.

Introducing New Cats/Kittens To Your Home

Now that you have decided to foster, you will need to transition your foster cat/kitten into your home – a 'care plan'.

If you have no other cat/s in your home, it should be relatively easy to introduce your foster to your home; of course this will vary depending on the cat's personality – something we will speak to you about before you bring your foster home.

Cats that are more easy-going can be introduced to the whole home immediately. This means simply opening the carrier your foster has been brought in and letting them explore away on their own. If on the other hand you have a more timid foster (or if we are unsure as to the cat's personality), it would be best to introduce the cat to only a single room – that is open the carrier in a room with a closed door. Allow the cat to explore the room and they will let you know if and when they are ready to explore the rest of the home. You will know the cat wants to explore further when they wait at the door, paw the door, try to dash out when it is opened, etc. Don't worry we will help you in coming up with a care plan.

If you have other cat/s in your home, we advise that you integrate the foster cat/kitten slowly and let the cat/s tell you when they are ready to accept the newcomer. Do not assume that stranger cats will be friends. The best way to do the introduction is to put the cats in separate but adjacent rooms, if possible. Allow the cats to sniff one another under the door. Eventually you will put an item that smells like the other cat in the other's room. Eventually you will open the doors and allow the cats to interact, making sure to monitor the interaction carefully. It can certainly be delicate introducing new cats, but we will help you tailor a care plan that best fits the needs of your cat as your new foster.

Whenever you are introducing a cat by keeping them in a separate room, make sure they are in a quiet room with food, water and a litter box. Please visit your cat frequently. Petting, engaging in play and spending time with your new cat will help him/her get to know you.

Remember, you have a network of experienced foster support volunteers who will be happy to assist you with this process.

Caring for Shy Cats

Fostering a shy cat requires special understanding and patience. These cats often come from difficult backgrounds – they may have experienced trauma, lack proper socialization, or simply feel overwhelmed by new environments. Your primary goal is to help them feel safe while building their confidence at their own pace.

Setting Up a Safe Space

When fostering an extremely shy cat, preparation is key. Set up a quiet, separate room away from household traffic and noise. This room should include:

- A litter box (hidden litter boxes work especially well for shy cats)
- Food and water dishes placed in a quiet corner
- Multiple hiding spots using cardboard boxes, cat beds, or blankets
- A Feliway diffuser to help reduce stress through calming pheromones

Building Trust Through Patience

The golden rule: never force interaction with a shy cat. Instead of trying to coax them out or make direct contact, become a calm, predictable presence. Sit quietly in the room, speak softly, and essentially ignore the cat. This allows them to observe you without feeling threatened or pressured.

Using Food to Create Positive Associations

Food is one of your best tools for gaining trust. Start by placing food bowls in more enclosed areas where the cat feels secure, then gradually move them to slightly more open spaces as the cat becomes comfortable. Special treats like Churu can be particularly effective – try leaving these near their hiding spots to create positive associations with your presence.

Maintaining Care Without Causing Stress

During the initial adjustment period, prioritize the cat's emotional comfort over perfect cleanliness. Avoid any forced cleaning unless absolutely necessary. After 5-7 days, when the cat appears more relaxed, you can gently use unscented wet wipes if needed, but always move slowly and watch for signs of stress.

Recognizing Progress

Most shy cats begin showing improvement within 7-10 days. Watch for these positive signs:

- Peeking out from hiding spots more frequently
- Eating regularly when you're in the room
- Showing curiosity about their surroundings
- Reduced startle responses to normal household sounds

When to Contact ACA

While patience is important, some situations require immediate attention. Contact Shelly or Camila if you notice:

- Complete refusal to eat for more than 72 hours
- Signs of extreme stress or aggression
- Any medical concerns or complications
- No improvement after 2 weeks

Remember, every small step forward is a victory. Progress might be measured in tiny moments – a curious glance from behind a box, a tentative step forward, or brief eye contact. These small victories make fostering shy cats incredibly rewarding. With your patience and gentle care, even the most frightened cat can learn to trust again.

Your ACA support team is always available to help with shy cat challenges. Don't hesitate to reach out for advice or encouragement!

Keeping Your Foster Cat/Kitten Safe

We want to make sure that your foster cat/kitten is safe and ask that you "cat proof" your home. This means putting away any breakables, knives, medicines, poisons, cleaning products, plastic bags, needle and thread, twist ties and rubber bands. Lie down on the floor to see what your cat/kitten can see under and behind beds, couches, appliances and chairs.

Learn about what plants are dangerous for cats to eat. A list of plants that can be toxic for your cat is included at the end of this document as Appendix A.

Never give medicines meant for humans to a cat, unless advised by a veterinarian. Some medicines for humans can kill cats.

If you think your fosters have medical concerns, you must contact Abbey Cats immediately.

Your first point of contact is:

Shelly (519) 939-9725 - text is preferred

Camila is available to answer any questions and is a depot for such routine needs as dewormer and deflea medications. As well, she can help you to evaluate whether a vet visit is needed and how urgent it might be.

Abbey Cats will cover the costs of vetting but ONLY if arrangements are made through Janet or Shelly and using vets that Abbey Cats has previous agreements with.

If you choose to take your foster to a vet of your choosing without prior approval you will be responsible for paying that bill.

Some foods humans eat safely, such as chocolate, garlic and onions can be toxic for cats and lead to death. Please be sure to know what foods to avoid letting your cat eat. Included as Appendix B is a list of foods to avoid.

Looking After Pregnant Cats, Mothers and Kittens

Thank you for agreeing to take a pregnant cat! We hope it will be a rewarding experience.

One of the most important things your pregnant cat will need is good nutrition. She'll need additional calories as she progresses through her pregnancy. After all, she's eating for more than one. Plan on increasing the amount of food provided as your pregnant cat nears her term. Gestation is 63 days for cats.

Shortly before her due date, provide your cat with a box or similar shelter where she can give birth to and care for her kittens. Line the box with soft blankets or towels. Choose materials that are easy to launder and/or easy to clean or replace. Place the box in a quiet, familiar location, and show your cat where the box is located. However, don't be surprised if the pregnant cat chooses a location other than the box you have prepared to actually have her kittens.

When your pregnant cat's time comes and she's ready to give birth to her kittens, watch her but do not interfere. She needs space to give birth and she can do it without your help. However, there are some things that should prompt you to contact us right away:

- If your cat is having active contractions and has not passed a kitten within 15-20 minutes;
- If you see part of the fetus or placenta protruding from your cat's vulva and she does not pass the kitten very quickly (within a minute or two);
- It's not abnormal for a cat to rest between having kittens. However, if more than 2 hours passes between kittens
- **Remember we are here to help and while 99% of birth goes very smoothly, if you have any questions or concerns whatsoever, contact us. Help is just a phone call away!**
- **Contact either Shelly (519)939-9725 or Camila (647)282-9036.**

Contact us as soon as the kittens are born. Ensure kittens are quiet, clean and in the nesting box.

It's normal for your cat to have a discharge from her vulva after the birth of her kittens. However, if the discharge becomes foul-smelling, consult us right away.

Once the birth is done, stay a respectful distance from the nest for 24-48 hours, or until the mother shows signs of allowing you to interact with her and the kittens. If you need to move the kittens, which would happen only if the mother has given birth in a very awkward place (eg your bed), don't be afraid to move the kittens to the prepared box once you are absolutely sure the mother will allow you to handle them.

Your cat will likely spend most of her time with her new kittens. For the first few weeks of their life, the kittens will depend on their mother to help regulate their body temperature and keep them warm. She will also clean the kittens regularly and will eat their excretions. This is normal.

If she is having a hard time feeding her kittens, she may have mastitis. Contact us right away. If your female cat is not eating her food normally or is otherwise acting abnormally, please contact us. If she is vomiting or experiencing diarrhea, she may be ill. Likewise, if she is having tremors or seizures, she needs prompt medical care so please let us know.

Weighing each kitten every day is a good way to be sure they are growing properly.

You can purchase an inexpensive scale such as the type used in the kitchen (with a shallow bowl on top).

Around 4-5 weeks of age, you will need to start removing any dry food you are feeding the mother (if you are) so that the kittens cannot get into it. Dry food can be very harmful to kittens. Around this time leave wet food daily for the kittens, who will begin eating it when they are ready – this can vary between 4-6 weeks. Again, only super premium food should be provided to mothers and kittens.

Kittens must remain with their littermates, until at least 8 weeks of age. Therefore, a new litter of kittens with the mother cat needs to be fostered until the kittens are at least 8 weeks of age, when they are ready to leave their mum. Abbey Cats policy is to adopt kittens in pairs. They will leave mama with 3-4 days between pairs. Mum will then have at least 2 weeks after her last kittens leave, to be sure she is no longer producing milk. The mum is then spayed and available for adoption herself. Generally, we ask foster parents to continue to care for the mother cat after her kittens have gone. We don't want to cause her stress by moving her again if we can avoid it.

Feline Health Record

This is an important document which has been created by ACA to retain an accurate record of an Abbey cat's health. It provides an account of dates and information about all veterinary visits, spay/neuter, de-worming and de-fleaing. It is basically your cat's health record with ACA.

We need your help in ensuring that this document is up-to-date.

When your foster is adopted or moves homes, the Feline Health Record will accompany him/her. To ensure all records are accurate and up-to-date, Camila maintains these records centrally. **Foster parents MUST report all medical events by completing our online [health tracking form](#) immediately after any veterinary care, deworming, deflea treatment, or other medical procedures.**

The Adoption Process

Our goal is to find the best homes for as many cats and kittens as possible. We need your help in getting ACA's cats and kittens adopted as quickly as possible.

The first step in the adoption process is to get our cats and kittens up on our website. A good photograph of your cat or kitten is SO IMPORTANT. The first thing potential adopters see is a photo and so it is vital that we showcase your foster kitty at its best. Cute matters! Playing, sleeping, engaging with other cats or dogs who may be in your home, etc. We also welcome videos.

Your foster cat or kitten also requires a biography - a write-up which will accompany your foster's photographs online. We would be thrilled if you could write the biography. If you need any help we are happy to provide it and can write the biography on the phone with you, if need be.

A good biography has lots of details about your foster. The first thing to detail is the cat's history (which of course we will help you with). We also need to know about your foster cat's temperament. Is he/she shy or outgoing? Does he/she love other cats or prefers to be the only cat? What does he like to do during the day? Is she cuddly? Does he get along well with other animals? Whatever makes your foster cat or kitten stand out, let us know! Provide as much details as you can. You are the best person to tell us all about your foster as you will likely have spent the most time with them.

Included as Appendix D is a copy of an excellent biography. Please use this as a sample when drafting your own cat's biography.

It is important that we have up-to-date photos and details about your cat. As kittens grow up, it is essential to provide new photos and updates. Every change gives your cat a new chance at finding a home. So please keep the photos coming! Please also showcase your foster cat on your own social media, and other people to share the post as well. We want to reach as many potential adopters as we can!

Once potential adopters have found a cat or kitten they are interested in (from perusing the photos and biographies you have helped to provide), they will contact ACA where they will speak with one of our volunteer screeners. Our screeners spend on average one hour speaking to potential adopters ascertaining whether the adopter would be a good forever parent to a particular foster cat or kitten. ACA has high standards for adopters and as such, our screeners work very hard to find excellent adoption candidates. If the potential adopter passes our stringent scrutiny and is approved by an ACA screener, we will reach out to you to arrange for an adoption appointment. **It is so important that the adoption appointment happens as soon as possible, and we ask for your full cooperation in realizing this.**

The adoption visit will take place via zoom. It will be coordinated by an adoption facilitator, you as the foster and the potential adopter.

If possible, it is best to prepare for the adoption zoom by putting the cat in a separate room that is clean and attractive.

The potential adopter and the family with whom they reside MUST all attend the adoption zoom.

If all goes well, the adopter will sign the Adoption Agreement and pay the adoption donation electronically. **[The Adoption Agreement](#) is available for review.**

Once everything is received, the adopter will make arrangements with you directly for pickup.

Please make sure that the adopters have brought a good sturdy carrier. There should be no possibility of the cat's escape. No cardboard boxes or knapsacks!

It is important for you to know that you are a crucial part of the decision making process and we value your opinion when it comes to finding the right fit for your foster. If for whatever reason you think that the potential adopter is not right for your ACA foster cat, we trust you and we want to know right away.

Concerns must be addressed and discussed during the zoom meeting and your zoom coordinator will help with that process.

We want to ensure that our cats go to excellent loving and permanent homes, your judgment in achieving this goal is critical. If the potential adopter is not a good fit for this particular cat we will not allow the adoption to proceed.

Occasionally, once a cat has been adopted, an adopter changes his/her mind. If this happens and the adopter contacts you, tell him/her to call the main line. You are not responsible for dealing with this situation; ACA has policies in place and an experienced volunteer will speak to the adopter and make any necessary arrangements.

Adopting your Foster Cat/Kitten

If you realize that you have fallen in love with your foster cat/kitten (this happens) it is important that you let us know that you want to adopt him/her as soon as possible.

You must fill out an adoption application ([hyperlink](#)) and it **MUST** be received **BEFORE** we have an approved adopter.

In Case of Emergency

What should I do if the cat or kitten I'm fostering gets sick or may need to see a veterinarian?

Don't panic, we're here to help! Note the symptoms and any unusual behavior, then contact **Shelly (519)939-9725** or **Camila (647)282-9036**

Anytime - day or night, weekends or holidays

If it's an emergency - we want to know asap

If it's determined that the cat/kitten is too sick to be treated at home, we will make an appointment with an ACA veterinarian right away. The foster parent is asked to take the animal to the veterinary for treatment. ACA will be in contact with the vet to discuss diagnostics and treatments. Veterinarian fees will be invoiced directly to ACA. If you absolutely cannot take the cat to the vet yourself, let us know and we will try to arrange for a volunteer driver.

It is very important that you obtain all veterinary care and medication through ACA. Because of rules that control charities, we cannot reimburse you for money that you spend without authorization from ACA.

THANK YOU AGAIN FOR AGREEING TO FOSTER WITH US, AND PLEASE CONTACT US WITH ANY QUESTIONS OR CONCERNS. WE ARE HERE TO HELP!

Frequently Asked Questions/Quick Answers

Can I adopt my foster cat/kitten?

Many times foster parents fall in love with the cats/kittens they're fostering and decide to adopt them. If this happens you **MUST** let us know right away. We may get a call on them and as long as they're on the website they are considered available for adoption.

Foster parents must fill out an application and are subject to screening before being able to adopt like anyone else. Just because the cat is in your home does not necessarily mean that it's the right home for him/her to live in permanently. Before approving the adoption we must make sure that your home is the best one for the cat.

What do I do if my foster cat/kitten gets sick?

First of all – don't panic; not everything is an emergency. **DO NOT** take the cat to YOUR vet. Call one of the numbers on the last page of this manual. (Shelly or Camila)

If you think it's an emergency call anytime.

Be ready to explain in detail what is going on so we can decide whether or not a vet visit is warranted. The cat must be seen by one of our vets.

My foster cat/kitten has diarrhea or is vomiting. What should I do?

This is one of our most common questions! Diarrhea and vomiting can have several causes:

- **Deworming medication** - Check when the cat last received dewormer. This is a common side effect that usually resolves within 24-48 hours
- **Stress from environmental change** - Moving to a new home is stressful and can cause digestive upset
- **Food changes** - Sudden diet changes often cause stomach issues
- **Parasites or illness** - May require veterinary attention

Monitor the cat closely. If symptoms persist beyond 48 hours, if there's blood present, or if the cat becomes lethargic or stops eating, contact Shelly or Camila immediately.

My foster cat has eye discharge. Is this serious?

Eye discharge can be normal or a sign of infection. Here's what to look for:

Normal discharge:

- Clear or slightly cloudy tears
- Small amount of crust after sleeping
- No other symptoms

Signs of infection requiring attention:

- Yellow or green discharge
- Red or swollen eyes
- Cat keeping eye closed constantly
- Signs of pain or discomfort

For non-infectious discharge, gently clean the eyes with a soft cloth dampened with saline solution and use lubricating eye drops. If symptoms worsen or don't improve within 2-3 days, contact us.

My foster cat is sneezing or coughing. Should I be worried?

Just like humans, cats can sneeze or cough occasionally – this is normal. However, monitor for:

- **Persistent sneezing or coughing** (multiple times per hour)
- **Difficulty breathing** or open-mouth breathing
- **Thick or colored nasal discharge**
- **Loss of appetite or lethargy**
- **Wheezing or labored breathing**

Occasional sneezes, especially in dusty environments or after using the litter box, are usually nothing to worry about. If symptoms persist or worsen, contact ACA support.

How do I know if my foster cat is in pain?

Cats are masters at hiding pain. Watch for these signs:

- Hiding more than usual
- Loss of appetite
- Unusual aggression or irritability
- Excessive grooming of one area
- Changes in litter box habits
- Unusual vocalizations
- Reluctance to move or jump

If you suspect your foster is in pain, contact us immediately for guidance.

What is the feline record and what is it used for?

The feline record is used to keep track of deworming and defleaing schedule, spay and neuter dates, any illnesses and medications prescribed while the cat is in foster care. Any special food requirements or important details should be noted on the feline record. There should be a feline record for each cat in your care. It is very important that it be kept up to date as it is given to the adopter at the time of adoption.

What do I do when I'm going on vacation?

We ask our foster parents to make arrangements for someone to look after the cat/s if at all possible. We do not like to move the cats around as this is very stressful for them. If you need our help, please let us know as far in advance as possible so we can help to make arrangements.

How long will I have the cat/s? What if I can no longer foster?

We ask our foster parents to keep the cats until they're adopted. If for some reason you find that you are not able to, we require as much time as possible so that we can either get them adopted or find them a new foster home.

Will I get reimbursed for out-of-pocket expenses?

If an expense is pre-approved by Janet Boylan or Shelly Hawley-Yan then you will be reimbursed. But you must obtain the receipts as well as pre-approval.

Tax receipts are given for cat-related expenses incurred during the year. At the end of the year you will be sent an email with information on where to send your sales slips. A tax receipt will be issued for cat-related expenses minus the HST. Items that can be claimed are: litter, litter boxes, toys, food and any non-prescription medications we have recommended.

What plants are poisonous?

Some plants are extremely toxic for cats. Please ensure that your home is free from these plants before any cats enter your home. Again, see Appendix A.

My foster cat won't come out of hiding. Is this normal?

Yes! Many cats, especially shy or stressed ones, may hide for several days or even weeks. This is completely normal behavior. Review our "Caring for Extremely Shy Cats" section for detailed guidance. The key is patience – never force interaction. Most cats begin to emerge once they feel safe, usually within 7-10 days.

Can my foster cat go outside?

No. All ACA foster cats must be kept strictly indoors for their safety. This protects them from cars, predators, diseases, and getting lost. Even if a cat previously lived outdoors, all fosters must remain inside. If adopters want an indoor/outdoor cat, they will be informed of the risks and make that decision after adoption.

ACA Main Contacts

Abbey Cats is a small grass roots organization run entirely by volunteers and as such, we rely on multiple people within the organization to provide support and information.

If you try one of the people on the list and you cannot reach that person, please contact one of the other volunteers listed here. Any of us will be happy to help you with your needs.

Contacts:

Jan Boylan - 905-891-6101

janet.boylan@gmail.com

(foster support, also food and carriers depot)

Shelly Hawley-Yan - 519-939-9725

shellyhawleyyan@gmail.com

(foster support)

Camila Goncalves - 647-282-9036

camilagon.abbey@gmail.com

(foster support, some medications)

Julie Dimond - 416-931-5915

julie_dimond@yahoo.com

(food, some medication, carriers)

Appendix A - Plants Toxic to Cats

The following is a listing of plants that are toxic to cats, as well as the most commonly encountered toxic plants:

- Amaryllis (*Amaryllis* sp.)
- Autumn Crocus (*Colchicum autumnale*)
- Azaleas and Rhododendrons (*Rhododendron* sp.)
- Castor Bean (*Ricinus communis*)
- Chrysanthemum (*Chrysanthemum* sp.)
- Cyclamen (*Cyclamen* sp.)
- English Ivy (*Hedera helix*)
- Kalanchoe (*Kalanchoe* sp.)
- Lilies (*Lilium* sp.)
- Marijuana (*Cannabis sativa*)
- Oleander (*Nerium oleander*)
- Peace Lily (*Spathiphyllum* sp.)
- Pothos (*Epipremnum aureum*)
- Sago Palm (*Cycas revoluta*)
- Spanish thyme (*Coleus ampoinicus*)
- Tulip and Narcissus bulbs (*Tulipa* and *Narcissus* sp.)
- Yew (*Taxus* sp.)

Appendix B – Foods to Avoid

Items to avoid	Reasons to avoid
Alcoholic beverages	Can cause intoxication, coma, and death.
Baby food	Can contain onion powder, which can be toxic to cats fed baby food for an extended period of time. Can also result in nutritional deficiencies, if fed in large amounts.
Bones from fish, poultry, or other meat sources	Can cause obstruction or laceration of the digestive system.
Canned tuna (for human consumption)	Large amounts can cause malnutrition, since it lacks proper levels of vitamins and minerals. It can also lead to thiamine deficiency.
Chocolate, coffee, tea, and other caffeine	Contain caffeine, theobromine, or theophylline, which can cause vomiting and diarrhea and be toxic to the heart and nervous system.
Citrus oil extracts	Can cause vomiting.
Dog food	If accidental ingestion, will not cause a problem; if fed repeatedly, may result in malnutrition and diseases affecting the heart.
Fat trimmings	Can cause pancreatitis.
Fish (raw, canned or cooked)	If fed exclusively or in high amounts can result in a thiamine (a B vitamin) deficiency leading to loss of appetite, seizures, and in severe cases, death.
Grapes, raisins and currants	Contain an unknown toxin, which can damage the kidneys.
Human vitamin supplements containing iron	Can damage the lining of the digestive system and be toxic to the other organs including the liver and kidneys.
Macadamia nuts	Contain an unknown toxin, which can affect the digestive and nervous systems and muscle.
Marijuana	Can depress the nervous system, cause vomiting, and changes in the heart rate.

Milk and other dairy products	Some adult cats and dogs may develop diarrhea if given large amounts of dairy products.
Moldy or spoiled food, garbage	Can contain multiple toxins causing vomiting and diarrhea and can also affect other organs.
Mushrooms	Can contain toxins, which may affect multiple systems in the body, cause shock, and result in death.
Onions and garlic (raw, cooked, or powder)	Contain sulfoxides and disulfides, which can damage red blood cells and cause anemia. Cats are more susceptible than dogs. Garlic is less toxic than onions.
Persimmons	Seeds can cause intestinal obstruction and enteritis.
Raw eggs	Contain an enzyme called avidin, which decreases the absorption of biotin (a B vitamin). This can lead to skin and hair coat problems. Raw eggs may also contain Salmonella.
Raw meat	May contain bacteria such as Salmonella and E. coli, which can cause vomiting and diarrhea.
Rhubarb leaves	Contain oxalates, which can affect the digestive, nervous, and urinary systems.
Salt	If eaten in large quantities it may lead to electrolyte imbalances.
String	Can become trapped in the digestive system; called a "string foreign body."
Sugary foods	Can lead to obesity, dental problems, and possibly diabetes mellitus.
Table scraps (in large amounts)	Table scraps are not nutritionally balanced. They should never be more than 10% of the diet. Fat should be trimmed from meat; bones should not be fed.
Tobacco	Contains nicotine, which affects the digestive and nervous systems. Can result in rapid heart beat, collapse, coma, and death.
Yeast dough	Can expand and produce gas in the digestive system, causing pain and possible rupture of the stomach or intestines.

Appendix C – Sample Biography

Kaleb is still trying to reconcile his shyness with his love of head scratches and belly rubs.

If you move too quickly he'll get startled and move away, but if you approach slowly he can't resist getting a good pet. Kaleb will push his head into your hand and purr away.

Kaleb likes to watch the action from the top of the stairs. His foster mother thinks it's only a matter of time before he wants to get in on the action for himself (to pursue more pets no doubt!). But it will take time and patience before Kaleb can turn into a really social kitty.

Kaleb likes other cats - he formed a quick bond with his previous foster brother Nobi. They were grooming each other and playing within days of meeting.

Kaleb must have another cat of similar age for company.

Ps. He's just as soft and fluffy as he looks!

If you're that special person, please fill out an adoption application today!

Useful Links

Essential Forms

- **Health Record Tracking Form** - <https://forms.gle/e69dNzfidpmcH1Wr5>
- **Adoption Application** - <https://forms.gle/rw6pvEUYqmH95RzZA>
- **Foster Application** - <https://forms.gle/SKNGNkbGxqNMXvES7>
- **Adoption Contract** - [w Adoption_Contract_Rev_Dec_24_2024.docx](#)
- **New Cat Biography Form** - <https://forms.gle/9c3NefE167dLP5Qf8> (all fields required)
- **Update Existing Cat Biography** - <https://forms.gle/NqoGobwFSgPlhWHZ9>

Resources

- **ACA Website** - <https://wordpress.abbeycats.org/>
- **Pet Food Reviews** - <https://www.pawdiet.com/review>
- **ACA Facebook Page** - <https://www.facebook.com/AbbeyCatAdoptions>