

American Humane Celebrates Cats in June

Organization notes 'flood of felines' in spring and summer, promotes adoption.

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Cats enhance the quality of our lives and American Humane encourages adoption. During the month of June, the American Humane Association celebrates Adopt-A-Cat Month to call attention to the high intake of kittens at animal shelters across the country.

American Humane dedicated the month to cat adoption as part of its ongoing effort to promote the benefits of owning a rescue or shelter cat and to inform the public about responsible pet ownership. For example, once a family adopts a cat, they're encouraged to have pets spayed or neutered and to get them ID tags.

"Every spring and summer, cats reproduce in record numbers, and millions end up in animal shelters," said Marie Belew Wheatley, president and CEO of American Humane. "American Humane encourages people to help relieve inundated animal shelters by adopting a cat or kitten during Adopt-A-Cat Month this June."

Adopting a cat saves lives and offers a variety of benefits to the owner, according to American Humane, including the following:

1. Having a cat reduces blood pressure and helps prevent heart disease.
2. Having a cat fights depression and loneliness.
3. Cats are entertaining to watch and fun to play with.
4. Cats are independent and can be left alone while their owners work.
5. A cat's presence wards off unwanted mice and pests.
6. Cats are comfortable in small spaces like apartments.
7. Cats are clean; they bathe themselves.
8. A cat's purr is calming and relaxing.
9. Fifteen minutes a day of play will satisfy a cat.
10. Cats are easy to house train, especially adult cats, who are probably already house trained.
11. Cats bring a little bit of the wild into the home.
12. Taking care of a cat can help teach a child responsibility and humane values.