



Long Island Parrot Beacon

Volume 27 Issue 9 October 2022



What a great time of year for our parrots to enjoy the Fall harvest—pumpkins, squash, brussel sprouts, cranberries and more—here's a great article by

Susan Chamberlain to refresh our memories on how to feed all these delicious Fall veggies (and what to avoid). https://www.liparrots.org/blog/falling-into-autumn/

Maurice from K&M Mobile Grooming is happy to announce that he's the Long Island representative for HARI foods. HARI is the Hagen Avicultural Research Institute. The stores that now sell HARI products are First Flight in Coram, BTJ in West Islip and Parrots of the World in Rockville Centre. Maurice had some samples from HARI at our in-person meeting on September 21. Great food and new foraging products too.

When we get reports of lost parrots it's always heartbreaking. We encourage the owners to register on nextdoor.com so they can notify neighbors via email of their missing parrot, we pass along the 911 Parrot Alert protocol (found on 911ParrotAlert Facebook page) and also this article from behavior consultant Barbara Heidenreich, http://www.goodbirdinc.com/helpescape.html We post on our Facebook page while sharing with other lost and found sites. While unfortunately not all parrots are reunited with their owners, there have been some success stories lately. A member's amazon was out and about. A good samaritan let her know that the amazon was spotted in a tree about four blocks away from home. Using the advice from Barbara Heidenreich's article,

she was able to coax the parrot down. Another call came in that a white-eyed conure was missing. They did have eyes on the parrot and then it flew away. While checking Facebook, it was discovered that a white-eved conure was found and taken to Jefferson Animal Hospital in Port Jefferson Station. A quick phone call to the owner led to the bird being reunited. The owner was so grateful, she gave a donation to us for helping. A macaw was recently reunited, as well as a green-cheek conure. It's always recommended that the recovered parrot be taken to an avian vet to be checked out. Please familiarize yourself with the info in Barbara's article and the 911 Parrot Alert protocol in case your help is needed in the future.

Our next Zoom meeting (October 19) will feature certified avian trainer Debbie Foster (see more info on Debbie inside the newsletter). Thank you to Kaitlin Saxton for setting up Debbie to be the presenter.

Our next in-person outreach (parrots allowed): Middle Country Library located at 101 Eastwood Boulevard in Centereach on Saturday, November 5 (11-2 p.m.)—it's the library's annual Scales and Tails Adoption Fair. We always have a great time at the library. Remember, while we can bring parrots, you must adhere to health protocols due to the avian flu: Please don't handle other people's birds; do not allow birds to intermingle and please use hand sanitizer frequently. Volunteers will receive an email from Candy and if you would also like to be involved in

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the fun too, please email Candy at candyl@liparrots.org.

Ranger Eric Powers' presentation at the September 21 in-person meeting was wonderful. He educated us on the diverse animals he brought with him. Eric has invited us to participate his World of Birds presentation on December 3 (11-12 p.m.) at the Longwood Library in Middle Island. Your parrots are welcome and we're to help educate the attendees about the different aspects of parrots. If you're interested in attending, please email Candy at candyl@liparrots.org

Diane P Hyde, President



VIRTUAL ZOOM MEETING starts 7:00 p.m. following speaker. PLEASE MUTE YOUR AUDIO during speaker. SPEAKERS: Begin at 7:30 p.m. +/-20 minutes. Please be respectful. Mute!

Deposits as of September 2022

Deposits	\$1207.26
Total Deposits	\$1335.26

TFCU Account Balances as of September 2022

Operating Fund:	\$5597.02
EXPO Fund:	\$10,598.31
Parrot Care:	\$2666.03
MM (Shelter):	\$139,435.21
CD (Shelter):	\$9,411.41
Total:	\$167,707.98

Expenses as of September 2022

Phone:	\$120.00
Best Value Printing:	\$243.12
Life Storage:	\$442.00
CRM (SalesNow)	\$45.45
USPS	\$102.48
CEED Donation	\$200.00
Misc:	\$1009.44
Total Expenses:	\$2750.04



Board Meeting Minutes - September 2022 September 14 2022 7PM via ZOOM ATTENDING: David Abrahams, Donna Barbaro, Bob Dietrich, Shawn

Florman, Robert Gross, Diane Hyde, Candy Little

Shawn created an email system via our CRM
(Customer Relationship Management) and
Vertical Response whereby emails are sent to
our members to let them know when their
membership is due. Members can complete an
on-line membership form, pay via PayPal or
mailing check to the PO box—all directions in
the email. eMails are being sent out at the

beginning of each month.

Busines

- Creating a members-only section on our website—we have to determine the information to put into this section; how do members access (a universal password)? How often updated? Ask members what they would want in the member's only section. Discuss during a mini-Zoom.
- Update on outreaches: Lack of volunteers has caused us to cut down on outreaches. We have giveaways for the children of the attendees. We ask parrot-related questions to the children (to educate them). The giveaways are small stuffies, bandanas, parrot slap bracelets, stickers. We give the adults the written information about the club. We are encouraging volunteers to bring their parrots to indoor events; however, they must adhere to health protocols due to avian flu: Please don't handle other people's birds; do not allow birds to intermingle and please use hand sanitizer frequently. No passing birds to attendees.
- We'll be contacting local libraries to ask if they'll
 be interested in hosting a Parrot University,
 which we will receive a fee for. We will need
 volunteers to help present and bring their
 parrots. The club has the powerpoint
 presentation.
- We'll be polling the membership (via JotForm)
 regarding their skills (marketing, event planning,
 computer skills, general volunteering skills,
 etc.). We need to build our pool of skills.

- In-person meeting at Greenwood Hall on September 21, 2022. Discussed room set up (Diane to send property manager the floor plan), logistics regarding raffles (Gloria Jackson volunteered to run the raffle table), coffee set up, clean up, Diane picked up materials from the shed with Robert's help.
- Finalize date for the Atelier at Flowerfield children's art workshop with parrots. Saturday, October 1 from 10-11 a.m. Volunteers (so far): Robert and Romeo; Candy and Maverick.
- Cage sale/fundraiser on Saturday, October 8
 from 10-3 p.m. at Life Storage in Amityville.
 Announcements in Google My Business,
 Facebook, FeatherFlash, meetings.
- Robert to record an interview with Cox Media (WBAB & WBLI) regarding the club to air on October 9.
- Shawn will be revamping the back page of the newsletter—use for committee and BOD/officer listings. Section names, such as Financial / Classifieds (would feature all ads in one section) / and Articles or Education. Sections help organize the newsletter and give Table of Contents streamline look. This is to diminish "continued to page #" and flipping of pages.





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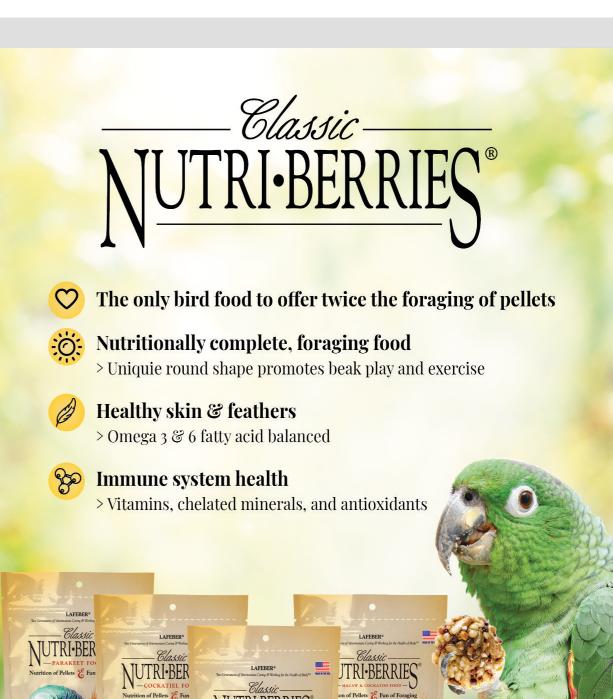
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Long Island Bird & Exotics Veterinary Clinic (LIBEVC) is a state of the art veterinary hospital dedicated entirely to the care of bird and exotic pet species. We specialize in surgical procedures, endoscopy and minimally invasive surgery and advanced imaging of these unique species. We are open seven (7) days a week and our overnight staff can be reached by calling our emergency line: (516) 441-2726

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- Soft tissue surgery
- Rodent/Lagomorph dentistry and maxilofacial surgery
- Avian and reptilian reproductive tract emergencies





L.I.Parrot Beacon

Bronx, NY 10475

October 2022

October 2022



















By: Susan Chamberlain

My heart is hurting. I just learned that an out-of-state acquaintance left her pet parrot home unattended while she was hospitalized. Desperately ill, she put an 8-pound bag of seed and sixteen ounces of water in the cage before she called an ambulance. This was two months ago.

I connected her with someone in the area who could help with the bird, and she told me that she had a friend to care for him. I have since learned that her house is in such disarray due to her incapacity, that she would not let anyone inside. She recently confided to another person that she would go home to bury her little companion upon discharge. The likelihood of her returning home anytime soon is remote.

This is especially devastating because it did not have to happen. I understand that she may not have been entirely rational when the paramedics arrived (they had to break in to get her), but she could have asked them to help find accommodations for the bird by calling the local animal shelter. She could have contacted the person I had ready to help. She could have asked the hospital staff for help or recommendations. She could have asked a friend for help. But she did not.

Am I being too judgmental? What would I, or any one of us really do when in such a desperate situation? Would I let pride get in the way of making sure my parrots are safe? I like to think I would not. I do not live alone as she does, so I have the advantage of having another person to care for the birds if I could not. I also have all of you.

Members of the Long Island Parrot Society have recently stepped up to aid birds whose human companions have become hospitalized or otherwise incapacitated. During the darkest days of Covid, we learned of a man who refused to go to the hospital because there was no one at home to care for his African grey parrot. Two brave LIPS members, following sanitary protocols, went and removed the bird from the home. It was fostered until its grateful human recovered and was able to care for it again.

A few years ago, a young woman called out of desperation because an elderly relative was living in squalor with numerous parrots. She was about to call the SPCA, but LIPS members banded together to clean the cages and premises. A member continued to help

with weekly maintenance. One of our members is caring for a hospitalized member's birds and another member needed temporary help following an accident. Another made a member's last days less stressful by caring for her birds.

There IS help available when needed, and we all need to prepare for such an eventuality:

- *Fill out an Emergency Contact Card noting that you have pets at home. Make your own or pick one up at the December LIPS meeting and holiday party on December 21.
- *Budget for emergency situations, where you may have to board or hire help for your bird. Add money for food and supplies as well.
- *Learn about local boarding facilities...vet, bird store, private establishment...and keep their contact information handy.
- *Is your bird sitter available in case of emergency? Do they have a key to your home?
- *Have a 'bird buddy,' a friend who can help in a pinch.
- *Make your wishes known to family and avian caregivers. Put it in writing.
- *Don't be afraid to reach out for help when you need

conservation Notes

According to the World Parrot Trust, the Puerto Rican Amazon parrots are in good shape following Hurricane Fiona. 200+ captive parrots were rounded up and placed into hurricane-proof shelters. The field teams are reporting that the wild populations of the parrots are also safe after several dozen were spotted flying together in the Rio Abajo Forest. In 1989 the population was down to twenty-three birds. Today, wild and captive birds number approximately five hundred individuals. Visit parrots.org for updates.

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A bald eagle that recently flew into a moving vehicle on Sunrise Highway in Suffolk County was euthanized due to the extent of its injuries. Bobby Horvath of WINORR (Wildlife in Need of Rescue & Rehabilitation) told Newsday that US Fish & Wildlife regulations mandate euthanasia when an injury calls for amputation above a wing's elbow.

From Echo Bonaire: Kiki & Lola - Conservation Center "At our conservation center in the heart of the lush Dos Pos valley in the north of Bonaire, we are currently caring for 21 Yellow-shouldered Amazons and one Green-winged macaw. Many of these parrots came to us as confiscations or injured wild birds. It's our duty to get as many as possible back into the wild, unfortunately, due to injuries such as broken wings or being too human-focused, not all our parrots can be released, so instead, they call our center home.

"For example, Kiki & Lola are two residents Loras (yellow shouldered Amazons) who cannot be released into the wild as they are ex-pets who LOVE human attention. For the past 7 years since being at Echo they have been working as educational ambassadors, inspiring volunteers, visitors, authorities and more on the importance of protecting them and their wild cousins. We make sure they are paid for their vital services with lots of tasty treats and fun enrichment to keep them happy and healthy.

"If you are on the island and want to visit, we know Kiki & Lola would love the attention and possibly a treat or two, you can book a tour at tours@echobonaire.org "

From the Macaw Recovery Network:

"A yellow-naped parrot census was conducted with the help of Equipo Tora Carey, SINAC, and local birders. More Yellow-naped parrots were spotted this census than in the previous year. This could mean that the population is growing, but we will have to continue studying them to find out for sure. The yellow-naped Amazon was listed as critically endangered on the IUCN Red List in 2021."



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Meet the Member



Roberta Fabiano with Charlie, left, and Winston, in cage

Lifetime Long Island Parrot Society member, Roberta Fabiano shares her home in Stony Brook with four pet birds, all adoptees. Farley, a Nanday conure, who occasionally appears with her on her Monday Facebook Live concerts, was adopted from former LIPS member, Kandace Westhoff some years ago. Amy, a blue-fronted Amazon formerly belonged to member Barbara Landsperg. African

grey parrot, Charlie, made his first home with former LIPS president, Joan Napolitano, and a second grey, Winston, joined the family, via a referral from LIPS Charter member Meredith Bain. It is a 'still in the family' situation, with Roberta and the birds staying connected with their former caretakers. The quartet enjoy a bright garden room and plenty of music, courtesy of Roberta's career as a musician.

Roberta joined the Long Island Parrot Society in 2001-2002 when she still had Nanday conure, Pee-Wee, her first parrot. She was instrumental in planning and performing at LIPS "Evening in Parrotdise" fundraiser with the Peter Duchin Band at the Northport Yacht Club in 2004. Both Peter and Roberta donated their services to this glam event, and Roberta donated a bird-themed folding room screen and a series of original caricatures of parrots painted on plates for the silent auction. Her abstract series, "Bird Shock" can be seen along with other works and photos at Art By Bird on Facebook



Roberta shows off her Eric Peake print. African grey art piece on the shelf is by board member, Donna Barbaro.

Roberta Fabiano's childhood dreams of working with men in tuxedoes foreshadowed a stellar career as a

world-class singer and guitarist, spanning genres from rock 'n' roll to high-society, Cole Porter stylings. A graduate of Boston's Berklee School of Music, she is lead vocalist and guitarist with the legendary Peter Duchin Orchestra. She has toured with Nellie McKay, written songs with Doc Pomus and collaborated with noted music producer/engineer Don Casale on various original song projects. Her song, "Dogen, Connor and Tupelo" is an extra on the DVD of *The Wild Parrots of Telegraph Hill*. She is one of the musicians whose work will be heard on Mark Bittner's *Street Song* companion DVD, *Street Songs*, when the book is published.

With the Duchin Orchestra, Fabiano's performances include six Presidential Inaugural Balls, parties for the Royal family at Windsor Castle, Cunard's 150th Crossing celebration aboard the QEII, the annual Save Venice balls in Venice, Italy, New Year's Eve galas at the Metropolitan Opera and Carnegie Hall's 100th Anniversary gala. She has appeared onscreen and contributed to the soundtracks for numerous films, most recently, The Post for DreamWorks Pictures and Never Too Old, A Music Documentary, produced by the Music Performance Trust Fund. Television appearances include NBC's Today Show and ABC's Good Morning America.

Closer to home, she has regularly performed at the Parrot Society's annual Holiday party, and since COVID, has done many online gigs, including the present, Monday afternoon LIPS concert on Facebook Live. Visit Frog Hollow Music on Facebook to see previous shows and at 2PM on Mondays for the live version. She has participated in outreach events and looks forward to doing so again when she feels it is safe to do so after COVID wanes a bit more.

Roberta has long had an affinity for birds, hence her nickname, "Bird". Peter Duchin first introduced her to parrot parenthool by facilitating her adoption of Pee-Wee. Eventually, Ratchet, a mitred conure joined the family. Ratchet was very social and even joined in several performances with Roberta. She also appeared on the cover of *Bird Talk* magazine and in a Macy's catalog advertisement. Both conures are gone now, but the fortunate birds that live with her fill the house with whistles, song and amusing chatter. The greys bounce words and phrases off each other, often laughing in response. The South American birds also seem to communicate, even though they are different species. They all spend quality out-of-cage time

Being a member of the Long Island Parrot Society has resulted in friendships, referrals for bird sitters, groomers and avian veterinarians for Fabiano. She has enjoyed the camaraderie of meetings and learning from the speakers, both on ZOOM and in person. She

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(Continued to page 10)

met artist Eric Peake when he presented at LIPS and he is a regular viewer of her Facebook Live performances. They've become good friends and he recently gifter her a signed and numbered print of two African grey parrots. Her hopes for the future include seeing the Shelter/Museum project come to fruition and for the eventual return of Parrot EXPO. In closing, she said, "I believe that the Shelter/Museum is sorely needed. There are many well funded shelters for dogs and cats, but not as many for parrots, especially here on Long Island. I will do everything I can to help get it up and running



Roberta Fabiano, Peter Duchin and friends.

CARE FOR SENIOR PARROTS

INTRODUCTION

It is a popular belief and a common expectation that larger pet parrots will live to over 50 years of age. However, despite their ability to live much longer than mammals of the same size, most of the captive parrots do not live as long as their wild counterparts. A long-lived bird will ultimately suffer from age-related changes including alterations in behavior, cognitive loss and various health issues such as cardiovascular diseases, cataracts, cancers or metabolic disease. With appropriate care and regular health examinations, it is however possible to delay the effects of aging and to support senior parrots into their old age.

What is a "Senior" Parrot?

When is a pet parrot considered "geriatric"?

The word geriatric refers to old age, especially with regard to healthcare. Of course, this stage of life starts at an age which is specific to each species. It is interesting to realize that reported lifespans of wild psittacine birds are greater than their lifespan in captivity. (Table 1) Indeed, besides the species, life expectancy is also dependant on other factors such as nutrition, genetics, stress and exercise which can greatly influence the aging process.

In avian medicine, a bird is considered geriatric when he reaches the age at which medical conditions associated with aging are being reported. It is a common misconception to consider that longevity records are similar to life-expectancy in parrots, and it is important to acknowledge that most pet psittacine birds will unfortunately not reach 50 years of age.



Table 1. Average life expectancy of commonly kept psittacine species							
Species	Median lifespan in the wild (50% of the birds live longer) [years]	Median life expectancy in captivity (50% of the birds live longer) [years]	Longevity record in captivity [years]	Considered geriatric [years]			
Budgerigar (Melopsittacus undulatus)	7-15	5.5	18	> 6			
Lovebird (Agapornis roseicollis)	5-15	8	25	> 10			
Cockatiel (Nymphicus hollandicus)	10-14	9	35	> 12			
African grey parrot (Psittacus erithacus)	23	9	48	> 15			
Galah (Eolophus roseicapillus)	30	13	73	> 18			
White cockatoo (Cacatua alba)	30	12	32	> 20			
Blue fronted amazon (Amazona aestiva)	40-49	20	38	> 25			
Blue and gold macaw (Ara ararauna)	35-43	21	49	> 30			



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CARE FOR SENIOR PARROTS

What is aging?

Aging is characterized by the accumulation of changes in organs over the years. This process can ultimately lead to dysfunction of the organ and disease. In other words, old age is not a disease but it can contribute to development of it. The oxidative-damage theory suggests that molecules called reactive oxygen species produced during normal oxidative metabolism lead to molecular changes and age-related decline. Because of their high metabolic rates (high body temperature, high blood-glucose levels, fast heart rate, etc.) the lifetime expenditure of a bird is estimated to be up to 15 times greater than those of mammals. Therefore, accelerated tissue damage and faster aging would be expected in birds. Many species of birds live up to three times longer than mammals of the

same size. It is proposed that birds may actually, age more slowly and gradually because they have developed defensive mechanisms against oxidative damage and a unique capacity for neuro-regeneration.

Nevertheless, even if avian species age slowly, psittacine birds will ultimately become geriatric and suffer from degenerative and neoplastic diseases just as mammals. Such geriatric changes include waning fertility, cardiovascular diseases, cancers, cataracts, hepatic failure, neural aging and osteoarthritis. Aging also affects the immune system, with an associated decrease in immune function and increased sensitivity to infections in older birds.

What are the 6 Most Common Diseases of Senior Parrots?

Atherosclerosis

Cardiovascular disorders are common in psittacine birds as they get older. African grey parrots and Amazon species over 25 years of age, as well as older cockatiels are considered highly sensitive to the development of atherosclerosis. Atherosclerosis is an inflammatory and degenerative condition of the arteries characterized by mineralization and plague formation in the vascular wall. This disease is more frequent in female birds and in birds with a sedentary lifestyle receiving a high-fat or highcholesterol diet such as one that is mainly whole seeds. Clinical signs arise because the condition results in a narrowing of the arterial lumen and a resultant decrease in blood flow which may lead to changes in tissue perfusion and even cardiac failure. Less frequently, they can be secondary to thrombosis, hemorrhage, or aneurism. Clinical signs depend on the localization of the lesions and can include sudden death, weakness, difficult breathing, fainting, exercise intolerance, feather picking or stunted feather growth and neurologic signs such as disorientation, blindness, seizures, tremors, clenching of the toes, sudden falls, extension and rigidity of one limb, incoordination and lameness. Diagnosis of atherosclerosis is challenging and can rely on advanced imaging as well as blood analysis. The treatment aims at improving blood flow and slowing progression of the disease. A variety of medical treatments have been advocated to lower cholesterol levels, but none appear to be consistent in their efficacy and a change in diet, as well as exercise, may play an important role in the management of this disease.

Tumors

Tumors (or neoplasms) are abnormal growths which can be benign or malignant (also called "cancers") in nature. Neoplasms have been documented in birds of all ages but, as in any other species, occur most frequently in older individuals. The most common cancers in

psittacine birds involve the skin (e.g. squamous cell carcinomas and fibrosarcoma), the fatty tissue (e.g. liposarcoma), the hematopoietic system (e.g. lymphosarcoma), the cloaca (e.g. carcinoma) and the reproductive tract (e.g. testicular and ovarian neoplasms). However, neoplasms can occasionally affect bones (e.g. osteosarcoma, chondrosarcoma), the liver and other organs. Species such as Galahs are predisposed to develop fatty tumors and budgerigars are commonly affected by renal, reproductive and brain tumors (e.g. pituitary adenoma). Moreover, some viral infections can predispose birds to the development of cancers such as herpesvirus infections (PsHV-1 and PsHV-2) which increase the risk of biliary and cloacal carcinomas. Given the wide variety of organs and cancers, clinical signs can be very diverse and may include lethargy, depression, anorexia, difficult breathing, abdominal swelling, weight loss, incoordination, head tilt, inability to fly, lumps and bumps, nonhealing wounds, diarrhea and vomiting, or bleeding. According to the tumor and location, different diagnostics are needed to help identify a cancer and its extension. Blood analysis, diagnostic imaging (radiology, CT-scan, ultrasound), and biopsy or fine needle aspiration of a tissue sample may be needed. Treatment should be adapted to each patient and may include surgical excision, radiation therapy or chemotherapy.

Liver diseases

The functions of the liver as a metabolic and filtering organ make it susceptible to many disorders such as viral infections (e.g. herpesvirus, polyomavirus), bacterial infections (e.g. chlamydiosis), nutritional imbalance (e.g. hepatic lipidosis) or toxicosis (e.g. mycotoxins, pesticides, heavy metal). When such diseases evolve over a span of time, they lead to severe alterations of the liver and can alter its function. This situation is more frequent in older birds and species such as Amazon parrots, cockatiels, macaws and budgerigars. Risk factors include poor diet (all-seed diets,

CARE FOR SENIOR PARROTS

unhealthy table foods), unsanitary food (i.e mold contaminated), and secondary to heart disease. Birds suffering from hepatic insufficiency may show signs such as depression, anorexia, increased thirst, weight loss, overgrown beak and nails, poor feather quality (e.g. lack of powder down, color changes) as well as changes in the droppings (increased urination, discoloration of the urate). Blood analysis, diagnostic imaging and sampling of the liver (fine needle aspirate or biopsy) may help to diagnose hepatic disorders and more specific tests can also be offered (culture and sensitivity, PCR for infectious agents). The prognosis in cases of chronic liver disease is poor. Supportive care can be provided to help with the liver function and include various drugs as well as long-term diet modification. When possible, treatment for the initial disease should be provided.

Cataract

Cataracts are a degenerative eye disorder which shows as opaque areas of the lens. Given that psittacine species can have long life expectancies, idiopathic age-related cataract formation is not uncommon, particularly in macaws after 35 years of age, as well as in older Amazons and cockatiels. Cataracts can also occur secondarily to many causes including trauma, infection, genetics, nutritional deficiency (e.g. zinc, vitamin B2 and B3 or antioxidants such as vitamin A and E) or certain light exposure. If the onset of cataracts is gradual, adaptation to decreased vision usually occurs and the disease may be unnoticed. Cataracts can eventually lead to total vision loss which can result in inactivity, reluctance to move, reduction in appetite and interaction with other birds and people. In some birds, blindness can lead to fearful behaviors such as startling, screaming or biting. Birds with unilateral blindness tend to hold their heads to the side so that their visual eye faces forward. Complications of cataracts can include retinal detachment and lens-induced (or phacolytic) uveitis which is an inflammation of the iris secondary to the breakdown of the lens. Treatments in case of cataracts aim at improving the quality of life and can rely on ocular drops but some larger birds may be candidates for a surgery called phacoemulsification.

Osteoarthritis

Osteoarthritis is also called degenerative joint disease and is caused by abnormal wearing of the cartilage that covers and cushions the joints. It is more common in psittacine birds over 15 years of age and these lesions can occur at an earlier age in situations where there is normal wear on abnormal joints (e.g. birds that experienced trauma, or suffer from metabolic bone disease) or abnormal wear on normal joints (e.g. obesity, sedentarity). Commonly affected joints include the phalangeal joints of the feet, the tarsus and the stifle, whereas the joints of the wings seem less frequently affected. Occasionally, osteoarthritis can lead to complications such as bumblefoot, ulcerative dermatitis and



This aging parrot suffers from cataracts. - note the opaque area on the lens.

callous formation. Osteoarthritis is mainly responsible for pain. Birds with osteoarthritis often present with lameness, decreased activity, increased sleeping time, decreased alertness, behavior changes (including increased irritability or vocalization), falling off perches, stiff or sore joints, feather picking or mutilation, as well as reluctance to fly, jump or climb. Clinical signs and radiographs can help to diagnose osteoarthritis. Treatments are focused on slowing progression of the disease and relieving pain. Environmental adaptations may be considered to help disabled birds.

Senility

As in mammals, the cellular activities of parrots produce molecules (reactive oxygen species) that are potentially dangerous. Antioxidants normally help to protect the brain against their deleterious effects. However, with aging, fewer antioxidants are produced which allows these reactive oxygen species to damage neurons. Although effects of aging on bird cognition are unknown, conserved mechanisms underlie age-related changes in the avian brain similar to those observed in mammals. Moreover, some studies have noted that the volume of the hippocampus, which is responsible for certain types of memory, is reduced in captive birds, with an associated decrease in particular types of memory. Anecdotal accounts from veterinarians and owners of older birds suggest that senility may occur and can be evidenced by inability to locate entrances to cages and food sources, with which they were previously familiar, as well as behavioral changes and altered interactions with human and avian cohabitants.

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CARE FOR SENIOR PARROTS

How to Improve Health of Older Birds

Senior birds have specific needs and require increased attention, including more frequent visits to the veterinarian, possible changes in diet, and in some cases modifications to their home environment. Following are some basic considerations when caring for older psittacine birds.

Exercise

As with older people, keeping older birds active through appropriate exercise will be beneficial to prevent development of atherosclerosis or osteoarthritis. Flighted birds can be allowed or encouraged to fly. Flapping exercises can also be done by gently raising and lowering the bird, or walking swiftly with them while allowing them to perch on a hand or arm. When this is not possible, birds should be stimulated to climb and walk. For example, it is possible to ask them to "step up" several times as part of their exercise routine. In birds suffering from stiff joints, passive motion exercises can be performed. One example of a passive motion exercise is allowing the bird to perch on its owner while gently rocking in a chair. Finally, foraging for food is another way that can be used to encourage exercise, by putting foraging boxes on different sides of the cage or enclosure.

Diet

There is overall little to no research on the nutritional needs of the geriatric psittacine bird. However, it is believed that diets should be easily digested and contain reduced levels of proteins, energy, phosphorous, sodium and of some minerals and vitamins compared to those received earlier in life. However, increases in vitamins A, E, B12, thiamine, pyridoxine, zinc, lysine, linoleic acid and other omega 3 and 6 fatty acids may be helpful in overcoming some of the metabolic and digestive changes seen in old age.

Low-fat formulated diets with antioxidant fresh vegetables and fruits will provide the necessary nutrients to the geriatric bird and limits development of atherosclerosis or other degenerative changes in the brain and liver. A healthy diet rich in omega-3 and -6 fatty acids may help to slow down the degenerative process such as cataracts, osteoarthritis and atherosclerosis in geriatric parrots. Moreover, essential fatty acids (flaxseed oil, walnuts, and almonds), have been used to reduce inflammation and have renal protective effects. Reduction in fat and cholesterol in the diet may help to prevent atherosclerosis and liver disease. Zinc, selenium and some vitamins (C, E and riboflavin) are considered important in the prevention of cataracts. Vitamin A will support the immune system and reduce the risk of respiratory infections.





CARE FOR SENIOR PARROTS

Enrichment

Stimulating older psittacine birds through social interactions can help keep them mentally active and slow down senility. Perch diameter, texture, or padded perches can all help birds with weak or painful legs or feet and help to decrease the development of bumblefoot in birds with osteoarthritis. Moreover, in birds suffering from decreased vision, minimal alteration of the home environment is critical specially as far as perching, food and water bowls are concerned since it will help the bird maneuver and access nutritional resources safely. Foraging opportunities can also entertain and distract the bird and diminishing feather picking or mutilation behaviors.

Regular health checks

Prevention of many of the geriatric problems lies in early recognition of risk factors and diseases. Annual health checks allow your veterinarian to identify early signs of diseases and provide you advices to reduce risk factors that could lead to them. When a bird is geriatric, check-ups should be semi-annual to detect and treat any problem as early as possible. Senior bird exams are similar to those for younger birds but are generally more in-depth and may include specific evaluations for diseases that are more likely in older psittacine. Additionally, diagnostics might be recommended to check organ function (blood analysis, stool analysis, cardiac ultrasound, etc.), or to investigate any abnormalities noticed during physical examination.

Before any medical signs become apparent, behavioral changes can serve as important indicators that something is changing in an older pet, which may be due to medical or other reasons. If any changes in your bird's behavior are noticed, such as water consumption, droppings appearance, eating habits or preening habits, please consult your veterinarian.

Conclusion

Nutrition, exercise and genetics can all influence the life expectancy of parrots. Improved education of veterinarians and increased awareness of specific needs of parrots have led to better healthcare and increased life expectancy. However, your role as a primary caretaker is invaluable in preventing some of the more frequent diseases encountered in geriatric psittacine birds: nutrition, habitat, social interaction, and exercise are all of critical importance to limit disorders of advanced age. Your veterinarian can assist you in evaluating quality of life of your pet bird and will be able to compare to previous years if regular check-ups are performed. On some occasions, husbandry and medical changes are just not enough to improve the quality of life to an acceptable level. In such cases, your veterinarian will be able to assist you with end of life decisions.





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Bellmore Street Fair, Saturday, September 24, 2022

We had a fantastic day (considering no parrots with us). Many thanks to our volunteers. Love the photo!

Volunteers:

Robert; Carol Christensen; Linda Womack Traci Miller; Diane

The weather was perfect and the crowd was plentiful. We had lots of visitors all interested in what we had to say about the club, parrots, the naturalized Quakers (who were sounding off and flying around us) and the avian flu and what we can do to

continue to protect our flock

Linda and Traci helped set up (as well as Robert, Carol and me and neighboring vendors). Traci was like the mayor—she works for the Town of Hempstead so lots of folks were coming over to say hi to hear and learn more about the club. Linda had folks visiting her too—a niece who wants to join the club. Traci and Linda were in charge of asking the kids questions and giving out the little tchotchkes.

A family who met us at the LI Pet EXPO at Suffolk Community College made the trip to Bellmore from Hauppauge—they joined right on the spot. Their 18-year-old daughter, Olivia, is the future of aviculture.

Nine people signed our mailing list. Collected \$15 in donations (between membership and donations, we received \$50). Gave out a lot of literature.

The Boy Scouts were there and I spoke with the pack leader about a Parrot U and she was excited. They meet at the Bellmore Presbyterian Church.

This is such a well-attended event—it should be on our "must do" annual outreach.

By Diane Hyde



Ayesha Kahn, Adoption Candiate: Pokey Update

Hello uncle Shawn just a quick note to say hi and I love my new mommy! I talk a lot and made sure to tell her my name is Pokey when she thought to change it to

pumpkin I mean can you imagine? I also say 'pretty boy,' 'come here cutie,' and 'baby' at bedtime when she gives me head scritches! My favorite game has to be looking under doors whilst lying on my back though.



Scan to listen to Member Robert Gross's Inteview on 102.3 WBAB & 106.1 BLI or click here.

Look for Long Island Parrot Society in the list and then click the play button on the page



Dockside Family Festival at Captree State Park (9/10/22):

Volunteers: Robert Gross, Susan Seddo and Diane Hyde Beautiful weather down by the water. Attendance and vendors lower than in previous years. We did collect \$22 in donations. We had the giveaways for the children (asking that they answer questions about parrots first). There were a few very smart children. Susan Seddo had her mother with her and baked goods and cold drinks.

We got to speak with attendees about proper parrot care, the club and the avian flu. A couple of members stopped by to say hi.

By Diane Hyde



LI Pet EXPO in the Park (Tanner Park) 9/18/22):

Volunteers: Robert Gross, Susan Love, Steve Anolik, Joe Cracolici and Diane Hyde (Susan and Steve really had a good time and are looking forward to volunteering again). Gorgeous day weather-wise (quite a strong breeze blowing all day). Attendance was down, as well as the amount of vendors; however, the folks we spoke with were very engaged in what we had to say. We were located next to



our friend, Frank Vincenti, from the Wild Dog Foundation. We also saw Roy Gross from the SCSPCAhe would like the opportunity to present to our group again. Susan really enjoyed

speaking with the attendees. She's a retired teacher, so this was right up her alley.





CEED Outreach Sept 17, 2002



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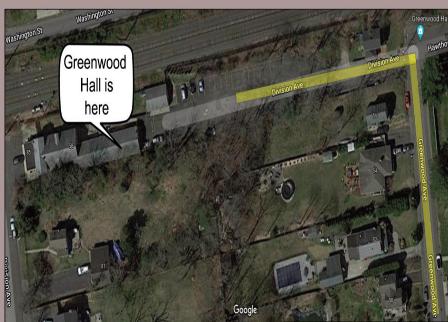
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- 3. Go to "shopping programs" and designate **Long Island Parrot Society of New York** as your charity.

Directions to Our Meeting Hall, 58 Greenwood Avenue East Islip, NY 11730



From the East:

Sunrise Hwy to exit 46. Left on Connetquot Avenue. Stay straight. Turn right at Hawthorne Ave. (Just after Railroad tracks.) Stay straight until the end of the street, note the Greenwood Hall Sign. Follow into the long drive way.

From the West:

Sunrise Hwy to exit 46 toward County Rd 17/Carleton Ave/East Islip/Central Islip. Merge onto Sunrise Hwy South Service Rd. Turn right onto Garfield Ave. Turn left onto Jackson St. Turn right onto Carleton Ave. Turn left onto Union Blvd. Turn left at the 2nd cross street onto Greenwood Ave Street.

LIPS MEMBER DISCOUNTS

The following businesses give the discounts noted for LIPS members. You must show your current membership card. Discounts are subject to change; we suggest you ask before you make your purchase. If you have a problem with a store or service not honoring it, let us know. (631-957-1100):

Bird Paradise, Burlington, NJ, 10% off (doesn't apply to purchased birds or Harrison's products) - in store only. 15% discount for on-line purchases—code: LIPS15.

B.T.J.'s Jungle, West Islip (631-587-8191) 10% off

Central Veterinary Associates, 24/7, Valley Stream + 5 other locations, 10% off all services, call (888-4CVA-PET), www.centralvets.com — for LIPS members

Fine Feather, LLC (The Pet Store Next Door), www.finefeather.us (516-801-6400) discount code liparrot10 First Flight, 514 Middle Country Road, Coram (631-732-1494) 10% birds and related

Paumanok Veterinary Hospital, Patchogue (631-475-1312) 10% off exam

Total Pet Care/Lawrence Labs, Holbrook (800-TOTL-PET) 10% LIPS.

Please observe the following rules for the safety of your parrots and others!

- You must be a LIPS member for at least 60 days prior to bringing birds to meetings or events.
- Non-members and guests are not permitted to bring birds to
- Flighted birds must be confined to carriers or cages.
- All birds must remain under supervision of their pet human or a caretaker designated by said human.
- Please clean up after your birds (poop, food, etc.).

The following birds must have been quarantined for 60 days prior to attending meetings or events:

- Newly acquired birds, baby birds and geriatric birds.
- Sick birds; any bird exposed to sick birds within the past 60 days.
- Birds that have been boarded in pet shops.
- Pin-feathered baby birds are not permitted at meetings or events unless contained in appropriate, solid sided containers or incubators. Owner assumes any risks associated with bringing

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Meeting

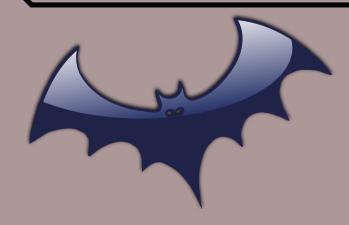
Vendors!

Volunteers are very much needed.



We need help Administrative work, answering phone call, emails, data entry, committee specific help, just to name a few.

involved with the Long Island Parrot Society. Let's build a team that helps grow our organization. Email volunteers@liparrots.org to join us!



News from the Flock

Condolences to Lorraine and Rob Otto on the loss of their beloved blue and gold macaw, "Mischief."

Now we know what Dr. Monaco does on his day off— Facebook postings showed him having a fun time at the Long Island Game Farm! Visit Old Country Animal Clinic's Facebook page for more photos.

Many thanks to Mary Ann Nutter for her donation to help defray the cost of printing the Long Island Parrot Beacon. Most members have opted for electronic copies, but some people still prefer paper---and it looks great in color!

Best wishes to member Andrea Mercier and Gregg Diliberto on their engagement!

Did you look at the photo albums on the display table at the September meeting? They chronicle quite a bit of Long Island Parrot Society history.

Congratulations to Laurie Hess, Dip., ABVP, of the Veterinary Center for Birds and Exotics in Bedford Hills on the acquisition of the building where her hospital resides! Plans include more exam rooms, expanded boarding facilities and new services. Visit avianexoticsvet.com

It looks like the New Jersey Parrotpalooza will not be returning this year for the third year in a row.

Check your bird's flight feathers and be extra careful when opening exterior doors! Avian escapes are happening all over Long Island, and although there have been some happy reunions, the chances of recovering an errant pet bird are not stacked in our favor. Special thanks to Iram Jabeen who donated \$100.00 to the club in recognition of Diane Hyde's help in recovering her escaped parrot.

Thanks to Mary Badenhop of Pipsqueak Productions for her artistic raffle donations!

Jimmy Buffett has cancelled concerts for the remainder of 2022 on doctor's orders. We are hoping he will be back at Jones Beach next summer!

Hurricane Ian battered Southwest Florida on September 28, but Debbie Huckaby of Birds of Paradise Sanctuary in Bradenton managed to keep all the resident birds safe. An octagonal aviary was destroyed, but no birds were inside. Also marked safe: Jean Pattison (the African Queen) and Chris Armstrong of Percy Wings Aviary.

Roberta Fabiano recently received a signed and numbered print of two African grey parrots from friend and renowned avian artist, Eric Peake!

Happy Birthday to Karie-Ann Floman who's birthday is October 22nd. Additionally, Happy Anniversary to Karie-Ann and Shawn Florman as their anniversary was last month.

Our condolences to a former member, Ruth Lange who passed in September. She left behind her double yellow Amazon, Roxie who is currently in our program and up for adoption.

Congratulations to Frank Huwer on his shiny, big, new, red







I'm certified as a professional bird trainer through the International Association of Avian Trainers and Educators (IAATE-Knowledge Assessed) and a parrot behavior consultant through the International Association of Animal Behavior Consultants. I am a co-instructor for Living and Learning with Animals, Dr. Susan Friedman's eight week webinar for professionals, and am an instructor for the Companion Animals Sciences Institute.

My business is Parrot Ps and Qs (found on Facebook).

I apply my knowledge of the science learning and behavior and positive reinforcement in my training. I work with people to acclimate new birds into their homes, train desired behaviors and analyze the function of unwanted behaviors and replace them with something both owners and birds approve of.

My two passions are parrot rescue and training and the environment.



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September 21, 2002 - In Person Meeting w/ Ranger Eric Powers























Photo Credit to
Susan Chamberlain

LONG ISLAND PARROT SOCIETY OF NEW YORK, INC. A NONPROFIT 501c3 ORGANIZATION AND NYS REGISTERED CHARITY

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Vice President: Shawn Florman
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CONTACT INFORMATION:

Website: <u>www.liparrots.org</u> E-mail: <u>info@liparrots.org</u>

Feather Flash (sign-up): https://www.liparrots.org/featherflash

Facebook Page: https://www.facebook.com/liparrots
Parrot Phone: 631-957-1100; Diane Hyde
GET INVOLVED—TEAMS & SERVICES—JOIN A TEAM:

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Publicity and Public Relations Coordinator: Susan Chamberlain

Raffles Coordinators:
Special Events: Susan Chamberlain

Vendor and Venue Liaison: TBD Volunteer Coordinator: Robert Gross

HELP WANTED!

Monthly Meetings:

Help with set-up before meeting and break down afterward

Coffee/Refreshments

Volunteers for Parrot University and Outreach Events during the year

UPCOMING MEETINGS/ OUTREACHES

<u>Wednesday, October 19</u> 7PM via ZOOM Debbie Foster certified trainer and behavior consultant.

Saturday, November 5—Middle Country Library's Scales and Tails Adoption Fair (11-2 p.m.). Location is 101 Eastwood Boulevard in Centereach. If you're interested in participating (parrots welcome), please email Candy at candyl@liparrots.org

<u>Wednesday, November 16</u>
7PM via ZOOM Pamela Clark,
Parrot Behavior Consultant

*Mini-ZOOM meetings are held on the first Wednesday of each month at 7PM. In-person meetings will be live-streamed via ZOOM. Meeting invitations are sent via email

Sunday, December 3—Longwood Library—Ranger Eric Powers has asked us to participate in his World of Birds presentation (11-12 noon)—library is located at 800 Middle Country Road in Middle Island. If you would also like to participate to help educate the attendees on the different aspects of parrots, please email Candy at candyl@liparrots.org

OUT OF TOWN & VIRTUAL EVENTS

Organizations: list your upcoming events here. Email information to: editor@liparrots.org

Join The Leather Elves Facebook page every Friday evening at 7PM EST! Robin Shewokis-Sullivan hosts an informative and entertaining presentation on different avian topics each week!

<u>Thursday - Sunday, October 13 -</u> <u>16</u> - Cape May Fall Festival - Cape May, NJ

Thursday October 21 at 3 PM

<u>EDT</u> - Dr. Lamb Live from <u>Macaw Recovery Network in</u> <u>Costa Rica</u> with Dr. Stephanie Lamb, DVM, DABVP (Avian Practice) - Lafeber Zoom webinar

<u>Saturday - October 29</u> - Fort Lee, NJ <u>National Gloster Club Annual</u> Show

<u>Saturday & Sunday November 5 -</u> <u>6</u> - <u>Morgantown Pet Expo</u> -Morgantown, PA



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