



February 2026



# QCAWC Newsletter



Volunteer Orientation will be held the first Wednesday of each month beginning at 5:30pm in the QCAWC Education Center. Please visit: [www.qcawc.org](http://www.qcawc.org) to register and for more information.

QCAWC 724 2nd Ave W., Milan, IL 61264 [www.qcawc.org](http://www.qcawc.org)



## **Moving Together: How Adoptable Animals Inspire Healthier Lives**

Adopting an animal doesn't just save a life. It often gets us moving in ways that improve both physical and mental well-being.

Studies show that dog owners are up to four times more likely to meet daily exercise recommendations than non-dog owners. Regular walks, playtime, and outdoor adventures add up, helping improve heart health, reduce stress, and boost overall mood. Even short walks can make a big difference when they become part of a daily routine.

Cats and other adoptable companions encourage movement too. Interactive play breaks up sedentary time, increases daily activity, and adds joy and laughter to everyday life.


Exercise with a pet also supports emotional wellness. Physical activity is linked to lower rates of depression and anxiety, and time spent with animals has been shown to reduce stress hormones and increase serotonin. For adoptable animals, regular activity builds confidence, helps them adjust to new homes, and strengthens the human-animal bond.

Adopting from the QCAWC is a simple and meaningful way to bring these benefits into your own life while giving a deserving animal a fresh start. Our adoptable dogs, cats, and other companions are already spayed or neutered, vaccinated, and ready to join an active loving home. When you adopt from QCAWC you are not only gaining a new best friend, but also opening the door to healthier routines, shared adventures, and daily moments of connection. To meet our current adoptable pets and find the perfect match for your lifestyle please scan the QR code or visit our website: [www.qcawc.org](http://www.qcawc.org)



# Emotional Support Animals

## Find support at the QCAWC!



An Emotional Support Animal (ESA) is a pet that provides therapeutic emotional support to an individual with a diagnosed mental or emotional health condition. According to the American Psychological Association 1 in 5 pet owners report that their animal is an ESA; people find that having a companion animal helps them manage stress, anxiety, and isolation. Unlike service animals, ESAs are not trained to perform specific tasks. Their role is to provide emotional comfort and stability. ESAs help ease symptoms such as anxiety, depression, PTSD, and panic disorders simply through their presence.

\* **What is an Emotional Support Animal**

- \* Do not require specialized training
- \* Are not considered service animals
- \* Do not have public access rights under the ADA

\* **What an ESA Is Not**

- \* ESAs are not automatically allowed in restaurants, stores, or workplaces
- \* Online “registrations” or ID cards are not legally required or recognized
- \* ESAs must still be well-behaved and properly cared for

Many shelter animals naturally excel at emotional support. In fact, rescue animals often bring unique qualities that make them especially well-suited for the role:

- \* **Deep Bonds:** Rescue animals often form strong attachments once they feel safe. That connection can be incredibly grounding for someone seeking emotional support.
- \* **Calm, Comforting Companions:** Many adult dogs and cats especially those who prefer quiet environments are ideal for individuals who need emotional stability rather than high energy.
- \* **Routine & Purpose:** Caring for an animal provides structure: feeding schedules, walks, playtime, and daily interaction can help establish healthy routines and improve mental well-being.
- \* **Mutual Healing:** Adoption is a two-way rescue. While an animal offers comfort and companionship, the adopter provides safety, love, and a second chance.



PLEASE JOIN US FOR OUR 4<sup>TH</sup> ANNUAL

# Pupentine's Event



<b>WHEN: SUNDAY FEBRUARY 15<sup>th</sup> 12:00PM</b> <b>WHERE: ICONS MARTINI 124 18<sup>th</sup> St. Rock Island, IL</b> <b>ICONS</b>	<b>SPECIALTY DRINKS SILENT AUCTION 50/50 RAFFLE BEER WAGON FOOD</b> <b>LIVE MUSIC - MOLLY DURNIN CHARM COLLAR STATION PUPPY CHARCUTERIE CART</b>
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New York Giants Center #61 John Michael Schmitz will be making a special appearance for autograph signing and photo opportunities!  
Signed Footballs to be auctioned off from Cameron Skattebo, Russell Wilson, & a few others!

**SIGNED MEMORABILIA FROM WWE'S SETH ROLLINS & NBA'S TYRESE HALIBURTON!**

**\$3.00 BUSCH LIGHTS**

**BUSCH LIGHT**

Love is in the air and it has four legs! Join us for our 4th Annual Pupentine's Event on Sunday, February 15th at 12:00PM at Icons Martini 124 18th Street in Rock Island, Illinois for an afternoon full of wagging tails good drinks and lots of fun for a great cause. Enjoy specialty drinks, a silent auction, raffles, live music, and all the puppy themed fun you can handle while supporting animals in need. Bring your friends, bring your sweetheart, and get ready to fall head over paws for this pawsitively perfect Pupentine's celebration.

## Adoption & Education Center

724 2nd Ave. W., Milan, IL 61264

Phone 309-787-6830 option #1

## ADOPTION CENTER HOURS

Monday, Wednesday, Thursday, Friday, Saturday: 12pm to 5pm

Tuesday and Sunday: closed

## Spay/Neuter & Wellness Clinic

612 1st St. W., Milan, IL 61264

Phone 309-787-6830 option #2

## WELLNESS CLINIC HOURS

Wednesday: 8am to 11am

First Saturday of the Month: 8am to 11am

SAVING ANIMALS ONE LIFE AT A TIME SINCE 1977

WEBSITE [www.qcawc.org](http://www.qcawc.org)



Scan this QR code to donate online instantly.

