



CATIO SPACES®
Designing Spaces for Safe, Healthy & Happy Cats

FOR INFORMATION/High-Res Photos:
Cynthia Chomos.....(206) 919-0107
..... info@CatioSpaces.com
catiospaces.com (see Media tab)
Photos: please credit **Catio Spaces.com**

**Catio Spaces and catio tours support objectives of upcoming
Happy Cat Month and National Animal Safety and Protection Month**

SEATTLE, Washington (August 22, 2019) -- As fall approaches, attention tends to turn to back-to-school preparations. For pet owners, fall signals some important educational observances: “Happy, Healthy Cat Month” in September and “National Animal Safety and Protection Month” in October.

Seattle-based cat expert Cynthia Chomos is supporting both initiatives to help raise awareness of the well-being of cats and their value as companions. “Lifelong cat parents and first-time pet owners can help enhance the health and happiness of our four-legged family members,” said Chomos whose [Catio Spaces](http://CatioSpaces.com) business was started to help cats stay safe and happy while protecting birds and wildlife.

From her experience as a pet owner and catio designer, Chomos knows while dogs can safely enjoy outdoor time on a leash or in their fenced backyard, there are many dangers for free-roaming cats, including vehicles, predators, poisons, diseases from animals, and getting lost or chased up a tree. Many cat parents feel guilty keeping their cats indoors, or incur frequent vet bills when their cats are allowed to roam unsupervised outside, she noted.



“Cats naturally want to be outdoors where they can experience fresh air and the sights, sounds and stimulation of nature,” says Chomos, adding, “Catos, outdoor cat enclosures or cat patios, help solve the indoor/outdoor dilemma and provide peace of mind for many cat parents.”

Chomos applauds efforts by the founders of both “Happy Cat Month,” now in its 12th year, and “National Animal Safety and Protection Month,” created by the PALS Foundation, an organization dedicated to helping animals and people coexist.

Jane Brunt DVM, founder of “**Happy Cat Month**” and a cat-caring society called the [CATalyst Council](http://CATalystCouncil.com), started those initiatives in part to dispel beliefs that felines (reportedly the most popular pet in the U.S.) are self-reliant, aloof, and need less care and attention than their canine counterparts.

Brunt’s goal is to unite veterinarians, shelter and animal welfare organizations, plus cat fanciers in educating cat owners and non-owners alike about wellness needs of cats and the health benefits they can provide to pet parents. The coalition promotes adopting and fostering cats and volunteering at shelters.

-more-

National Animal Safety and Protection Month is dedicated to reminding people of the responsibility of pet ownership, and to take steps to be aware and be prepared in case of emergencies or illness. Proponents recommend up-to-date immunizations, pet-proofing homes and property, using ID tags or microchips, learning basic first aid, and having emergency evacuation plans in the event of disasters.

Other examples of partnerships around cat safety are [Catio Tours](#). These popular educational events held in cities across the United States and Canada help share the benefits of catios to ensure felines are safe and stimulated outdoors while also protecting birds and wildlife. The self-guided tours of homes also showcase many ways catios can complement a home and garden.



Catio Spaces is one of the founding organizers of Catio Tour Seattle, together with PAWS and The Humane Society of the United States. This annual event traces its origins to Portland, Oregon which expects a sellout for its seventh annual tour on September 7.

To help spread the word with cat parents and offer inspiration for those seeking ways for their cats to enjoy safe outdoor time, Chomos hosts a [national catio tour event directory](#) on her website and helps animal welfare groups organize tours in their respective cities.

As part of an ongoing educational effort, Chomos offers various resources on her website such as the [“Top 10 Benefits of Catios,”](#) [free catio tips](#), [“DIY Success Stories,”](#) and a cat welfare [blog](#), and by being a go-to resource for media.

In 2014, Chomos started [Catio Spaces](#), a company that designs and builds custom outdoor enclosures and offers [DIY catio plans](#) in a variety of sizes for a window, porch, patio, deck or yard to help protect cats from various outdoor hazards and provide much needed stimulation on a daily basis. Each plan is a PDF download that includes a material and tool list, step-by-step instructions and diagrams for a successful project. Ten percent of DIY plan sales is donated to animal welfare organizations.

Chomos notes indoor cats live longer than their outdoor counterparts but says an unenriched, indoor-only life can have downsides veterinarians see every day, such as obesity, aggression, furniture destruction, and inappropriate elimination.

According to a national survey of pet owners, there were approximately 95.6 million cats living in households in the U.S. in 2017, but not all receive regular preventive exams by a veterinarian. Reports from the American Veterinary Medical Association (AVMA) indicate cat visits to veterinarians have declined, despite evidence that routine wellness visits can help detect medical problems early.



In addition to regular veterinary visits, high quality diets, and safe habitats, cats need mental and physical stimulation, emphasizes Chomos, noting obesity is a major problem for felines, particularly between ages 5-to-10. Catios can be designed and accessorized to promote stretching and exercise, wildlife-watching, healthy habits, and interactive play to help keep a cat lean, fit and enriched.

-more-

Happy cats are not only adored companions, they also provide therapeutic value, according to cat experts. For example, [studies](#) by researchers with Mayo Clinics, the National Institutes of Health, and other institutions indicate humans' own health can benefit from being cat owners. Among the healing



benefits of cat purrs and companionship are lower stress and anxiety and more restful sleep.

For Chomos, such findings come as no surprise. She drew on her experience as a feng shui expert and general contractor to build several catios for Serena, her sun-worshipping tabby. As a nature lover who believes time outdoors is good for humans too, she designed a catnap catio, complete with a daybed so she and Serena can relax and enjoy the widely-touted benefits of catnapping.

Since those initial creations, her custom catio designs have been crafted for cats whose owners live in [urban high-rises](#), [houseboats](#) and a variety of other home and garden settings, including the [colorful catio menagerie](#). (See video)



Chomos works locally and globally with cat owners and animal welfare organizations on a variety of issues. She regularly answers inquiries covering a range of concerns, from protecting cats from predators, toxins, fights and cars to solving multi-cat issues associated with territory or a lack of stimulation.

Chomos also supports animal shelter and rescue organizations via the [Catio Spaces Affiliate Program](#). Organizations that help raise awareness of the benefits of catios can earn 10% of any DIY catio plan sales as a result of their efforts. Her company provides free tips and tools to assist them.

Like the CATalyst Council, she advocates for adopting sheltered and rescued cats, and encourages volunteering at and donating to animal welfare organizations.

"I'm delighted to help promote the power of the purr," proclaimed Chomos. "At Catio Spaces, helping cats, birds and wildlife stay safe is a founding principle and we value the role the CATalyst Council, PALS and other animal welfare organizations play in enhancing the lives and happiness of cats."

###

Next page:

- Links to resources (free tips, plans, etc.)
- Links to images (photos, videos)
- 10 Benefits of Catios
- Link to "Meet Cynthia" (bio)

RESOURCES:

About Catos and Cat Enclosures: <https://catiospaces.com/catios-cat-enclosures/>

Free Catio Tips: <https://catiospaces.com/catios-cat-enclosures/free-tips/>

DIY Catio Plans: <https://catiospaces.com/catios-cat-enclosures/diy-plans/>

Top 10 Benefits of a Catio (box follows): <https://catiospaces.com/catios-cat-enclosures/why-a-catio/>

Catio Tours: <https://catiospaces.com/catios-cat-enclosures/catio-tours-near-me/>

IMAGES: (please credit **CatioSpaces.com**)

Photo gallery: <https://catiospaces.com/photo-gallery/>

(For high resolution images, contact Cynthia Chomos, info@catiospaces.com or 206-919-0107)

VIDEOS by Catio Spaces:

All Videos: <https://catiospaces.com/catios-cat-enclosures/videos/all-videos/>

YouTube Links:

- Urban Deck Catio: <https://www.youtube.com/watch?v=LFjoSJUOunc>
- Door Dasher's Haven Catio: <https://www.youtube.com/watch?v=Oh85p3aZ8cA&feature=youtu.be>
- Serena's Garden Getaways: <https://www.youtube.com/watch?v=EWDuttDfPag>
- Cerebellar Hypoplasia Cats Houseboat Catio: <https://www.youtube.com/watch?v=6lhafOsX4KQ>
- Wildlife Watcher Catio: <https://www.youtube.com/watch?v=rOeEuHvuUVs&t=32s>

MEET CYNTHIA (bio)



10 BENEFITS OF CATIOS FOR CAT OWNERS:

1. Protection from vehicles, predators, poisons, diseases or getting lost or stuck in a tree.
2. Reduce vet bills from cat fights or injuries.
3. Protect birds and wildlife.
4. Help reduce the roaming cat populations in local communities.
5. Provide a healthy outdoor lifestyle with fresh air, exercise, bird watching and sunbathing.
6. Help reduce indoor multi-cat issues by adding more territory.
7. Enjoy feline and human interaction surrounded by nature and fresh air.
8. Help reduce indoor odors with an additional outdoor litter box.
9. Good neighbor relations (keep your cat out of their gardens and yards).
10. Peace of mind knowing your cat is in a safe and protected place.