The healing power of pets

as ho me be frie "W the the house of the hou

Loneliness among
the senior population, research shows,
is more common than
many may think. But
what better way to combat
feelings of isolation than with a
furry friend?

'The healing power of pets is well-documented and researched," says BC SPCA Penticton Veterinary Hospital vet Dr. Michael Tigchelaar, also known as 'Dr. Mike'. "We already know pets can help reduce stress, lower blood pressure, increase social interaction and physical activity, and more. Plus, they offer unconditional love and affection, and can help ease loneliness or the loss of a loved one."

It's a win-win situation for the adopted animal and the senior guardian, Tigchelaar notes,

as the human gives a deserving animal a loving home and in return, he becomes a furry family member who lavishes love on his new guardian, becoming a constant companion and inseparable friend.

"We all get older, there's no denying that, but there's no reason to be alone or feel alone where there are so many amazing animals who need homes and have so much love to give," Tigche-

laar says. "Our team at the BC SPCA
Penticton Veterinary Hospital is here to
help your pet remain fit, healthy, and
happy as he or she ages."

The BC SPCA Penticton Veterinary Hospital offers free adoption exams for newly adopted animals from the BC SPCA, and has a variety of programs tailored specifically for seniors in the area. All revenues from the hospital support the life-saving work of the BC SPCA.

For more information about your pet's health, or to find out more about the programs for senior citizens, please contact the BC SPCA Penticton Veterinary Hospital at 250-493-3404 or pvh@spca.bc.ca.

To search for animals looking for a home, please visit www.spca.bc.ca/adopt or contact the Penticton BC SPCA Branch at penticton@spca.bc.ca or 250-493-0136.

The British Columbia Society for the Prevention of Cruelty to Animals

