



WILLIAMSBURG LANDING®

Tips on the Value of Pets in Senior Living

The **Mayo Clinic** and the **Alzheimer's Association** confirm that interactions with pets have been shown to provide special health benefits that are particularly valuable to older adults. Specifically, time spent with a warm puppy or other pet provides important social engagement and emotional connections that result in better physical and emotional well-being.

Enlightened continuing care communities such as **Williamsburg Landing** recognize this fact, allowing pet ownership and providing pet therapy to residents who welcome visits from friendly animals.

The Intrinsic Value of Pets

In addition to making us feel more comfortable and relaxed, research studies have identified specific ways pets and pet therapy can improve our lives. The benefits include:

- Boosting the immune system
- Lowering blood pressure
- Increasing socialization and verbal and/or nonverbal communication through positive interaction with the animal
- Decreasing anxiety and expressions of emotional and physical pain
- Providing purposeful activity and reducing boredom and apathy
- Increasing positive social behavior
- Providing new opportunities for love, attention and happiness
- Increasing the use of fine and gross motor skills when walking or grooming the animal
- Opportunities to laugh and enjoy the animal's behaviors and attention

Karin Winegar, author of [*Saved: Rescued Animals and the Lives They Transform*](#) probably explains the human-pet relationship best, saying, "The human-animal bond bypasses the intellect and goes straight to the heart and emotions and nurtures us in ways that nothing else can."

Welcome to Williamsburg Landing

Looking for a [vibrant, engaging and fulfilling](#) way of life? If so, you'll find it at Williamsburg Landing.

Nestled on 137 wooded acres along the serene banks of College Creek in Williamsburg, Va., Williamsburg Landing is the premier, not-for-profit Continuing Care Retirement Community (CCRC), serving Williamsburg and the surrounding areas [since 1985](#). With one visit, you'll understand what makes Williamsburg Landing so special.

With a past rich in tradition and a future filled with promise, Williamsburg Landing is the perfect place to call home – for today and tomorrow.

To learn more or schedule a tour, please [contact us](#) today!