

# Paws News

P A W S I T I V E L Y P O O C H E D

**SPECIAL POINTS OF INTEREST:**

- Pawsitively Pooched celebrates five years!!!
- Join us in welcoming Bianca, PP's new employee.

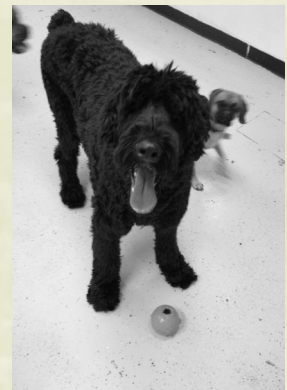
## Benefits of pets on our health!

I believe that most of us realize what great benefits our dogs have on our lives, health and relationships but do we really know just how beneficial they are to us? They bring so much joy and laughter to our lives, giving us a sense of purpose. They are always there to greet us in the morning with bright shiny eyes, wagging tails and a goofiness that promises a great day ahead! Having them in our lives is a great joy and a great gift.

Another huge benefit is that pets can induce relaxation. The simple act of petting your pet after an extremely stressful day is known to cause a drop in a person's blood pressure. Studies have shown that by petting your furry friend, not only does your heart rate drop and blood pressure lower but so

way to meet your neighbors and make a few new friendships through your dog!

Give your pet a great cuddle tonight after work! Just a little thank you for all that they do for us and they ask so little from us in return!

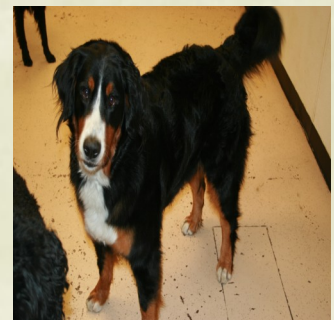


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So what other benefits does a pet have on our life? Loneliness - One of the most damaging risk factors for people suffering from depression to recovering from heart disease. Anyone suffering from loneliness or a place of unbelonging – a pet is great way to help give this individual a sense of purpose and a renewed faith in life. Emotional lifesavers these furry little friends are called! Studies have also shown that people, who owned a pet, were 5 time mores likely to recover from a heart attack than someone who did not own a pet!

does theirs. A true animal-human bond. Owning a pet during a highly stressful period in your life is doing more for your health and longevity than you may have ever realized.

And of course we cannot forget to mention the health benefits of taking our pups out for their daily walks. Not only does it force us to get out and get some exercise and fresh air but it also encourages us to be more interactive with people around us! You know how we all LOVE to talk about our dogs! It is a really great



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## LOSS OF A FRIEND.

It is never easy to lose a friend and anyone who says it gets better could not have been more wrong. As the two year anniversary of my best friend Heidi quickly approaches, I will admit I find myself smiling and laughing while we reminisce about her instead of tears and complete sorrow. But does it ever get easier? I don't think so. I think you just remember things in a different way.

Over the last few months we have lost a few really

good furry friends at Pawsitively Pooched where they have gone to join Heidi at Rainbow Bridge. Some are also undergoing life threatening conditions. What you are going through was one of the hardest things I have ever had to endure in my life and hopefully you can find comfort in family, friends and your other beloved pets.

There is a really great volunteer based program here in Calgary called Pet Loss



Calgary and you can find them at <http://www.petlosscalgary.org/>.

If you ever want to write a story that we can add to our newsletter to share with others on your beloved pet we would love to share them! I know for me, talking and living in Heidi's memory, helped heal my heart. But everyone is different! Just take all the time you need and know we are always thinking about those that we have all lost.

## FIVE YEAR FUND-RAISER!!!



come join us in celebrating Pawsitively Pooched 5yr anniversary!! We can't believe another fantastic year has gone by. This celebration is a thankyou to all our clients (old and new) whom have supported us!!

This event will be held Saturday August 14th 2010

BBQ (11am till 3pm) — proceeds going to the Cochrane Humane Society.

Fun filled day!!

Dog wash (information to follow)

Silent auction—Proceeds going to the ACTSS (Animal Cancer Therapy Subsidization Society) a not for profit organization dedicated to bringing affordable modern veterinary treatment to veterinary cancer patients. Through their programs they provide subsidies to dedicated pet owners.

For more information please visit

[www.actss.ca](http://www.actss.ca)

**DONATIONS NEEDED FOR THE SILENT AUCTION !!**

Stalls—local businesses

### RACH AND TANYA OFF TO SEATTLE!!



Rach—here with Emmet

Both Rachael and Tanya are off to Seattle to gain their Canine Assisted Swimming-level one certificate.

Both are looking forward to this experience... being able to come back and help rehabilitate our furry friends

#### Alysia update

As some of you may be aware, Alysia, for the time being is unable to take pool appointments due to having tendonitis in her foot, which will need time to heal. You may have noticed

Alysia hobbling around the facility!! We have her on light duties (office work) for the time being. Alysia loves being in the pool and hopes to be back soon!!!

### PP WELCOMES NEW EMPLOYEE

We would really like to introduce Bianca, Bianca started working at PP May 31st and will be helping with the day-care mainly working evenings, so you'll get to meet her then. She is doing amazing and we welcome her to our team.

I recently moved from shediac, NB (near Moncton). I graduated last june from high

school. I played on my schools soccer team. I've been living in Calgary for two months, and I love the city. We moved close to a dog park where I love to spend most of my time with Reba, Reba is my 4 year old pittbull that I've adopted two years ago. I moved to Calgary to gain an experience in life and a change of life style. I have experience with animals;

worked as a volunteer at a doggy daycare and at the SPCA. I enjoy horse riding in my spare time. I am very happy to have found a job that I know I'll enjoy doing. I'm looking forward to gaining even more experience and would like to learn more about dog training.

*To catch the reader's attention, place an interesting sentence or quote from the story here."*

### PP NEWS

Canada day is fast approaching!! Can't believe we are already in June!!!

Pawsitively Pooched will be closed, for all services, July 1st. We will re-open as normal July 2nd. Have a great Canada day.

Stampede is almost here!! Pawsitively Pooched will be closed Friday July 9th, for all

services, so we can enjoy the stampede too!!!

Have a fun and safe stampede.



**Caption describing picture or graphic.**

WE'RE ON THE WEB!  
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**THANKYOU FOR ALL YOUR SUPPORT!!!**

**A spa as dedicated to spoiling your pet  
as you are**