

**FOR IMMEDIATE RELEASE:**

## **Revera Retirement Communities Celebrate National Dog Day**

*Research suggests pets have health benefits for older adults.  
A tail-wagging good time is being planned for Revera residents,  
their pets and special canine guests on August 26.*

MISSISSAUGA, August 24, 2015 -- To mark National Dog Day, many Revera retirement communities across the country are holding special events to celebrate our four-legged residents and friends on August 26<sup>th</sup>. Featuring dogs that reside at Revera retirement communities, as well as visiting canines, a wide range of dog-themed activities taking place will bring fun and, according to research, also health benefits to the older adults who call these communities home.

Pets bring much joy to our lives, and research suggests that a pet can have measureable health benefits for older adults. Recently, the International Federation on Ageing (IFA) released [\*Companion Animals and the Health of Older Adults\*](#), a comprehensive literature review into the ways pets contribute to the physical and mental health of individuals and the well-being of society.

“We love having dogs move in to our retirement communities with their owners,” says Stephen Foster, Chief Operating Officer, Revera. “There is a myth out there that people can’t bring their dogs with them when they move to a retirement community. But at Revera, we have a pet-friendly policy because we recognize that pets are an important part of people’s lives, and in fact they significantly add to the quality of life for seniors.”

“There is a growing body of literature to show the importance of the human-animal bond and increasing evidence of the health and social benefits of pets,” says Greg Shaw, Director, International and Corporate Relations, IFA. “With the number of older persons expected to more than double globally, from 841 million people in 2013 to more than 2 billion in 2050, we need to look at the role pets can play in keeping people mentally and physically healthy.” The report highlights studies that show pet owners have lower blood pressure and cholesterol levels. Interacting with animals has also been reported to increase self-esteem and life satisfaction.

A variety of dog-friendly events are being held at Revera retirement communities across the country on August 26<sup>th</sup>. They include dog fashion shows, dog-themed parties—complete with complimentary dog grooming services, pet adoption opportunities with local animal shelters and even visits from therapy dogs. Check [www.reveraliving.com/NationalDogDay](http://www.reveraliving.com/NationalDogDay) for a full listing of events happening at Revera retirement communities across the country on National Dog Day.

Revera welcomes dogs, as well as other small animals, to move into Revera retirement communities with their owners, in most cases. In order for the experience to be positive for everyone, an evaluation is done to ensure that the owner is able to care for their pet and that the pet is able to interact safely with other residents and staff. If it's not possible for a pet to move in with their owner, family and friends are encouraged to bring the pet to visit often.

"We know that for many people, their pets are a beloved part of their family," says Stephen Foster, Chief Operating Officer, Revera. "We do everything we can to ensure that people moving into our communities have the choice to bring their pet with them."

Dog-owning older adults considering a retirement community are encouraged to visit one of the Dog Day events being held at Revera Retirement communities on August 26<sup>th</sup>.

### **About Revera**

Revera is a leading owner, operator and investor in the senior living sector. Through its portfolio of partnerships, Revera owns or operates more than 500 properties across Canada, the United States and the United Kingdom, serving more than 45,000 people. The company offers seniors' apartments, independent living, assisted living, memory care, long term care and skilled nursing. With more than 45,000 employees dedicated to providing exceptional care and service, Revera is helping seniors live life to the fullest. Through [Age is More](#), Revera is committed to challenging ageism, the company's social cause of choice. Find out more at [ReveraLiving.com](http://ReveraLiving.com), [facebook.com/ReveraInc](https://facebook.com/ReveraInc) or on Twitter [@Revera\\_Inc](https://twitter.com/Revera_Inc).

### **About the International Federation on Ageing**

The International Federation on Ageing (IFA) is an international non-governmental organization with a membership base of NGOs, the corporate sector, academia, government, and individuals. The IFA believes in 'generating positive change for older people throughout the world by stimulating, collecting, analyzing, and disseminating information on rights, policies, and practices that improve the quality of life of people as they age.'

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### **For further information please contact:**

Jennifer Arnott  
Revera Inc.  
jennifer.arnott@reveraliving.com  
289-360-1372

Michelle Titus  
Environics Communications  
mtitus@environicspr.com  
416-969-1667



Working together to overcome ageism. Visit [AgeIsMore.com](http://AgeIsMore.com)

