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A PET IS A MAN'S BEST FRIEND AND HEALER FOR FAUQUIER COUNTY-AREA SENIORS AT POET'S WALK WARRENTON

***Poet's Walk Warrenton, A Spring Hills Memory Care Community,
Opening in January 2018***

Warrenton, VA (October 19, 2017) – Pet therapy can be a helpful method for senior citizens struggling with life events beyond their control. Poet's Walk Warrenton, a Spring Hills Memory Care Community, has seen animals help their senior residents adjust to life thanks to pet and animal-assisted therapy. The unique bond and fulfillment that comes with caring for a pet creates opportunity for engagement and increased moments of joy. Whether having a dog, cat or even miniature horse visit the community, this tried-and-true technique helps seniors stay connected during the aging process. Poet's Walk communities, located throughout the United States, have created memory care environments that provide an engaging atmosphere and promotes positivity and compassion. The team members at Poet's Walk know that pet therapy promotes both physical and mental well-being for seniors.

Caring for a pet offers a companionship which can contribute to an enhanced quality of life. Emerging research in animal assisted therapy indicates that animal-human friendships may promote both physical and mental well-being such as:

- A lifted spirit
- Improved cardiovascular health
- Increased comfort and relaxation
- More smiling and moments of joy
- Decreased anxiety, agitation and aggression
- Reduced feelings of loneliness and isolation
- Enhanced communication, engagement and socialization

"There is nothing like unconditional love and the joy that pets give us," Poet's Walk Warrenton Executive Director Terra Brown, said recently "This program will be exciting for our residents. When that pet therapy dog comes to visit, someone's day will get a little better. Just another way to bring a smile to a resident's face and a gleam in their eyes."

Poet's Walk's Pet Therapy program is based on practices from its parent company Spring Hills Senior Communities. A family recently wrote to tell them how happy they are that pet therapy is a regular

activity. "...They have animals there that visit. Recently they had alpaca's; they were adorable and the residents loved them. Our loved one gets great care and I would recommend them to others," she said.

According to Mayo Clinic, "Animal-assisted therapy can significantly reduce pain, anxiety, depression and fatigue in people with a range of health problems" which includes "people in long-term care facilities, veterans with post-traumatic stress disorder, and people receiving cancer treatment."

Poet's Walk Warrenton is located at 33 Woodlands Way in Warrenton, VA 20186. For more information about Poet's Walk Warrenton, please contact Terra Brown, Executive Director, at 540-242-5236 and visit www.poetswalkwarrenton.com.

About Spring Hills Senior Communities & Memory Care Communities:

All Spring Hills Senior Communities', Home Care Services, Assisted Living Communities and Poet's Walk Memory Care Communities offer a distinctive and innovative approach to home care services, assisted living, and Alzheimer's care as led by Alexander Markowits, President/CEO. Signature Touches is the company's holistic approach to offering individualized care and services that are designed to meet the needs and preferences of residents and clients. Personal choice is top priority in one of the company's eight Spring Hills assisted living communities or in client's homes with Spring Hills home care services located in NJ, VA, OH, FL and NV, or in one of the company's Poet's Walk memory care communities located in TX, VA and NV as well as soon-to-be FL. For more information about their Caring with a Commitment to Quality dedication to senior living, visit www.spring-hills.com or www.poetswalk-springhills.com.

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