



“Caring Canines” Pet Therapy at Sancta Maria



(Cambridge, MA) Caring Canines will be visiting Sancta Maria Nursing Facility on June thirteenth, sharing the “love” with our residents and staff alike!

Caring Canines Visiting Therapy Dogs, Inc. is an all-volunteer, non-profit canine pet therapy program serving the Boston area. Established in 2001, they currently have over 100 volunteer dog/handler teams and serve over 60 facilities on a regular basis.

With a mission to provide exemplary volunteer visits with their dogs to nursing homes, assisted living facilities, hospitals, schools and residential programs, the organization focuses on improving the quality of life and emotional health of those served.

Pet visits have consistently been a popular activity with our residents.

As one person suggested, "Dogs make people happy!"

In fact, studies have shown that regular visits with pets can have positive physical, emotional, and mental benefits for the elderly, especially those living in nursing or long-term care facilities.

Physical benefits include lowering blood pressure, lowering heart rate, and reducing overall stress.

Emotional benefits include reducing anxiety and depression, and decreasing loneliness through regular social interaction with the pets.

About Caring Canines Visiting Therapy Dogs, Inc.

All **Caring Canines** visits are free-of-charge. With committed, trained volunteers, **Caring Canines** is able to expand the therapeutic role that canine companions provide for those in need. If you would like to learn more about how to become a volunteer, or to determine if your dog might qualify for the program, please visit the **Caring Canines** web site: www.caringcanines.org

About Sancta Maria Nursing Facility

Sponsored by the Daughters of Mary of the Immaculate Conception and an affiliate of Covenant Health, we are a 132-bed skilled nursing facility providing short-term rehabilitation, long-term care and a range of related health care services in a truly caring, nurturing environment. Sancta Maria Nursing Facility has achieved the [Joint Commission's Medicare/Medicaid Certification](#) Long Term Care Accreditation. For more information about Sancta Maria Nursing Facility, please call (617) 868.2200.