

Volunteering with Animals is a Win-Win!

Lydia House Valley Oak SPCA Executive Director

Volunteering your time and energy with animals isn't just good for them; it's actually good for your health too! Valley Oak SPCA is looking for volunteers! What better way to warm your heart and soul than to sit and read with a homeless cat or dog on your lap, play fetch or walk with a pooch that is waiting to be adopted, or cuddle with an orphaned puppy or kitten.

This holiday season is the perfect time to start your family on a life changing path. There is a long list of human health benefits associated with spending time with animals; stress reduction, anxiety relief, immunity improvement and help with pain management are just a few.

The list of benefits for the animals you are spending time with is even longer. A study by animal research consultant Dr. Nadine Gourkow and Clive J.C Phillips, a professor of animal welfare at the University of Queensland, found that cats who had four 10-minute sessions of playing, petting and grooming time developed upper respiratory disorders at lower rates and were more content than cats who didn't interact with people.

Volunteering looks great on a resume. Participating in our rescue's activities and events is the perfect confidence builder and lays the stepping stones for our children to become compassionate adults. There are endless networking possibilities and you gain a sense of social responsibility by contributing to your community.

It's no secret that volunteerism is good for you and your community; you might be surprised by how much you can offer.