

FOR IMMEDIATE RELEASE

March 13, 2013

60 is the New 40: Add a Pet, and It Could Feel more like 25

spcaLA Encourages Older Adults to Adopt Pets in Need

Los Angeles, CA – It's no surprise that having a pet in your life can help you feel healthy, happy and more engaged with your community. But even more, they definitely help us feel young at heart. The impact of pets in the lives of older adults can be exceptionally amazing.

According to Ed Kane¹, PhD, a few of the benefits include:

- Pets encourage playfulness, exercise and laughter
- Pets promote social interaction
- Pet owners have fewer minor health problems, lower medical costs, better psychological well-being, and higher one-year survival rates following coronary heart disease.

To help connect pets with those still young at heart, Society for the Prevention of Cruelty to Animals Los Angeles (spcaLA) is partnering with Purina® to encourage adults 55 plus to visit the adoptable dogs and cats and consider bringing a furry friend into their home with the help of a special program created by Purina, which allows eligible adopters age 55 and older to adopt a pet at no cost.

All potential adopters must fill out an application and be approved for adoption by an spcaLA Adoption Counselor. Adoption requirements are available at www.spcaLA.com.

For more information, please visit www.purina.com/petsfor55plus.

For more information about spcaLA, please contact Ana Bustilloz at 323-730-5300 x252 or abustilloz@spcaLA.com

spcaLA is an independent, nonprofit animal welfare organization serving Southern California since 1877. There is no national SPCA, parent organization, or umbrella group that provides financial support to spcaLA. Donations run programs and services including Cruelty Investigation, Disaster Animal Response Team, Humane Education, and a variety of shelter services.

###

¹ *For Seniors: Pets Are Just Plain Healthy*, written by Ed Kane, PhD