

# Happy National Pet Day | We Love Our Pets!

We LOVE pets! And we're pretty convinced that our 'Mini Zoo' is the cutest in the world!

At [Osgood Team Real Estate in Parker, Colorado](#), we love pets almost as much as we love Real Estate! The bright sun, open space, and the great summer weather makes Colorado the perfect place for people who love animals. Since today is National Pet Day, we thought we would take a look at the many ways that pets enrich our lives.



**We love pets because they can provide us with both exercise and socialization.**

Pet owners are usually more active on a daily basis. Dogs love walks and visits to local dog parks. Both in the [Town of Parker](#) and in [Douglas County](#), there are great places to take your pets for exercise. Walks and dog parks get us and our pets outside. This helps keep us moving and gives us the

opportunity to meet new people and socialize with our neighbors. It's amazing how many people you can meet as you walk around your neighborhood. Now that the weather is beginning to warm up now is the perfect time to be outdoors! Getting outside and socializing with other people helps us to not become isolated. Pets can help prevent loneliness and for the elderly, can help prevent isolation. Dogs, cats, horses, guinea pigs are all great pets to add to our families.

### **Our pets can help reduce our stress level.**

Playing with or petting an animal can increase levels of the stress-reducing hormone oxytocin and decrease production of the stress hormone cortisol. These hormonal changes can help a nervous child feel more relaxed about reading aloud. Reduced stress can also benefit physical health. Pet-owning patients with high blood pressure could keep their blood pressure lower during times of mental stress than patients without pets. There is a great deal of research to show that pets can reduce stress levels for people with high blood pressure. The [American Heart Association](#) shows, the presence of a pet can significantly lower blood pressure and act as buffers for stress.

### **We love pets for both adults and children.**

Dogs have proven to be a great addition to the lives of adults with disabilities, especially current or retired military personnel. [Victory Service Dogs](#) states that service dogs can help our veterans struggling with PTSD, and other physical and psychological challenges, live their life to the fullest.

These service dogs can help veterans live lives of independence and dignity.

Children also benefit from the gentle presence of furry

friends. Our [local library](#) in Parker, Colorado gives children the opportunity to read out loud to trained therapy dogs without the stress of being judged. Pets can help our children become more confident in responsibilities. Feeding animals, cleaning cages or bowls can teach our children the important lesson of caring for others. They can also help our children become comfortable with love and relationships.

## **Horses as Stress Relief for both adults and children.**

Although a lot of space is needed, horses also make great pets for children and adults. We are finding that equine therapy is becoming more widely known for helping reduce stress and providing emotional and physical support for children and adults. Equine therapy offers adaptive and therapeutic riding and horsemanship lessons, horseback riding as a therapeutic or rehabilitative treatment, especially as a means of improving coordination, balance, and strength, nature-based Occupational Therapy services, and horsemanship for Veterans. [Promise Ranch](#) is a place that provides these amazing services. They are located in Franktown, near Parker, Colorado.

**How can we thank our pets for all they do for us?**

As we celebrate National Pet Day, it's easy to say pets sure

do enrich our lives! What can we do to love our pets back? LOVE THEM BACK! We have already talked about a few of the ways to show our pets we love them... walks and trips to the dog park.

Here are some other practical ways to show our pets that we love them!

1. Treats.
2. Back scratches...
3. Play together...
4. Lots of brushing...
5. Lots of hugs. Doesn't matter how many legs you have, everyone loves hugs...
6. Talk to your pet...
7. Socialize with other pets

One event that the Town of Parker puts on celebrating pets outside of National Pet Day is [Barker Days](#). This exciting Parker Parks and Recreation event welcomes hundreds of dogs with their owners and features a temporary dog park in the O'Brien Park ball field and H2O'Brien Pool, and dog-related vendors. If you haven't attended, you'll love every minute or watching the local dogs swim in O'Brien pool before the drain it for the winter season.

**Another way we can take care of pets is to Adopt!!**

There are many places around the Denver Area to adopt animals. Here is a [list of organizations](#) local to Parker, Colorado that

help dogs find loving homes! Adopting helps keep animals out of our shelters and in loving homes.

## **Ways to Celebrate National Pet Day!**

1. Adopt a pet from your local shelter or pure breed rescue organization.
2. Volunteer at your local shelter and offer to care for the animals.
3. Donate blankets, food and toys to a favorite animal welfare organization.
4. Organize a peaceful demonstration in front of your community pet store that sells pets from puppy or kitten mills.
5. Have a National Pet Day party and celebrate all your pets!
6. Spend the day taking photos of your pets and then post them on our Facebook page!
7. Assist an ill, elderly or a financially struggling neighbor or friend by purchasing pet food, hay or needed items for their pets.
8. Purchase a National Pet Day Tee Shirt (or other gift item) [here](#), to express your devotion to all animals.
9. Buy your pet a fun new toy...or two...or five.
10. Post photos of your pets on social media using the hashtag **#NationalPetDay**

## **Oh... and By the Way...**

If you are looking for a HOME for both YOU AND YOUR PET! Let

us help! We are the [local Parker specialists](#). We know the market and we want to know YOU! We can help you make Smart Real Estate Decisions, both in the South Metro Denver Area and in Parker. We are located on Mainstreet in Downtown Parker, Colorado.



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