

MAY 2018 DUTCH



Earlier this month, we unexpectedly lost the only “sitting” member of our wellness committee, Dutch Baldwin. Dutch was a 10 year old English Cocker Spaniel who spent his entire life in the service of Sally and Walter Baldwin. Born on March 22, 2008, he was trained as a companion animal to Sally who suffered from Alzheimer’s disease. He went on to serve as Walter’s trusted advisor and shadow. He came to the office on most days where he delighted in honey nut cheerios, belly rubs, making copies and going out to lunch. On foot, he was always at Mr. B’s heel. In the car, he rode shotgun regardless of the number of passengers. We are all heartbroken. He will be deeply missed.

Our canine comrades, like Dutch, can play significant roles in our wellbeing. They provide structure to our days and increase physical activity. Studies repeatedly demonstrate that pet owners have lower blood pressure and recover faster from stress. Pets’ greatest impact, however, may be in protecting their owners from loneliness and social isolation.

A recent article published in *Forbes* headlines that loneliness might be a bigger health risk than smoking or obesity. Citing a 2015 meta-analysis conducted by Brigham Young University, the article reports that social isolation, loneliness and living alone are correlated with increased mortality by 29%, 26% and 32% respectively. While some of the results are from practical considerations such as a sudden accident while alone, results remain consistent across gender, length of follow-up, and world region. Physicians are just now beginning to understand how loneliness can have a direct physiological impact on the body. Correlated with elevated stress hormones and depressed immunity, loneliness also appears to undermine regulation of the circulatory system increasing risk for heart attack and stroke.

10 HEALTH BENEFITS OF OWNING A PET

- Decreases stress
- Lowers blood pressure
- Eases pain
- Lowers cholesterol
- Improves mood
- Helps people socialize
- Detects strokes
- Monitors blood sugar levels for diabetics
- Improves immunity
- Helps children develop



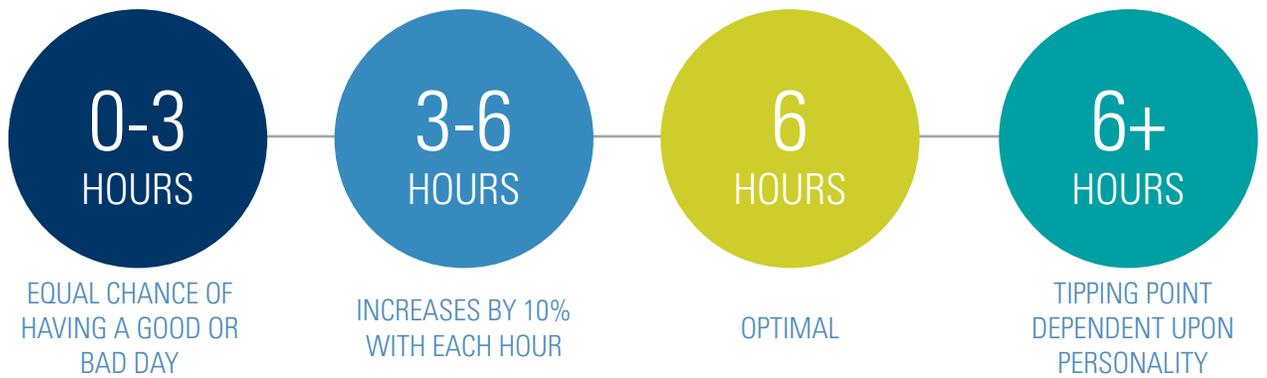


the supplement
FACILITATING VITALITY

As Tom Rath and Jim Harter point out in their book *Wellbeing, The Five Essential Elements*, human beings need an average of six hours of social interaction each day. The authors report that on days without social interaction, individuals have an equal chance of having a good or bad day. By increasing social interaction to three hours, the chances of having a good day go up by 10%. It continues to increase for each additional hour up until six hours, when there is a tipping point. At six hours, the extroverts are asking “where’s the after party?” And the introverts are ducking for cover. Regardless of one’s personality type, pets act as social catalysts. As a dyed in the wool introvert and dog person, I can attest to the fact that I know every dog in my neighborhood and only incidentally most of their owners. Without my corgi James’ cuteness and extraversion as ice breakers, my neighbors would still be strangers.

If your lifestyle is not conducive to living with or caring for a pet, you can still get the benefit by volunteering at your local animal shelter. Just 15 minutes of petting a rescue releases a flood of feel good hormones in you and provides some much-needed companionship to the animal. Most shelters are in desperate need of volunteers to sit and play with cats and walk dogs. In memory of Dutch, we are going to be doing a lot more of that. Please join us.

INCREASED *wellbeing* THROUGH SOCIAL INTERACTION



PATRICIA M. FULLER, PhD,
Director, Wellness Engineering

Patricia M. Fuller has dedicated the last 20 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

pfuller@bks-partners.com | **Have a Question? Email it to Dr. Pat!**

This newsletter is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.