



# Community Care TASMANIA

(formerly Community Care NESB)

## CDC January 2018 Newsletter

Hi everyone

Happy New Year to you all. I hope you have all had a wonderful Christmas and have begun the New Year in good health and high spirits. We are all rested and back on deck at CCT and ready to take care of your needs in 2018.

In order to deliver our services better to our growing clientele, we have started the new year by making a few adjustments to our office personnel; some staff members have changed their positions and/or job titles, and three new staff members are joining the team in January. Accountant Sam will join our finance team, Maureen will come on board in HR to prevent Molly drowning in all the paperwork required to keep us up to date and in order, and our over-worked case managers are delighted to welcome our new case manager Stella to the team.

As 2018 is the Chinese Year of the Dog, we thought we would celebrate by introducing you to the dogs owned by our staff. The bond between people and their pets is a truly heart-warming relationship, as captured by Finance Officer Debbie in the beautiful photograph below of her Shih Tzu Buddy and her granddaughter Tikka.

We would be delighted to include a picture in our newsletter of your pooch, or other pet variety. If you have a photo that you would be happy for us to use, please send it in to the office and we will scan it and send it back to you. Or you can scan it and email it to [admin@cct.org.au](mailto:admin@cct.org.au).

Wendy Mitchell, CEO

### 2018: Chinese Year of the Dog



Tikka & Buddy

CCT  
AWARDS  
in 2017





Diesel



Akira



Charlie



# Portrait Gallery of CCT Office staff dogs

we have 15 dogs between us...



Sabby



Deb & Hugo



Shammy



Bella



Buddy



Daisy & Judd

Roxy

## 2018: Chinese Year of the Dog

Amber



Ted & Ella



Jasper



One of these is Bobbi

Clients who drop into our office may have noticed that we are big dog fans here. Deb in rostering brings Hugo, her Maltese Shih Tzu, to work with her everyday—He was delighted to see us after the Christmas break! Rachele in Rostering has a Labrador-Rottweiler called Diesel. He has not visited us in the office. Most of us at the office have met Molly's (Golden Retriever Sabby (named after British rock group Black Sabbath), and Maureen, who is joining Molly in HR, later this month has a Cocker Spaniel called Amber.

Deb and Chris in finance have also been known to bring to work their dogs Buddy, a Shih Tzu, and Charlie, a rescue dog, respectively. Sam, also in Finance, has a Husky called Ted (short for 'Teddy Bear'). He thinks he has more pictures of Ted than his daughter Ella pictured above with Ted. Shelley in admin has three dogs— Daisy, another Maltese Shih Tzu, Judd, another Shih Tzu, and Roxy, a Doberman. Case Managers Ben, Karen and Stella all have pooches: a Terrier Shih Tzu Shammy, Labrador Bella, and Cavalier King Charles Spaniel Jasper, respectively. Amie, our Care Coordinator, has a French/English Mastiff called Akira. And lastly, Wendy is about to add Bobbi, a Scottish West Highland White Terrier (a Westie), to her family.

While everyone here will tell you that their dogs play a big part of their everyday lives and are part of the family, dogs have not always had such a special place in the hearts of their human companions. Their role was mostly utilitarian until the 18th century, when the term "man's best friend" came into the lexicon. Where once canines were primarily working animals, and at best sporting companions, today's pets provide us not only companionship, they give us emotional support, reduce our stress levels and sense of loneliness, and they help us increase our social activities.

Numerous studies prove pets add a measurable degree of quality to our lives. Our staff, and the clients who bring their dogs into the office to say hello to us, whole-heartedly agree that their lives are enriched by their canine friends. Some of the health benefits that having pets contribute to our wellbeing can be read on the back page of this newsletter!

# The health benefits of having a pet in your life



Pets bring more to our lives than just a few laughs as they do something silly and pose for the camera. They give us a better quality of life and come with a dose of health benefits.

Pets play a very important role in enriching our lives in many different ways both for our psychological well-being, as well as our overall health.

Here are some of the important roles that pets play in human lives:

- **Health.** According to the Centers for Disease Control and Prevention (CDC), pets can help lower one's blood pressure, cholesterol levels, and triglyceride levels. They can help people live healthier lives.
- **Exercise.** The CDC also reports that pets can help increase opportunities for exercising and outdoor activities. Take a drive through a community in the morning or evening and there are people out walking their dogs on a regular basis. The National Institutes of Health reports that those with dogs tend to get more exercise and health benefits than those who do not have them. They also found that older adults who lived with dogs tended to have better mobility than those who didn't have a dog.
- **Loneliness.** Having a pet also reduces feelings of loneliness, and increases opportunities for socialization. People often stop to talk to others who have pets, and pets are great at keeping people from feeling alone.
- **Recovery.** There have been several studies conducted that show pets can help those who have chronic illness or are in rehabilitation. A recent study in the journal *Rehabilitation Nursing* reported that incorporating animal-assisted therapy in acute rehabilitation settings helps patients obtain greater satisfaction.
- **Ageing.** A March 2016 study in the journal *Gerontologist*, reported that there is bonding that takes place when people walk their dogs and it brings health benefits for the person. They report that those who engage in dog walking have a lower body mass index, few daily living limitations, fewer doctor visits, and get more exercise. Having a pet can have an influence on how well someone is aging.

<https://patch.com/texas/downtownaustin/important-role-pets-play-human-lives>

