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Ventura County Events

39th Annual Spring Arts & Crafts Festival at Borchard Park
Saturday March 7th
10am - 4pm
Newbury Park

Bark in the Park at Conejo Creek Park North
March 14th 9am to 12pm
Thousand Oaks

Saint Patrick's Day Parade in Ventura
March 14th 10am to 12pm
Main St. Downtown Ventura

Ventura County Classic Guitar Center Performance
March 25th 6pm to 9pm
2222 Ventura Blvd Camarillo

Breakfast With the Bunny at Reyes Adobe Park
March 28th 9am to 10pm
Agoura Hills

Pets Are Good For You!

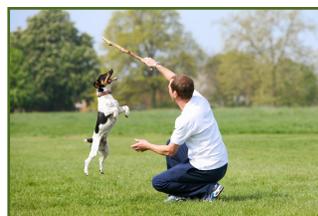
Did you know that pet parents visit the doctor less than people without pets? Cats and dogs are good for a laugh and make great cuddle buddies, but there's so much more to the human-animal bond. You may be wondering, how can pets improve your life? Do pets make us better people?



Health Benefits of Having a Pet

Research has shown that when we spend time with animals, there are health benefits from youth into old age. Let's learn about the importance of pets and how they can help improve physical, mental, and emotional well-being.

Physical Research has found that people who have pets often have lower blood pressure and a reduced risk of heart disease. That's because having a pet typically encourages a more active lifestyle. When you're moving around with your pet, you're not only getting exercise but also improving your physical well-being. In addition, spending time with cats and dogs from an early age can help prevent allergies and boost your immune system. Research shows that prenatal and early childhood exposure can reduce sensitivity to allergens later in life.



Promoting an Active Lifestyle Having a dog or cat encourages us to stay active. One survey suggests that people with dogs were 34% more likely to get at least 2 hours of walking each week. Playing with your feline friend or walking your dog provides excellent physical exercise. Pet routines can help you stay fit, energized, and healthy. Plus, what better

motivation is there to get moving than a pet that's eager to spend time with you?

Mental There are many mental health benefits to having pets, especially when life gets stressful. They can have a major impact on our mental well-being by improving work performance, easing stress, reducing anxiety and strengthening memory.

Welcome to Ventura Management

**Ann & Mary Amirian
Jared Pascale
Vera Ostrova**

**Spring Forward!
Daylight Savings Time
begins March 8th!
Change your Clocks to
1 hour ahead.**

- *Need to buy or sell your home? Ask how we can save you thousands!*
- *Know someone who needs help with property management. We can help!*

Chris Marsh has been in the real estate business and serving the Ventura County area for over 35 years. He is well versed in all types of real estate matters.



ChrisMarsh
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Pets Are Good For You (cont.)

Managing Stress, Anxiety, and Depression How do pets help reduce stress and anxiety? Spending quality time with pets can lower cortisol levels. This reduction in stress hormones can lead to a greater sense of calm. For individuals dealing with depression, they can provide much-needed comfort and support. The daily responsibilities of caring for a pet offer a sense of purpose and structure to our lives. Their unconditional love and companionship can also help individuals navigate challenging emotional times.

Supporting Creativity, Communication, and Problem-Solving Reduced stress levels play a key role in our mental processes. The calming presence of a cat or dog can contribute to a less stressful environment. This can mean improved problem-solving and decision-making abilities.

Improving Memory and Cognitive Processes Pet companionship can support healthy brain function. This may also mean slower cognitive decline as we age. Interacting with our furry friends provides valuable mental stimulation for us and them because you're learning with them when they're learning new tricks and commands. This mental exercise helps people of all ages keep their abilities sharp. The emotional stability our furry friends provide can lead to clearer thinking, improved focus, and more straightforward decision-making.

Emotional Owning a pet has emotional benefits as well because they're more than friends; they're emotional support pillars. Their devotion provides stability and comfort in a world that can be overwhelming. The human-animal bond is undeniable and unconditional. No matter what's going on, your pet stays loyal and devoted and that feels amazing. Pets are exceptional companions who offer a listening ear without judgment. Research shows that dogs understand words and emotions. They can provide a safe space for sharing thoughts and feelings.



Encouraging Social Connections. Social interaction is so important, and this is another area where animals contribute to us feeling good. Having a four-legged friend can help us make new human friends and grow our support systems. You'll often meet fellow pet parents when you take your dog for a walk or visit the local park. These moments are perfect opportunities to create community and belonging inspired by your shared interest in animals.

March Quote:

Failure will never stand in the way of success if you learn from it.

Hank Aaron

Member of the National Association of Residential Property Managers

