

# Happy anniversary, Cuddle Club!

CELEBRATING 10 YEARS OF SENIOR MUTTS CUDDLING SENIOR PEOPLE



2014 Longtime partner Openhouse attends their first Club



2021 On the move with an outdoor traveling Cuddle Club

#### **2013** First Cuddle Club!

People love to come to Mutville to cuddle dogs, and seniors need some cuddling. Win-win!



### 2020

Cuddle Club goes virtual to support seniors during the pandemic



#### 2023

Cuddle Club increases partnerships with Bay Area senior centers

From the beginning, helping senior people was a big part of Muttville's mission. Seniors suffer loneliness, isolation, and inactivity at an epidemic scale. The miracle cure? Dogs! (It's not just us saying it; studies confirm it!) Understanding that some seniors are unable to have dogs at home, we created Cuddle Club, where mutt-loving seniors can hang out with dogs (and each other). In ten years, over 1,500 seniors have cuddled with the mutts!



### senior dog rescue

## **Mutt medicine!**

A supervisor from a memory care facility told us that a non-communicative resident lit up when a dog crawled into in her lap. She not only talked to her neighbor, but she chatted about her mutt when she got home. Another guest said his stressful morning had given him heart palpitations, but while holding a mutt he could feel himself relax and his heartbeat slow. Cuddle Club is truly a special experience. Thank you to all the volunteers, donors, staff, and seniors who make it happen! "After struggling for years with chronic illness and loneliness, my friend found Cuddle Club. It provided some of the happiest times of her later life."

> LINDA M. CUDDLE CLUB VOLUNTEER



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