

# B E Y O N D 6 0

## A C T I V E L I V I N G



OCTOBER 2018

### Activities Calendar

oct 23

**Medical Robotics at The Bridge at Greeley at 2 pm.** Learn about data enabled surgery and how it can streamline medical operations. Featuring three integrated processes with demonstrations. Presented by Mazor Robotics. Call 970-339-0022 to RSVP.

**Brain Health Fun.** Rich Shipman from the Aspen Club will lead you in this fun program that challenges the left and right brain and stimulates your senses. GMC, 1900 16th St., Greeley from 10-11:30 am. Call UCHHealth Aspen Club at 970-313-2796 for a reservation; no charge.

oct 25

**50+ You're Hired Workshop Series begins.** Meet once a week for 6 weeks. Different weekly topics. Learn new job search strategies and meet employers. Week Five: Mock Interviews with Local Employers and ESWC Staff. Register at [www.connectingcolorado.com](http://www.connectingcolorado.com) or 970-400-6791.

oct 26

**Spooky Spiders Halloween Mash at The Bridge at Greeley from 2 - 4 pm.** Open your minds and discover that these creepy crawlies aren't as creepy as you may think! Learn about these misunderstood creatures and see live spiders. Including black widow and Rosie, our world-famous tarantula. Come in your Halloween costume and enjoy spooky treats. Call 970-339-0022 to RSVP.

oct 27

**Prescription Drug Take-Back Day.** Residents are urged to take unused/expired medications to be properly disposed. 10:00-2:00 pm at 3 convenient sites: Greeley Police Department, 2875 W 10th St., Greeley; Sam's Club Parking Lot, 3247 23rd Ave., Evans; or University of Northern Colorado University Center, 2045 10th Ave. north parking lot, Greeley.

Beyond 60, Active Living is sponsored by the Weld County Area Agency on Aging. If you have a story idea or something to share, please contact us at (970) 346-6950 or [hdarby@weldgov.com](mailto:hdarby@weldgov.com). All content is subject to editing and/or approval by Weld County.

## Humane Society

by Nancy Culbreath

What comes to mind when you think of the Humane Society? Anything besides cute little faces and hopeful expressions? Here are some facts you may not know.

First is that the Humane Society of Weld County is an open admission animal shelter, which means they take in animals despite breed, temperament, health, etc. Additionally, the HSWC is a private, charitable, non-profit organization that is funded through donations, grants, contracts with municipalities, fund raisers, and fees for their services. On average it costs \$344 per animal to care for the animals they serve, and at any one

time 200 animals are in their care, up to 4000 each year! While many associate the shelter with cats and dogs, small mammals such as guinea pigs, hamsters, rabbits, birds and even the occasional ferret can be found there. Who knew?

Volunteers at HSWC donate 4 to 40+ hours per month to the shelter. Some of the services they perform include customer service assistance at the front desk, making sure animals have food, water, and clean kennels, getting animals comfortable with people, helping with events such as

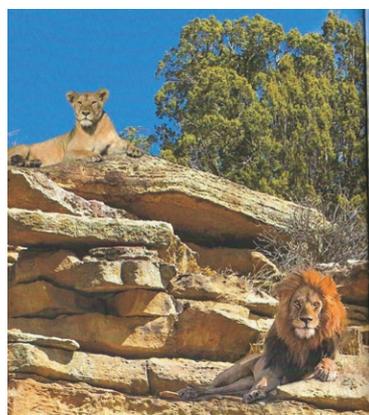
the vaccine clinics held on the first and third Saturdays each month, and providing critical assistance with many of the shelter's fund raisers.

More volunteers and foster parents are always needed. These kind people

volunteer their homes, time, and energy towards caring for animals who cannot



**HUMANE SOCIETY**  
of Weld County



Wild Animal Sanctuary

By Dick Williamson

Many of us have enjoyed and appreciated the spacious and unique Wild Animal Sanctuary near Keenesburg. Since 1980 it has provided a safe, natural habitat for abused and abandoned carnivores including lions, tigers, bears, foxes and many others. There

## Wild Animal Sanctuary Expands

are currently 460 animals enjoying life on the 789 acre facility.

It has become one of our favorite charities since my wife, Cookie, volunteered there for a couple of years in the 1990s. She was able to feed the animals and tend to other chores to give these marvelous animals a "natural" quality of life.

The demand is great – and growing. The Humane Society of the U. S. estimates that 10,000 to 15,000 big cats are in private hands, from cages in basements to roadside zoos-- most of them in squalid and inhumane conditions. Add bears and other species to the endangered and abused list and the number is about 30,000 animals.

The need to expand the sanctuary is obvious but it has become "landlocked" in all directions. An extensive search was conducted to find a suitable

piece of land that could provide a natural habitat for a growing population of carnivores. One site stood out. Located in southeast Colorado, it is an incredible piece of land full of pine forests, rocks, hills, bluffs, buttes and valleys with springs, streams and lakes providing plenty of water. And, it is huge - 9004 acres with no towns, highways or other manmade distractions nearby. Perfect! Sanctuary director, Pat Craig, calls it an enriched paradise for the animals he loves.

Work is ongoing to get power, roads and logistical support buildings ready for staff. This facility will be truly "natural" as no visitors will be allowed. Visitors will continue to be welcome at the Keenesburg facility.

You can learn more about this outstanding development at [www.wildanimalsanctuary.org](http://www.wildanimalsanctuary.org).

## PICKING THE PERFECT PET

By: Eileen Smith

So, you say you want a pet? How do you know which one is right for you? Before you decide what kind of pet to get, you need to ask a few questions. What kind of space do you have? Do you live in an apartment or a house? Do you need to take allergies into consideration? How much time do you have to spend with your pet? Do you want cute, cuddly and interactive or do you prefer to simply look at your pet? How much are you willing to spend on your pet? Do you want a high or low maintenance pet? How active is your lifestyle?

There are many resources on the internet that can assist in your decision process. Some of the sites ([howtopickapet.com](http://howtopickapet.com), [zimbio.com](http://zimbio.com), and [buzzfeed.com](http://buzzfeed.com)) offer quizzes that can help you pick the perfect pet. Once you determine what kind of pet to get, you have to decide where to get it. If you're going for a traditional pet like a dog or cat (or even something like a rabbit or small rodent), there is your local Humane Society. If you decide you want something slightly more exotic like a bird, snake or some type of lizard, your local pet store is probably a good place to start. There

are also exotic animal rescues. The point is, once you make your decision, some internet research regarding your pet and where to get it can help bring that perfect critter to your life. And finding the right pet can add a whole lot of positive things to your life!

In researching this topic, I discovered that just about any animal can be a pet. Some presidential pets have included eagles, alligators, a hyena and even a one-legged rooster! Apparently, capybaras, chinchillas and hedgehogs are popular pets! So, do your research and have fun with your new pet! (Beware: naming your pet is the next difficult step-but that's another cup of coffee!)

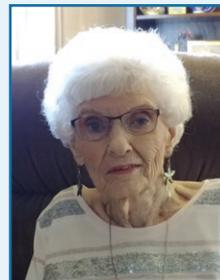


**How Do You Age Out Loud?** Many older Americans focus their lives in areas they may have put aside or postponed during their careers. They continue to be excited about their contributions to our social fabric. They work longer, try new things and engage in their community by taking charge and striving for wellness and independence.

We want to hear from you about the ways you have added to the breadth and width of your life in your later years. Share your stories by contacting Age Out Loud editor, Dick Williamson at [radiomemry@gmail.com](mailto:radiomemry@gmail.com) or Holly Darby at [hdarby@weldgov.com](mailto:hdarby@weldgov.com). Contributions should be 75 words or less and are subject to edit.

### THE "100" CLUB

Let's wish Mary Bauming a Happy 100th Birthday on October 25th. Mary has lived in Weld County for 92 years. Her advice to living a long life is her faith and never smoking. Mary enjoys living independently in her own home. What an incredible milestone, congratulations Mary!!



currently be made available for adoption. Through their efforts, including bringing their foster animal(s) to the shelter for routine veterinary visits, they help hundreds of animals reach the age and/or health they need to find new homes.

For the Humane Society of Weld County, the overall goal is "Bringing People and Pets Together in Our Community." Aren't we a lucky community to have this resource? For more information on getting involved contact: [volunteermanager@weld-countyhumane.org](mailto:volunteermanager@weld-countyhumane.org).

### SENIOR HEALTH & Fitness

#### Be Well with Diabetes Workshop:

Become a better self-manager of your diabetes by learning to apply the knowledge you already know such as reading nutrition labels and healthy eating, preventing low blood sugar, developing an exercise program, and setting achievable goals. Workshop meets once a week for 6 weeks. FREE for people 60 and older, but registration required by calling 970-400-6117.

Wednesdays 10/31/18 to 12/5/18 from 1:30 - 4:00 pm: North Colorado Medical Center

#### NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

##### mon 10/29

Beef Stew, Pear-Cranberry-Cabbage Coleslaw, Biscuit, Butter, Mandarin Oranges-Pineapple, Ida's Pumpkin Bar, Milk 1%

##### tues 10/30

Meat Lasagna, Italian Vegetables, Carrot Salad, Honey Wheat Roll, Butter, Peach Crisp, Milk 1%

##### wed 10/31

Cold Meatloaf Sandwich, Mashed Potatoes, Gravy, Broccoli and Carrots, Pear Halves, Rocky Road Pudding, Ketchup, Milk 1%

##### thurs 11/1

Marinara Meat Sauce with Wheat Rotini, Broccoli Cuts, Pears, Wheat Roll, Butter, Milk 1%

##### fri 11/2

Chicken Torta, Spanish Brown Rice, Refried Beans, Mango Crisp, Milk 1%

#### Did you know?

Mandarin orange oil has large amounts of vitamin C and antioxidants, along with excellent pacifying and dynamic properties. Mandarin oil is used in the treatment of insomnia, tension, stress, mental exhaustion and skin disorders like acne, eruptions and stretch marks.