

The Alderman Newsflash

April 2017



The Llama Edition

Three Friendly Llamas Spend the Afternoon at Alderman Oaks

You have probably heard of a therapy dog, maybe even a therapy cat, but have you ever heard of a therapy llama?! Specially trained llamas from The Oak Rest Llama Farm visited Alderman Oaks in the middle of March to greet residents, create smiles, and usher in the spring season! The Mayo Clinic says animal-assisted therapy can reduce pain, depression, anxiety, and fatigue. Smiling and laughter are also good for your health and longevity. The simple act of smiling has been shown to activate the happiness centers in the brain, helping you be in a better mood. Even a forced smile will do it. However, with Paintball Pete and Serendipity around, no one was forcing a smile. It was pure, genuine joy.

These special animals have an innate ability, a sixth sense if you will, on knowing who needs extra love. It was an uplifting afternoon for residents and staff alike! The llamas moved around very gently, and gave “hugs” and “kisses” the entire visit. When it was time for them to go back home,

they loaded up in the back of their van. Not once did the friendly llamas seem upset or anxious, and no one had an accident! With three llamas inside our building and walking on carpet, one has to wonder, what do they do when nature calls? Fortunately, these sweet animals are trained to let their handlers know when it is time to head outside for a little break. We can all hope to see more llamas in our future!



Fun Facts about Llamas

1. Llamas do not have hooves but their feet have soft, leathery pads and two toes with toenails.
2. Llamas are very strong and durable animals. They can carry up to 34 kilograms (75 pounds) and walk about 32 kilometers (20 miles) a day carrying that load.
3. When one llama has an issue with another llama, it will stick its tongue out to express its displeasure. They'll also spit on other llamas.
4. Llamas communicate with each other through a variety of ear, tail and body postures. They also have a range of vocalisations including soft hums and a shrill alarm call to warn others of danger.
5. Llamas can reach speeds up to 35mph, so let's hope none get loose!

6. Llamas make excellent guards for herds of small animals. They are very social and will 'adopt' a group of sheep or goats as their own herd.
7. An overloaded llama will simply refuse to move. These animals often lie down on the ground and they may spit, hiss, or even kick at their owners until their burden is lessened.
8. Mama llamas are pregnant for 11.5 months (350 days). Baby llamas are called crias, and mothers usually have just one; twin births are rare.



April Birthdays

Dorothy Roenick - April 7

Ernest Babb - April 22

Demo Zamagias - April 22

Rodney Wells - April 24

Bud Swan - April 26

Barbara Van Arsdale - April 28

Staff Members

Fiorella Rios - April 1

Lillian Abner - April 4

Tyachina Cheaves - April 15

Silvia Morquecho - April 17

Donna Coulombe - April 28

We LOVE having special visitors! If you have a story or fun activity you would like to share, let Activity Director, Denise Leonhard, know!

Like what you see? Come in for a visit!