



Mission

*Promoting bonds between
pets and their people*

Vision

*We envision a community
that celebrates pets*

Values

*We are guided by
compassion, collaboration,
stewardship, leadership, and
excellence.*

Anna Stout, Executive Director
Brad Junge, President
Cathlin Craver, DVM, and Jennifer
Seal, Co-vice Presidents
Linda Dannenberger, Secretary
Peter Bacich, Treasurer
Matt Angleman, Director

Four really good reasons to foster a pet:

1. **Save lives!** Make a huge difference in the lives of our most vulnerable animals by providing a temporary home until they're ready for adoption.

2. **All you need is a loving home and a bit of time!**

We provide all necessary supplies and vet care.

3. **Foster opportunities for every lifestyle!** Whether you have a busy schedule or want to dedicate your days to caring for foster animals, you choose what kind of foster cases you have time for.

4. **It's a short-term commitment!** Fostering is all the fun of having pets, without a lifetime commitment! The average foster stay is between 1 to 9 weeks long.



Call Jenna to sign up to be a foster! 970-216-6222

970-434-7337 rhumanesociety.org

Forever Home

News from RHHS

Mingo's Mission

Marge finds the perfect companion at RHHS

When Marge Keely decided it was time for another pup, she knew she needed something specific. **As a senior dealing with health issues, she needed a calm, small, middle-aged dog.**

When she met Mingo at Roice-Hurst, she knew she had found the perfect companion. And she knew Mingo would play a big role in her overall health.



"He's a big part of my social thing," Marge says. She talks about how Mingo gets her out of the house every day to meet up with their walking group, no matter the weather. And that walking time has not only kept her physically active, but has also become a crucial part of her overall wellbeing.

"He gets me socializing more," she says. **"I meet neighbors that I would never have met without him because they stop to pet him and we talk."**

Research has shown that **pets provide more opportunities for social interactions with others**, especially for seniors, as strangers are more likely to engage a person when the pet serves as an "ice-breaker" for conversation.

According to Marge, the pair's daily walks with their friends are keeping them both healthy and happy. Mingo is her perfect little companion.



And Mingo seems to understand his mission in Marge's life. Marge talks about how the two always seem to be in sync and how Mingo has ESP—"extra Shih Tzu perception." He knows what she needs and is always there with her.

About her life with Mingo, Marge says, **"I feel completely at peace. I feel complete."**



THANK YOU for voting Roice-Hurst Humane Society **"Best Nonprofit of the West"** in the Daily Sentinel's Best of the West Awards! We were also second place in the **"Best Volunteer Group"** category. We were absolutely blown away by our community's love and support as it was reflected in this vote. We work very hard every day to be compassionate caregivers, forward-thinking leaders, and transparent stewards of the money you entrust us with when you donate to Roice-Hurst. **Thank you for your votes and for this incredible honor.**

Companion pets play a vital role in keeping our community healthy and active. Learn more about how pets improve their owners' health inside....

Volunteer Spotlight

The week is not complete if Jim Scheidt has not spent time at Roice-Hurst working with our behavior needs dogs and cats. The animals have come to expect Jim's visits, with his patient, compassionate demeanor and exciting enrichment time. But Jim says he needs the animals as much as they need him.



While Jim acknowledges part of his motivation for volunteering was to stay physically active, he says the benefits of his time spent with shelter pets goes much deeper than physical health. The animals have taught him valuable lessons about living "in the now" and making the most of the present moment.

"If I am having a bad day or worried about current trials and tribulations in my life, being greeted by a dog or cat transforms me," Jim explains. "Being licked in the face by a tail-wagging, playful dog takes me to a happy place. Having a purring feline hop up on my lap has the same effect. The worries and tensions and stresses of the day melt away."

Jim believes shelter pets really remind us **what is important in life—relationships, building trust, and not worrying about things you can't control.**

Walking Groups Have Gone to the dogs!

But the benefits are reaped by the people...

Ten years ago, Cindy Williams would not have imagined she was creating anything special when she set out on her daily walks with her dog. But over time, she found herself in an informal, ad-hoc dog walking group that eventually grew to 20 people at times **and quickly became like an extended family.**

Most of the group members are retired, and many are widowed. Some live in the same neighborhood, while others come from around the area.

When Cindy lost her husband in January, all these people she had met because of her dog, Brandy, were her support system. And when one of the members of the group goes through hard times, everyone (and their dogs!) drops in to check on them. If someone is out of town or in the hospital, there is a whole network of dog lovers to look after their pets. **The group serves a much deeper social function than simply socializing and exercising their dogs.**

Cindy explains, "I just feel healthier because of this group. **When I need to talk to someone, I know there will be someone here.** We all have that bond." What started with the dogs has become a special network of friends.

But there is plenty of socialization for the dogs, as Brandy, the "matriarch" of the pack, ensures. She is the first to welcome and mentor new dogs to the group. **The dogs, ranging in age from puppies to seniors, stay healthier because of the exercise they get.**

Human and canine alike, everyone agrees life is better with their daily walks.



Mark Your Calendars!

Stray Grass for Stray Pets

Saturday, July 27 - Gates open 6:30, Concert begins 7:30
\$15 in advance, \$20 at the gate

More information at rhumanesociety.org/straygrass

Part of the Grande River Vineyards'

Hear It Through The Grapevine Outdoor Concert Series 2019



970-434-7337 rhumanesociety.org

From The Executive Director's Desk: Adopt a Shelter Pet for Better Health

The human-animal bond is an incredible thing; **simply spending time with a familiar pet can reduce stress, lower blood pressure, and relieve muscle tension.** Pet ownership also keeps owners more active (this is particularly true for dog owners), which brings physical and cardiovascular benefits. This translates to better health and can, in turn, lead to lower healthcare costs.

The companionship of a pet is also an incredible antidote to one of society's most crippling ailments—loneliness. Loneliness increases a person's risk for depression and feelings of social isolation, and in extreme cases may also lead to suicide. People who experience disconnectedness or a lack of social connection are more likely to suffer from reduced mental and physical health.

Loneliness also creeps in for people in times of crisis, transition, and hardship, and for those who have a hard time bonding with others. Kids and adolescents, families going through divorce, moving, or otherwise transitioning, survivors of trauma, and people with diminished mental health may all benefit from connection with a companion pet. **A pet means unconditional, nonjudgmental love,** without the ups-and-downs that



many human relationships bring, therefore increasing those feelings of connection and trust.

In this sense, Roice-Hurst is a purveyor of mental and physical health. **Every adoption is a new companion, an antidote to loneliness, a demand to be more active.**

Spring is the perfect time to focus on making commitments to yourself for better health. It is a time of renewal, rebirth, and growth. As you think about ways to change your health habits, try incorporating a pet into your plans. **Pets are great listeners, gardening assistants, exercise routine buddies, living room dance partners, cuddlers, and most of all, companions.** And best of all, you can get one without a prescription.

Coming up at Roice-Hurst...

June 12 - Pet Grief Group

June 28 - Shelter Break!

July 8-11 - Furry Friends Kids Camp

July 20 - Saturday at the Mesa County Fair

August 5-8 - Furry Friends Kids Camp

August 9 - Wine & Whiskers Gala

August 17 - Clear the Shelters Day

September 8 - Wüffstock Music Festival at Lincoln Park



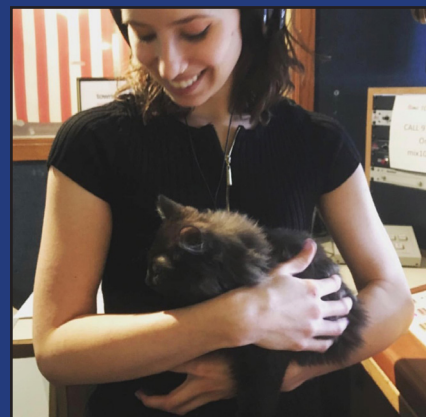
Registration, ticketing, and information about these and other events, including adoption events, at rhumanesociety.org

To see a list of all our adoptable pets, visit our website at rhumanesociety.org/available-pets or come visit us at 362 28 Road.

Business Spotlight



The offices and recording studios of Townsquare Media are full of animal lovers—and it shows. Townsquare is an enthusiastic and active partner of ours, from donating airtime and promoting events to featuring a weekly “pet of the week” on their stations and writing public service announcements and blogs to raise awareness for animal welfare causes.



Roice-Hurst is not the only nonprofit in town that benefits from partnership with Townsquare. Their organization supports countless other nonprofits, including Hilltop's Latimer House, School District 51, Community Food Bank, and the National Alliance on Mental Illness, among many others.

Carl Hughes, Jack Taylor, Alicia Selin, Zane Matthews, and the whole staff at Townsquare are an extension of the Roice-Hurst family and we are grateful to have their support and partnership in creating, strengthening, and preserving bonds between pets and people in our community!