

For the love of birds

BY LOIS BELL
SHERIDAN SENIOR CENTER

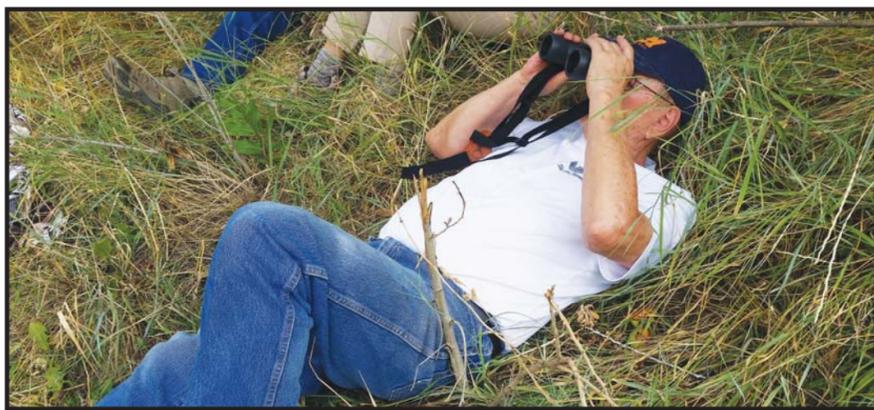
SHERIDAN — At least one Saturday of each month, Chuck Bailey is in the field with binoculars in hand. Bailey looks for birds, an interest he has engaged in for more than 50 years.

"I've always liked birds since I was a boy," said Bailey. "I find their diversity, habits and behaviors very intriguing."

Bailey taught science at Tongue River High School and his passion for the sciences hasn't waned. He holds a master's degree in natural science from the University of Oklahoma with minors in the fields of geology, physics and chemistry. Today, Bailey is what you might call a serious amateur ornithologist, someone who studies the behavior of birds.

"We have western birds that people from the east don't get to see anywhere else," Bailey said. "For example, the mountain blue bird."

Bailey takes his ornithology one step further than many amateur bird watchers; he has been a



(COURTESY PHOTO)

Chuck Bailey spends time looking for birds, a hobby he's enjoyed since he was a boy.

member of the local Big Horn Mountain Audubon Society for over 40 years and currently sits on their board of directors.

"Our main goal is to provide habitat for birds called Important Bird Areas or IBAs," said Bailey. Bailey pointed out that IBAs are for the birds and not bird watching areas for people.

"You can see 10 signs around here that identify an IBA," Bailey said. "Did you know that the Padlock Ranch is an IBA?"

Before submitting an area to the state Audubon

office to be designated as an IBA, the local board does their homework.

"We look at things like the right kind of habitat, food source and nesting," Bailey said.

Bailey participated in a local wildlife and bird hike last Saturday hosted as a collaboration between the Game and Fish Department, the Big Horn Audubon Society and the Wyoming Wildlife Federation. In a drive and walk format, the first stop was along the road to the Tongue River Canyon to view birds where the group spotted a pair of Sandhill cranes, an osprey and turkey vultures before driving to the Amsden Creek Wildlife Habitat. There, participants learned about wildfire ecology management and the impact of fires on wildlife and plants.

"I saw osprey, turkey vultures, Sandhill cranes, a hummingbird and a covey of Hungarian partridges," Bailey said of his excursion.

Bailey and his wife, Charlotte, have not limited their bird watching locally. The couple has traveled Western states on bird trips.

"Two times Charlotte and I went south of Amarillo, Texas, followed the Rio Grande to look for birds," said Bailey. "We spotted a crimson collared grosbeak. They're rare as they live in Mexico but some come staggering up (into the U.S.)."

Other species of birds have crossed the border from Mexico.

"Birds like the chakalaka which is a pheasant-size bird that is a short flyer," said Bailey. "They go under the brush." The Baileys also spotted the Mexican eagle which is found on Mexican currency.

"We took a big trip with eight of us to the sand hills of Nebraska," Bailey said, referring to another bird trip. "There we saw the cranes. There are a 100 different species there like black necked stilts and advocets."

Bird watching is something that someone can do from their window, back yard, neighborhood or local parks.

"All you have to have is to like birds," Bailey said.

A bird book and binoculars are not required but helpful in identifying birds and seeing birds at long distances.

"I use a Swift 8.5 by 44 Audubon binoculars," Bailey said. "We have birding expeditions from Bradford Brinton on the third Saturday of each month. We start at 9 a.m. and go until 11 a.m. or noon. The expeditions are all local, we don't go very far."

If you are interested in exploring local birds with experts and amateurs, Bailey recommends watching the paper for information on local bird expeditions sponsored by the Big Horn Audubon Society.

"I just like being outdoors," Bailey said.

CENTER STAGE

Life link technology available for your safe being

Life Link of Sheridan County is our local provider for personal emergency response service for individuals living at home. This service allows individuals to call for help by pressing a button when they cannot reach their telephone. This technology allows people to live in their homes regardless of age,



LINDA JOHNSON

infirmities, or illness. And for active adults, Life Link technology would help add an additional measure of security. For example, what if you were out walking the dog and had your cellphone? But what if you went down and couldn't dial out? A Life Link pendant could automatically signal the response center to send help. Global positioning system — GPS — technology would send your location to the emergency response team to get to you. There are also wristbands available but only with standard capabilities.

But not every community has Life Link services. It takes dedicated volunteers who want to bring this service to their community. Sheridan is lucky in this. All of this is provided by a local volunteer board in Sheridan. This board is responsible for providing a technician manager who installs the equipment. Many of you may know Terry Yentzer in town who has done this for years. After a system is installed in someone's home, Terry is available and on call should the equipment need attention.

The volunteer board maintains an inventory of monitors and call buttons that allows us immediate service to a client. What's nice about Life Link is if equipment needs help, Terry gets a report that says something like "John Smith's machine needs a new battery."

Upgrades are done on a rotation that keeps us current with the new innovations. Our latest upgrade included 25 wireless monitors that cost \$15,100. These wireless monitors are perfect for people who no longer have telephone landlines.

We also have the Phillips medication dispensers. This is a programmable machine for those who need assistance with taking medication. These dispensers are filled with prescription medication by a family caregiver then they signal by sound, screen and light when it's time to take medication.

There are differing monthly service fees for different levels of service. There is financial assistance based on income.

But the local Life Link volunteer team is responsible for raising money to purchase the equipment that goes in homes. Life Link is a nonprofit organization that has maintained its budget to buy equipment through donations from communities, organizations, grants and individuals. The monthly fee only pays for the service of being connected to the personal emergency alert system and not equipment.

A volunteer board has managed Life Link services in Sheridan since 1988. Life Link was started by Dorothy Enzi, Rev. Ray Clark and Billie Sollars. I serve as president of the 12-member volunteer board. Terry is our manager and installation technician. He and a bookkeeper are our only paid staff.

Members of the board will be available at the 2016 Resource Expo at the Third Thursday downtown on Sept. 15. There you can view our display and visit about Life Link equipment and services.

If you would like information or if Life Link is something for your family, call Terry at 751-9348.

LINDA JOHNSON is the president of the all volunteer board of Life Link of Sheridan County. Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age.

SENIOR CENTER HAPPENINGS

- Senior Center Labor Day Holiday hours on Monday, Sept. 5 are 9 a.m. to 1 p.m. Lunch will be served in the dining room at 211 Smith St. during its usual hours, 11:30 a.m. to 12:45 p.m. Home-delivered meals will be delivered. For more information on home-delivered meals, call Shirley Knisley at 672-6079.
- The Senior Center's annual AutumnFest Dinner and Dance is Sept. 16 in Dayton. This year tickets are being sold in advance as of Sept. 1 at the TRVCC, 1100 N. Main St. in Dayton and at the Senior Center, 211 Smith St. in Sheridan. The suggested contribution is \$9 per person for dinner. No charge if you come for music only. Call 672-2240 for more information.
- "Eat your water! Secrets and strategies for staying hydrated for optimal health," with Dr. Erin Nitschke, Tuesday at 5:30 p.m. This is a free com-

- munity presentation for all ages offered in partnership through the Sheridan Senior Center's "When I'm 64...or more" life planning lecture series. No advance sign-up necessary.
- Ladies only billiards at the Senior Center beginning Sept. 7, every Wednesday at 2 p.m. in the Rec Room.
- Strategies for weight release, Tuesdays 5:15-6:15 p.m. at the Sheridan Senior Center. Pre-sign up by Sept. 8 is encouraged. There is a fee for this class (not free as previously stated). For more information, call 672-2240.
- Cowboy Poets and Pickers, Friday at 6 p.m. at the Senior Center. Soup supper included. Suggested contribution for entertainment.
- Diabetes Education and Empowerment Class begins free six-course program. Monday, Wednesday and Friday, Sept. 13-30, 1-3 p.m. Must sign up in advance by calling 672-2240.



"I like being and volunteering at the Senior Center because I love learning from people. The people here make me happy!" ~ Ginger Morris

www.sheridanseniorcenter.org

Fun and Food

BUILD YOUR OWN SALAD MON-FRI

Entrees and kiosk include sides, dessert and drink.

Entrée Choice*	or	Soup Kiosk
Sun - Ham & Macaroni Bake		Labor Day
Mon - Sloppy Joe/Whole Wheat Bun		Beef Stew
Tue - Baked Breaded Fish/Tartar Sauce		Butternut Bisque
Wed - Beef Tips over Egg Noodles		Corn Chowder
Thu - BBQ Chicken Breast		Tomato Dill Soup
Fri - Meatloaf/Gravy		
Sat - Turkey Tetrazzini Over Pasta		

*entrée only offered for Home Delivered Meals

Mon - Labor Day Holiday Hours 8 a.m. to 1:15 p.m. Lunch served 11:30 to 12:45

Tue - "Eat Your Water!" Hydration Secrets for Optimal Health 5:30 p.m. Dining Room

Wed - Ladies Only Pool 2:00 p.m. Rec Room

Thu - One Stroke Painting 1:00 p.m. to 3:00 p.m. Art Studio

Fri - "Cowboy Poets and Pickers" 6:00 p.m. Dining Room

Sat - Saturday Breakfast 7:30 a.m. to 9:00 a.m. Dining Room

Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 7 days a week

211 Smith Street Sheridan, WY 82801 (307) 672-6079

Senior Center Main Phone: (307) 672-2240

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