



BABY KOKI WHEN HE WAS IN THE NICU

Since 1992, the first advocate  
for sloths in Costa Rica

[SlothSanctuary.com](http://SlothSanctuary.com)  
[Feedback@SlothSanctuary.com](mailto:Feedback@SlothSanctuary.com)

# sloth talk

Issue 7 | May 2017



## FOUNDER'S NOTE

Dear Friends,

Last month we celebrated Earth Day by planting Almond trees donated by wonderful sloth fans from six countries. In the spirit of honoring our planet as an everyday principle, we recently made several **eco-friendly changes** that help us run more economically without compromising the quality of care we provide rescued sloths. These changes work toward offsetting our carbon footprint on Mother Earth.

Also in this issue of *Sloth Talk*, we profile **Claire Trimer**, the Sanctuary's former Nursery Supervisor who is equally beloved and envied by fans of "Meet the Sloths". Claire's passion for sloths combined with her delightfully dry sense of humor energized the Sloth Sanctuary from 2006 to 2014. Claire recently returned to the United States for cancer treatment, but in true Claire style, she retains her practical outlook and quick wit. Needless to say, she remains in our thoughts and prayers.



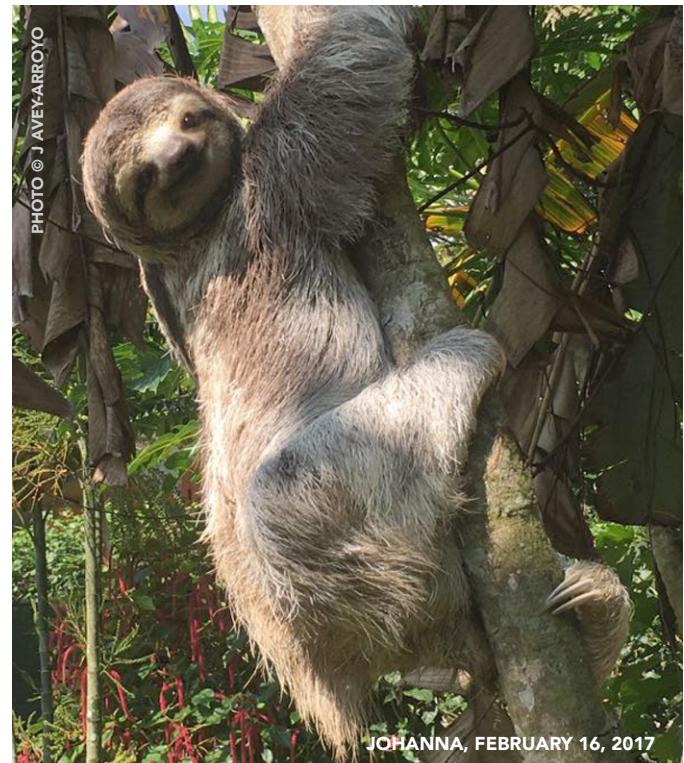
Considering summer getaway plans with friends or family? Our area is in the **Dry Season** until about August; an excellent time to visit the sloths. Now you can **stay up to three nights** at the Buttercup Inn. There's plenty to do after your Insider's Tour, including visiting the wildlife-rich Cahuita National Park and snorkeling on its reef, exploring the laid-back beach town of Puerto Viejo or seeing how cacao goes from bean to bar.

We enjoy connecting with you on social media, and hope your dream to see the sloths will one day become a reality. *jPura vida!*



Judy Avey-Arroyo, Founder

## RESCUE: JOHANNA



JOHANNA, FEBRUARY 16, 2017

In February, baby Bradypus Johanna was found alone, without her mother in sight, by hotel owners in Quepos, on the Pacific Coast. They searched for three days for a facility that would take in the infant sloth. They also took good care of the baby, feeding her goat's milk, the most digestible substitute for sloth mothers' milk. As luck would have it, a family staying at the hotel was coming to the Caribbean side and volunteered to make the five-hour drive to deliver the infant to us. On arrival, Johanna weighed 642g/1.42 lbs. Based on that weight, we believe she is about 3–4 months old. At some point in her young life she had sustained a left elbow fracture, but the bone had already healed completely by the time she was rescued. Johanna's rescue story is all too common, but despite starting life as an orphan she will receive the best possible care here. 

You may recognize Claire Trimer as the plucky “Poo Lady” from the “Meet the Sloths” series. Our former Nursery Supervisor recently moved back to the USA, so we’re celebrating her legacy of compassion and *joie de vivre*.

In 2006, Claire took a tour the Sloth Sanctuary while a cruise ship passenger, and that one visit changed her life’s trajectory. Judy Avey-Arroyo recalls, “In Claire’s introductory letter, she told me that as she looked down into one of the boxes filled with tiny baby sloths, she had an epiphany that she should come to Costa Rica as a permanent volunteer with us, caring for the sloths. The day I received her letter, [MINAE](#) brought us a tiny Choloepus that I named ‘Piphany’ in honor of this woman’s epiphany to give up her life in the USA and come to help us care for the sloths. And of course we said yes, by all means, welcome!”

As Nursery Supervisor, Claire weighed all of the baby sloths daily to monitor their growth progress and treated their health issues, including [giving them therapeutic tea-like baths](#) for dermatological conditions. She fed the tiniest babies goat’s milk and undertook the unglamorous but essential task of assessing their “poo”. Monitoring food in and waste out is another indicator of health status. Others might balk at picking over poo, but Claire understood its importance and saw the humor in doing it. [This quirky responsibility](#) may have singlehandedly catapulted Claire as a reality show star on “Meet the Sloths”. Her dry wit and passion for sloths made her an international celebrity. Entirely genuine on camera, [Claire drew in viewers of all ages](#) with her coveted duty as “baby sloth wrangler.”

In 2014 we found it necessary to conclude our volunteer program for the sloths’ wellbeing. Because Costa Rica resonated with her, Claire decided to remain nearby in a home she purchased, where she enjoyed living with her dogs. We’re honored that Claire’s mark on the Sloth Sanctuary is permanent. Her compassion, realistic outlook and utter devotion to the sloths continue to inspire us every day. Thanks for the memories, Claire! 



I could write a book about all my experiences at the Sanctuary. I loved all the sloths, but had my special favorites—usually the ones that tried to bite me! Ubu, Beatrice and Mateo captured my heart completely.

I was so invested in their success that they seemed almost like my own children. I loved them all and feel so privileged to have had them in my care.

-Claire Trimer



# GOING GREENER

THE FIXES WERE LITERALLY  
IN OUR OWN BACK YARD



## ECO ISSUE

Electric clothes dryers running constantly to process linens from the NICU, Nursery, Slothpital and Buttercup Inn



## ECO FIX

A dedicated line-drying area that's convenient to the laundry room, visually unobtrusive to guests and costs nothing to run



We enclosed an area near the laundry room, laid down a translucent panel to protect the lines, sheathed the area in shade cloth and planted Hibiscus plant stakes around the perimeter. One day these plants will be lush and provide Buttercup and the other sloths all the hibiscus blossoms they can eat!



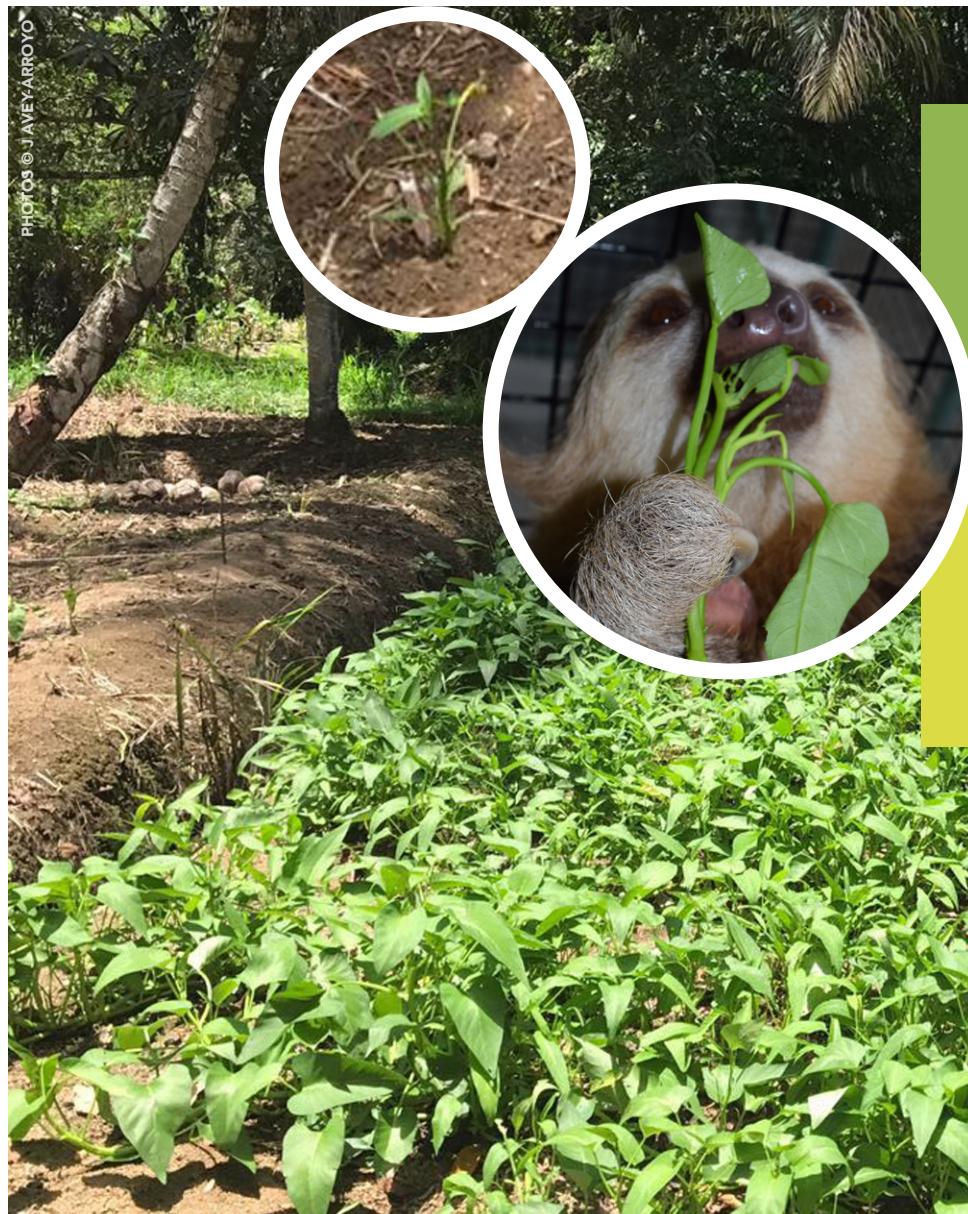
## ECO ISSUE

Over 100+ incandescent light bulbs located around our property: short life span and costly electric bill



## ECO FIX

All traditional bulbs have been replaced with energy-efficient, low-watt LED bulbs, already reducing our electricity use—and carbon footprint



## ECOISSUE

The cost of purchasing *berros* in Limón every other day for the sloths' nutritional program

## ECOFIX

Cultivating and growing this leafy green right on our own property

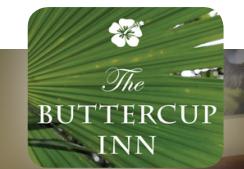
*Berros* ("Chinese watercress") are a nutritious leafy green that we feed the sloths. This healthful ingredient is a staple in Asian cuisine so, due to the large Chinese community in Limón, we were able to source *berros* at local farm. However, at the volume we require, the product is costly, as well as the fuel budget for the frequent round-trip.

Considering our property was formerly used for commercial banana and ornamental flower plantations, we had an aha moment: "Let's try growing *berros* here!" As an experiment, we cleared two large planting beds, sowed the seeds and crossed our fingers. Imagine our delight when the first sprouts emerged from the soil! For the short term—until we can expand our plantation to provide a daily harvest—we will need to purchase supplemental quantities in Limón. But it feels good to know we are moving toward self-sustainability in growing our own *berros*. 



Symbolically adopt a rescued sloth and become a friend to rescued sloths! Your [Compadres Adoption](#) supports *all* of the Sanctuary sloths' nutrition, wellness, enrichments and essential research.

**\$80 USD or  
\$20 month x 4**



**Stay up to three nights** in our comfortable, updated guest rooms. Available when you book the [Insider's Tour](#). Continental breakfast included. [SlothSanctuary.com](http://SlothSanctuary.com)