

the insider

BIRTHDAYS IN MAY

Madi Cox—5/2
Mike Retzlaff—5/6
Lori Fenner—5/12
Brian Pierce—5/18
John Sturgill—5/30

*Happy
Birthday*

MAY WORK ANNIVERSARY

Nancy Rinkoski—2yr.
Lee Ann Luxenberger—3yr.
Kelly Sauer—6yr.
Deshawnta Goodson—8 yr.
Bud Roland—17 yr.

Happy Anniversary

MAY AWARENESS

**National Specially-abled Pets
Day—5/3**

**National Rescue Dog Day—
5/20**

National Pet Week—5/5—5/11

**Lyme Disease Prevention
Month**

UPCOMING EVENTS

**For The Love of Arts & Dogs
Thursday, June 13, 2019**



DAISY AWARD

Congratulations to Ray Cook as he is the recipient of
SPCA Cincinnati's Daisy Award!



"I am a Kennel Technician at the Northside shelter. The most interesting thing about my job is that there is something different everyday. My hobbies include: games, watching TV, cars and learning new things. I have 4 children—Justin, Ray, Auri & Kyree. I do not have any pets. All of my pets are at work! My words of wisdom or favorite quote: **Get it done!**"—Ray Cook.

Thank you Ray for all that you do!

IN-THE-KNOW

A Heartfelt Message - SPCA Adopter



I adopted my fur-babies from the SPCA Cincinnati location on Colerain Avenue, March 9, of 2017. To date, we have fulfilled our commitment and STILL have them. They have brought our family so much joy...Shady is our long-haired Chihuahua and Laura is our Golden Retriever.

Thank you for your daily commitment!
The Barron Family

HR CORNER

Anyone employed with SPCA Cincinnati can find resources to assist with life events through EAP (the Employee Assistance Program)! Log-on now to obtain information on a variety of wellness topics. In order to use the website follow these steps: Go to www.anthemeap.com → Click on the Member log-in button → For the company name enter: **SPCA of Cincinnati.**

NEW TOPIC: [Creating Healthy Habits](#), PAGE 2...



Have articles you wish to add? Send to Nyketa Gaffney—Editor:
ngaffney@spcacincinnati.org.



Creating Healthy Habits

Make better choices easier.

Everyone knows that making healthy choices can help them feel better and live longer. Maybe you've already tried to eat better, get more exercise or sleep, quit smoking, or reduce stress. It's not easy, but research shows how you can boost your ability to create and sustain a healthy lifestyle.

"It's frustrating to experience setbacks when you're trying to make healthy changes and reach a goal," says National Institutes of Health (NIH) behavior-change expert Dr. Susan Czajkowski. "The good news is that decades of research show that change is possible, and there are proven strategies you can use to set yourself up for success."...

Wise Choices: Building Healthy Habits

- **Plan.** Identify unhealthy patterns and triggers. Set realistic goals. Write down steps to help you achieve them.
- **Change your surroundings.** Find ways to make healthier choices easy choices. Remove temptations. Work for changes in your community, like safe places to walk.
- **Ask for support.** Find friends, family, coworkers, neighbors, or groups for support, or ask people to join you.
- **Fill your time with healthy activities.** Try exercise, a favorite hobby, or spending time with family and friends.

READ MORE AT: www.anthemep.com - "Monthly Promotion"

—Lori Fenner, HR Facilitator

“Creatures: When Species Meet”

At the Contemporary Art Center



SPCA Cincinnati Partners with the CAC!

NOW—August 18

SPCA Cincinnati has a special feature in the Contemporary Arts Center's '*Creatures*' exhibition! The showcase began May 10 and runs until August 18. Follow the link below to learn more! If you get the chance, stop by to view this kitten-inclusive creative project designed by one of their celebrated artists. Of course, it is a mobile adoption event; our fur babies will be ready for their forever homes!!

<https://bit.ly/2HcgRwc>



FOR THE LOVE OF ARTS & DOGS!



SPCA Cincinnati is always thrilled to partner with our good friends at **Red Dog Pet Resort & Spa**! You may recall the spectacular event held last year in collaboration with Red Dog and 21c Museum Hotel. This time we are taking the good vibes, the talent and adoptable companions to **Urban Artifact**—1660 Blue Rock St., Cincinnati, OH 45223! It will be an epic night of art in many forms, music, food and entertainment. Proceeds from the event benefit SPCA, and we are tremendously grateful! Tell a friend to tell a friend to join us **Thursday, June 13!**

BARK IN THE PARK—MAY 14

Thank you Cincinnati Reds, Rachael Ray™ Nutrish®, Milk-Bone®, and Kroger!



VOLUNTEER SERVICES

Upcoming Activities



Upcoming Activities:

THURSDAY, MAY 16TH

HUMANE EDUCATION at Nature Adventure Day, 8:00am.

THURSDAY, MAY 16TH

TEEN/COLLEGE VOLUNTEER ORIENTATION at Sharonville Humane Center, 4:30pm.

FRIDAY, MAY 17TH

VOLUNTEER GROUP – University of Cincinnati UC Serves Day at Northside Shelter. Time 9:00am-4:00pm.

SATURDAY, MAY 18TH

HUMANE EDUCATION – Kroger for Your Pets at Oakley Kroger, 9:00am-1:00pm. Team Leader: Jane Minges.

SATURDAY, MAY 18TH

VOLUNTEER GROUP – Crossroads Church GO Local Day at Sharonville Humane Center, 9:00am.

SATURDAY, MAY 18TH

MOBILE ADOPTION UNIT at Contemporary Arts Center (Cat Mobile), 1:00-4:00pm.

SUNDAY, MAY 19TH

HUMANE EDUCATION – Crosby Township Day at Stricker's Grove, 1:00-3:00pm.

Humane Education Room

As of March 2019, a calendar has been established for reserving the Humane Ed. Room. All employees with a SPCA email address may find the shared calendar in Outlook under **“Room List”**. The calendar will enable you to view when the room is booked and what dates/times are open to reserve. If you do not have a SPCA email address and would like to reserve the room for an organizational event or activity, please contact Erin Lawson:

elawson@spcacincinnati.org

—Lee Ann Luxenberger, Volunteer Services Manager

NEW EMPLOYEES!



Aubrey Keith

Kennel Technician

Sharonville, DOH 5/8/2019

Welcome

We're Glad You're Here