

Birthdays in March

Nicole Daneker—March 3
William Allen—March 5
Stephanie Archer—March 8
Sharon Martin—March 8
Lisa Neal—March 10
Carey Wright—March 13
Shyenne Jackson—March 21
Kevin Fox—March 24
John Gregg—March 25
Sue Henson—March 27
Lauri Sloneker—March 28
Mackenzie Cowans—March 29
Charane Laws—March 31

March Work Anniversaries

Lisa Neal—17 years
Kim Buchanan—7 years
John Sturgill—6 years
Dwight Jones—4 years
Raphael Cook—3 years
Amanda Grimm—1 year

Upcoming Events

- ◆ **National Volunteer Week**
April 15-21, 2018
- ◆ **16th Annual Fur Ball Gala**
Saturday, April 28, 2018
Sharonville Convention Center
Theme: *Emerald City and the Wizard of Paws*
- ◆ **IAMS Flying Fur Run**
Saturday, May 5, 2018
- ◆ **Sheltered Paws Quarter Auction**
Monday, May 14, 2018

DAISY AWARD

Meaghan Colville has worked in the Surrender Prevention program at the Northside location since August 2017. She offers families counseling and resources aimed at keeping pets in their homes. Meaghan enjoys meeting and working with all different types of clients. She finds it rewarding to provide answers and resources, especially to people in crisis.

Meaghan likes Stand Up Paddleboarding. She takes her Golden Retriever with her when the weather is nice. She also coaches tennis.

Her pets are a Golden Retriever named Noah, a Golden Retriever Mix named Summer and three cats—Drew, Ashton & AJ.

Meaghan reminds us that “every homeless pet at one point had a person attached to them.” If we can intervene and keep pets in loving homes, we are helping not only animals, but also people in the community.



WELCOME NEW VOLUNTEERS!

Please join us in welcoming our new volunteers!

All of them have attended Orientation & Handler Training and have started volunteering.

Northside Shelter: Helen Ashdown (Dog Socialization), Linda Burns (Dog Socialization), Victoria Connor (Dog Socialization), Andre Ellis (Dog Socialization), Kate Harrow (Dog Socialization), Ebube IHEME (Dog Socialization), Melissa Poskarbiewicz (Dog Socialization/Medication Aide), Hannah Sherlock (Kitty City), and Jeremy Sorensen (Dog Socialization)

Sharonville Humane Center: Alex Baumann (Dog Walking Team), Nathan Hoffmann (Dog Walking Team), Laurie McInerney (Census Recorder), and Anne-Marie Parleteanu (Dog Walking Team)

the insider keeps you informed about what is happening with your fellow team members. If you have any potential articles, stories or updates, please forward to Valerie Jamison, **the insider** Editor - vjamison@spcacincinnati.org

MARCH

March is **Adopt a Rescued Guinea Pig Month**
March is **Poison Prevention Awareness Month**
March 11 **Daylight Savings Time Begins**
March 13 is **National K9 Veterans Day**
March 17 is **St. Patrick's Day**
March 20 **Spring Begins**
March 23 is **National Puppy Day**
March 30 is **Good Friday**
March 30 **Passover** begins at sundown

The following letter is a detailed account of cat adoptions from the **sPCA cincinnati**. The adopter submitted the letter and requested that we publish it. She wanted all of our staff members to be aware of her gratitude. I hope you enjoy reading her story.

Greetings,

When I adopted Eostar, or EO, from the SPCA of Cincinnati in September 2001, he was a happy, spirited eight week old kitten. I soon realized that that he needed a feline pal, so I went back to the SPCA the following November to adopt his future partner in crime, Bijoux, another eight week old kitten. The day after I'd adopted Bijoux, the three of us moved into my first apartment together and felt like big cats just starting out our lives!

EO had a penchant for escaping the apartment and opening any cabinet or drawer (to make the contents disappear!) and thus had quickly earned the middle name of Houdini. Bijoux was originally named 'Bijou,' which is the French word for 'jewel.' It didn't take long for me to realize that she was far more priceless than just a single jewel, though, so before long, I had pluralized her name to Bijoux, meaning 'jewels.'

EO had once saved the lives of my family in the middle of the night by alerting me to four intruders trying to break in. Because of EO's fast thinking, my family had those few all-important seconds to prepare to defend ourselves and to call for help. When he wasn't busy fighting crime, though, he could usually be found rolling lazily about in the bathtub, his favorite haunt. He had an entire medley of songs about himself that I was required to sing to him every time he hopped into the tub (at least once daily!). For all of this swashbuckling charm, EO was really was quite the lover- he never knew a stranger and greeted everyone he'd ever met with the same wide, peaceful eyes.

And then there was Bijoux, my Queen Bee, who loved really only me. It's hard to quantify all of the myriad things that she did for me every day to keep my heart and spirit intact. When someone is busy being your best friend, you don't keep count, do you? You just feel grateful for every moment. I feel guilty though- saying that she was my 'best friend,' as though I'm playing favorites somehow, but to not honor her role in my life would be disrespectful. As well, she had the more difficult lesson about life to teach me: whereas EO had taught me how to love everybody, even- and especially- difficult people; Bijoux had taught me how to love myself.

From 2001 on, the three of us gypsies wandered about after that first apartment, living in about ten different dwellings- always the three of us Musketeers together. In 2013, I finally bought my first home in the foothills of the Ozarks, more than 600 miles from their birthplaces in Cincinnati. They lived out the rest of their lives here in the peaceful, wooded hills of a sleepy, little town in Arkansas.

EO passed away in his sleep in his favorite spot beneath a daybed back in August 2016, at the age of fifteen, with a strange, happy, all-knowing look on his face. That first night without him was during the Perseid comet showers, and so, I walked outside to stargaze- as I often do- and I was stunned to see in the stars for a split second- the same strange, happy, all-knowing expression that EO had on his face earlier that day. I must have imagined it, yes. Or maybe that was EO's last bit of magic for me... the magical Houdini that he always was. I laughed in spite of my tears to realize that he had finally 'escaped' for good.

I had just over a year more with Bijoux, and as she was encroaching upon her sixteenth birthday, I started teasing her about her being old enough to drive soon so that I could send her out on 'milk runs.' I think that both of us knew that our Earthly time together was coming to a close, though. That last summer together, I'd taken her in her carrier to a nearby creek for a bit of 'creek bed medicine.' She'd been pampered indoors her entire life (because she refused to go outside at all!), but she sat there that day by the creek in her open carrier, content to enjoy the healing energies of the water and the mountains in her tired, little bones. My Queen Bee passed away in my arms in the vet's office in October 2017, just after her sixteenth birthday.

I'm now to the point in my healing process wherein I'd like to reach out to the organization that had made it possible for these beautiful friends to enter my life. I wish to extend my thanks and gratitude to all who were working both behind the scenes and on the front lines of SPCA Cincinnati back in 2001, as well as to everyone who has continued since that time to do what must be done to place these beautiful animals into loving homes. When you think that you're not important, please remember on your hardest days that there might be someone like me fifteen or sixteen years down the line who will wish she knew your name.

Thank you!

Warm regards,

Monica Druitt



Eostar (EO)



Bijoux

RAINBOW BRIDGE

There is a bridge connecting Heaven and Earth.
It's called the Rainbow Bridge because of its many colors.
Just this side of the Rainbow Bridge there is land of hills, meadows
and valleys with lush green grass.

When a beloved pet dies, he goes to this place
where there is food and water and warm spring weather.

The old and frail animals are young again.
Those who are maimed are made whole again.
They play all day with each other.
There is only one thing missing.
They are not with their special person
who loved them on earth.

So each day they run and play until
the day comes when one suddenly stops playing and
looks up! The nose twitches! The ears are up! The eyes are staring!

And this one suddenly runs from the group!

You have been seen and when you
and your special friend meet, you take them
in your arms and embrace. Your face is kissed
again and again and you look once more
into the eyes of your trusting pet.

Then you cross the Rainbow Bridge together,
never again to be separated.

LiveHealth Online

Quick and easy access
to a doctor 24/7



Have you ever been at work and didn't feel well? Maybe you had a fever or a sore throat but you didn't have time to leave and see your doctor or go to urgent care. Now, with LiveHealth Online, you can see a board-certified doctor in minutes.

Just use your smartphone, tablet or computer with a webcam. It's so convenient, almost 90% of people who've used it feel they saved two hours or more and would use it again in the future.¹ Plus, online visits using LiveHealth Online are already part of your Anthem Blue Cross and Blue Shield benefits. To start using LiveHealth Online, all you need to do is sign up at livehealthonline.com or download the app.

Sign up for free today and get:

- 1. 24/7 access to doctors.** They can assess your condition, provide treatment options and even send a prescription to the pharmacy of your choice, if needed.² It's a great way to get care when your doctor isn't available.
- 2. Medical care when you need it.** For things like the flu, a cold, sinus infection, pink eye, rashes, fever and more.
- 3. Convenience.** Since there are no appointments or long waits. In fact, most people are connected to a doctor in about 10 minutes or less.

Doctors using LiveHealth Online typically charge \$49 or less per visit, depending on your health plan.

LiveHealth Online Psychology

An easy, convenient way to see a therapist or psychologist in just a few days

If you're feeling stressed, worried, or having a tough time, you can talk to a licensed psychologist or therapist through video using LiveHealth Online Psychology. It's easy to use, private and, in most cases, you can see a therapist within four days or less.³ All you have to do is sign up at livehealthonline.com or download the app to get started. The cost is similar to what you'd pay for an office therapy visit.

Make your first appointment – when it's easy for you

- Use the app or go to livehealthonline.com and log in. Select **LiveHealth Online Psychology** and choose the therapist you'd like to see.
- Or, call LiveHealth Online at **1-844-784-8409** from 7 a.m. to 11 p.m.
- You'll get an email confirming your appointment.

LiveHealth Online: what you need to know

What kind of doctors can you see on LiveHealth Online?

Doctors on LiveHealth Online are:

- Board certified with an average of 15 years of practicing medicine
- Mainly primary care physicians
- Specially trained for online visits

When can you use LiveHealth Online?

LiveHealth Online is a great option for care when your own doctor isn't available and more convenient than a trip to the urgent care. With LiveHealth Online, you can receive medical care for things like:

- Cold and flu symptoms, such as a cough, fever and headaches
- Allergies
- Sinus infections and more

How do I pay for an online visit using LiveHealth Online?

LiveHealth Online accepts Visa, MasterCard and Discover cards as payment for an online doctor visit. Keep in mind that charges for prescriptions aren't included in the cost of your doctor visit.

LiveHealth Online Psychology

What conditions can be treated when you have a visit with a psychologist or therapist?

You can get help for these types of conditions:

- Stress
- Anxiety
- Depression
- Family or relationship issues
- Grief
- Panic attacks
- Stress from coping with a sickness



How much does a therapist visit cost?

The cost should be similar to what you'd pay for an office therapy visit, depending on your benefits, copay or coinsurance. You'll see what you owe before you start a visit and any cost is charged to your credit card. The cost is the same no matter when you have the visit — whether it's a weekday, the weekend, evening or a holiday.

How do I decide which therapist to see?

After you log in at livehealthonline.com or with the app, select **LiveHealth Online Psychology**. Next, you can read profiles of therapists and psychologists. Once you select the one you would like to see, schedule a visit online or by phone. At the end of the first visit, you can set up future visits with the same therapist if both of you feel it's needed. You always have the choice of the therapist you want to see.

What else do I need to know about LiveHealth Online Psychology?

- You must be at least 18 years old to see a therapist online and have your own LiveHealth Online account.
- Psychologists and therapists using LiveHealth Online do not prescribe medications.
- Visits usually last about 45 minutes.

Get started today

It's quick and easy to sign up for LiveHealth Online. Just go to livehealthonline.com or download the mobile app at [Google Play™](https://play.google.com/store/apps/details?id=com.livehealthonline) or the [App StoreSM](https://apps.apple.com/us/app/livehealth-online/id1444444444).



LiveHealth Online is the trade name of Health Management Corporation, a separate company providing telehealth services on behalf of Anthem Blue Cross and Blue Shield. Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 1-800-784-2433 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

1 LiveHealth Online user feedback survey, May 2015.
2 Prescription availability is defined by physician judgment and state regulations. LiveHealth Online is available in most states and is expected to grow more in the near future. Please visit the map at livehealthonline.com for more details.
3 Appointments subject to availability of a therapist.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICESM Managed Care, Inc. (RIT), Healthy AllianceSM Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc.; HMO plans administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), which underwrites or administers the PPO and indemnity policies; Compare Health Services Insurance Corporation (Compare), which underwrites or administers the HMO policies; and Compare and BCBSWI collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.