

the insider

BIRTHDAYS IN DEC.

Tracy Buckmeier—12/12
Bethany Murray—12/17
Maria Miller—12/27

*Happy
Birthday*

DEC. WORK ANNIVERSARY

Machelle Stone—1 yr.
Nyketa Gaffney—2 yr.
Ashley Lehmann—2 yr.
Ben Coffey—4 yr.
Anna Hillard—5 yr.
Ruth Vlastic—6 yr.

Happy Anniversary

DEC. AWARENESS

- ◆ National Mutt Day —12/2
- ◆ National “UnderDOG” Day —12/21
- ◆ Operation Santa Paws Month (through 1/24)



UPCOMING EVENTS

Adopt-A-Pet Fund 2020



DAISY AWARD

Congratulations to **Kelly Sauer**, the recipient of the **SPCA Cincinnati’s** Daisy Award!



“I am a Registered Veterinarian Technician with SPCA. My primary responsibilities include processing and caring for cats. Secondly, I tend to any medically based animal needs. The most interesting thing about my job is working within the organization and collaborating with other shelters & animal welfare agencies to ensure every cat gets a home, whether it’s through our adoption program, rescue or our barn program. My hobbies include camping, reading, crocheting, and traveling, though, I don’t get to do the latter nearly as much as I’d like. I’ve been married for five and a half years to my wonderful husband Christopher who is a systems architect for an up and coming health care/tech company. I also have an amazing 13 year old son named Devon who is a 7th grader at John Paul II Catholic School. I have two dogs; Max who is a fire plug 14-year-old mutt (the best kind), and Pita who is a pit/lab mix and my doggie soul mate. I have three cats that allow me to share my house with them, Ginger (who I’m sure everyone remembers being scratched by at least once), Valka, and Buddy. One of my favorite quotes: *I can resist everything except temptation.*” — Kelly

Thank you Kelly for all that you do!

IN-THE-KNOW



Thank You Dr. Kambelos!

It was a fantastic evening of
fellowship, food & fun!

View photos from SPCA’s

2019

TEAM HOLIDAY PARTY!

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HR CORNER

Anyone employed with The 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.anthemead.com → Click on the Member log-in button → For the company name enter: **SPCA of Cincinnati.**

NEW TOPIC, Building Social Bonds, PAGE 2...



Have an article you wish to add? Send to Nyketa Gaffney—Editor:

ngaffney@spcacincinnati.org.



Building Social Bonds

Connections That Promote Well-Being

Strong, healthy relationships are important throughout your life. Your social ties with family members, friends, neighbors, coworkers, and others impact your mental, emotional, and even physical well-being.

"We can't underestimate the power of a relationship in helping to promote well-being," says National Institutes of Health (NIH) psychologist and relationship expert Dr. Valerie Maholmes. Studies have found that having a variety of social relationships may help reduce stress and heart-related risks. Strong social ties are even linked to a longer life. On the other hand, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death.¹

As a child you learn the social skills you need to form and maintain relationships with others, but you can learn ways to improve your relationships at any age.

NIH funds research to find out what causes unhealthy relationship behavior. Researchers have created community, family, and school-based programs to help people learn to have healthier relationships. These programs also help prevent abuse and violence toward others.

What is healthy?

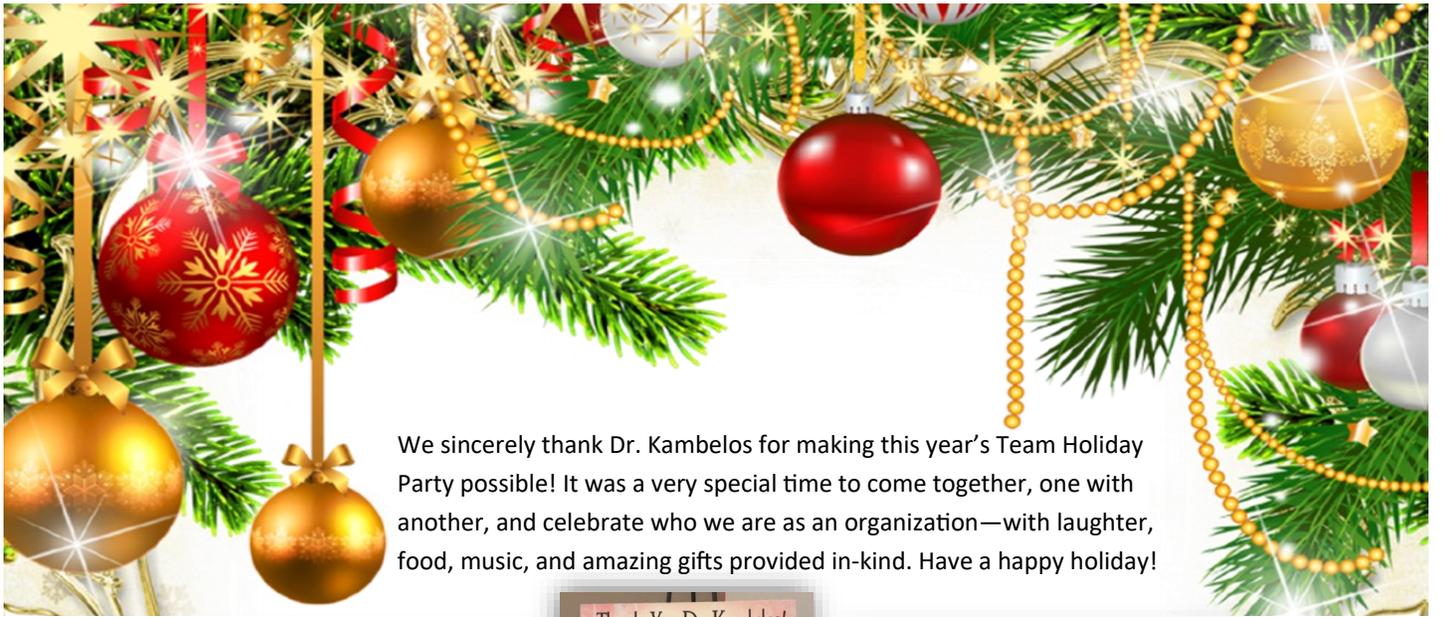
Every relationship exists on a spectrum from healthy to unhealthy to abusive. One sign of a healthy relationship is feeling good about yourself around your partner, family member, or friend. You feel safe talking about how you feel. You listen to each other. You feel valued, and you trust each other...

For more on this topic:

VISIT THE EAP WEBSITE: www.anthem.eap.com:

“Monthly Promotion”

—Lori Fenner, HR Facilitator



We sincerely thank Dr. Kambelos for making this year's Team Holiday Party possible! It was a very special time to come together, one with another, and celebrate who we are as an organization—with laughter, food, music, and amazing gifts provided in-kind. Have a happy holiday!



EMPLOYEE W-2'S

The end of the year is upon us, which means 2019 W2's will be issued soon. W2's will be mailed directly to employees, to your address on file. They will be mailed at some point between Jan 1st and Jan 31st.

Please double check the address listed on your most recent check stub to confirm we have your correct address. If you need to update your address, please send me an email at bcoffey@spcacincinnati.org

or call me at 247-2029.

22222		a Employee's social security number		OMB No. 1545-0008				
b Employer identification number (EIN)			1 Wages, tips, other compensation		2 Federal income tax withheld			
c Employer's name, address, and ZIP code			3 Social security wages		4 Social security tax withheld			
			5 Medicare wages and tips		6 Medicare tax withheld			
			7 Social security tips		8 Allocated tips			
d Control number			9		10 Dependent care benefits			
e Employee's first name and initial		Last name		Suff.		11 Nonqualified plans		12a
f Employee's address and ZIP code		13 Statutory employee <input type="checkbox"/>		Retirement plan <input type="checkbox"/>		Third-party sick pay <input type="checkbox"/>		12b
								12c
								12d
15 State Employer's state ID number		16 State wages, tips, etc.		17 State income tax		18 Local wages, tips, etc.		19 Local income tax

Form W-2 Wage and Tax Statement **2019** Department of the Treasury—Internal Revenue Service
 Copy 1—For State, City, or Local Tax Department

Mt. Adams Reindog Parade!



This Saturday!!!



The Mt. Adams Business Guild 29th Annual Reindog Parade,

presented by [Pet Valu - US](#), happens:

Saturday, December 8th!

At this family favorite event in Cincinnati, our four-legged friends will parade through the beautiful picturesque streets of Mt. Adams dressed in holiday wear. Your fur baby can also participate in the parade!

Log-on to spcacincinnati.org for more details. Special thank you to our sponsors North Side Bank & Trust and Towne Properties.

The holidays are here! Special shout to our dedicated Fur Ball Committee Member, Ashley Finkes, who was at **Vera Bradley** located in Kenwood Mall this past weekend (generating support for the SPCA Cincinnati and our Special Events) while raising money with a percentage of the days proceeds! Thank you tremendously!!

Remember, mark your calendars for Fur Ball 2020 - The Great Catsby on Saturday, April 25, 2020.



Raising Cane's Holiday Plush!

**ENTER OUR RAISING CANE'S RAFFLE
WIN A 3-FOOT JINGLE CANE PLUSH!**



**TICKETS:
1 FOR \$3 OR
3 FOR \$5**

**ENTER FROM
NOV 25 - DEC 16**

**WINNER WILL BE
SELECTED AT RANDOM
BY RAISING CANE'S**

spca
cincinnati
3949 Colerain Ave.
Cincinnati, OH 45223
(513) 541-6100
spcacincinnati.org

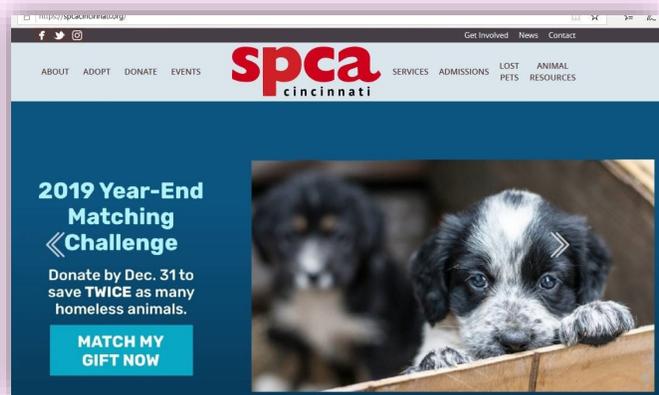
11900 Conroy Rd.
Cincinnati, OH 45249

This is a BIG deal! When adopters visit one of SPCA's shelters, they have the opportunity to enter to win [Raising Cane's Ohio's](#) 3-ft Holiday Plush. The sweetest, cuddliest, most jingliest gift of the season! \$3 = 1 ticket, \$5 = 3 tickets to enter to win. Be sure to tell them about it!

Winner will be selected on December 16th

[#ForTheLoveOfLife.](#)

SHELTER BUSINESS



There is information on our website that is important to our community.

Be sure to send people to spcacincinnati.org today!



SPCA is excited that [Klosterman Bread](#) has proudly partnered with us to raise awareness of animal welfare in Hamilton County! For a limited time, specially marked bags of their Homestyle Wheat Bread offer a coupon to save 50% on adoption fees from any SPCA Cincinnati shelter. Tell a friend to tell a friend!

Just in time for the holiday, is the **Pet Valu 2020 local calendar** for just \$5! They make the perfect gift that keeps on giving all year long. Inside is \$150 in coupons and proceeds benefit SPCA — supporting the care & enrichment of the companions we serve!

For a complete listing of Pet Valu locations, visit <http://us.petvalu.com/> to get your copy today!





Home Sweet Home



A few of our shelter stars & staff/volunteer favorites
have been adopted! Special thanks to:

Local 12 WKRC and 103.5 WGRR!



Dickens



Trevor



Poochie



Sampson