

# 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 **Heather Bowles**, recipient of the **SPCA Cincinnati’s** Daisy Award!



“I am a Managed Admissions Specialist. I work with pet owners to avoid surrender and offer alternatives, I intake those pets that are surrendered, answer phones, schedule appointments, administer vaccinations, and various other assignments. The most interesting thing about my job are the stories we hear during the intake process and over the phone. Some are just ridiculous. My hobbies include: fishing, hiking, taking road trips, spending time with my kids and my animals. I have a husband and 5 children (4 daughters—ages 21,18,14,13 and my 6 yr. old son). I have a small zoo...3 dogs, 5 cats ( only 1 indoor), a hamster, 2 red eared sliders, a tortoise, 2 chickens, and 2 bearded dragons. My words of wisdom: try to make the best of every situation..” — Heather

*Thank you Heather for all that you do!*

## IN-THE-KNOW Drew & Harland: A Story of Second Chances!



It was an emotional morning Thursday, Dec. 19th as [#Harland](#) headed to his forever home.

The SPCA Cincinnati is inspired by the Allen family & our organization is fortunate to celebrate second chances with these phenomenal survivors!

**READ MORE**

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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.anthemep.com](http://www.anthemep.com) → Click on the Member log-in button → For the company name enter: **SPCA of Cincinnati.**

**NEW TOPIC, Do Social Ties Affect Our Health?, PAGE 2...**



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

[ngaffney@spcacincinnati.org](mailto:ngaffney@spcacincinnati.org).



## Do Social Ties Affect Our Health?

### Exploring the Biology of Relationships

Cuddles, kisses, and caring conversations: These are key ingredients of close relationships. Scientists are finding that people's links to others can have powerful effects on health. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence your biology and well-being.

Wide-ranging research suggests that strong social ties are linked to a longer life. In contrast, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death.

Studies have found that having a variety of social relationships may help reduce stress and heart-related risks. Such connections might improve your ability to fight off germs or give you a more positive outlook on life. Physical contact—from hand-holding to sex—can trigger release of hormones and brain chemicals that not only make you feel great but also have other biological benefits.

Marriage is one of the most-studied social bonds. "For many people, marriage is their most important relationship. The evidence is very strong that marriage is generally good for health," says Dr. Janice Kiecolt-Glaser, an expert on health and relationships at Ohio State University. "But if a relationship isn't going well, it could have significant health-related consequences."

Married couples tend to live longer and have better heart health than unmarried couples. Studies have found that when one spouse improves his or her health behaviors—such as by exercising, drinking or smoking less, or getting a flu shot—the other spouse is likely to do so, too...

For more on this topic:

VISIT THE EAP WEBSITE: [www.anthemead.com](http://www.anthemead.com):

“Monthly Promotion”

—Lori Fenner, HR Facilitator

# Drew & Harland



## Media Coverage

**Local 12:** <https://bit.ly/2MrTtNz>

**WLWT:** <https://bit.ly/2PVDzNH>

**WCPO:** <https://bit.ly/2ZIZpwR>

**FOX19:** <https://bit.ly/3990TPF>

(click the link)

Drew and Harland both have compelling stories of survival, and the **SPCA** made it our priority that they stick together to continue to find hope in each other! We are unbelievably happy about Drew & Harland's connection —the perfect match! We thank all of our media partners who came out in support of the Allen family. **SPCA** wishes Drew and Harland the absolute best along life's journey.

Be sure to share with family and friends that if interested in making a donation in honor of Drew & Harland, to help support other survivors like them —saving more lives, to log on to our website (you may also follow the link: <https://www.spcacincinnati.org/harland>). Special thanks to **SPCA's** Senior Operations Manager, Denise Jones, for being instrumental in Harland's adoption!



# 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](mailto: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

# 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  
(513) 541-6100  
spcacincinnati.org

3949 Colerain Ave.  
Cincinnati, OH 45223

11900 Conrey Rd.  
Cincinnati, OH 45249



Huge thanks to McKenzie & Sue for their tremendous support during the Raising Cane's 3ft. Holiday Plush Toy promotion!!

The social media campaign:

[Where In The Paws Is Cane?](#) was also super fun for our followers.

SPCA is excited to have made **12** online winners of the traditional size Raising Cane's toy for the holiday!

[#ForTheLoveOfLife](#)

# SHELTER BUSINESS



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

Be sure to send people to [spcacincinnati.org](http://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!



**Benji**



**Potter**



**Franklin**



**Kylo**

**NEW EMPLOYEES!**



**Katrina Gibson**

Kennel Technician

Sharonville, 12/5/19



**Jennifer Smith**

Veterinarian

Sharonville, 12/16/19

Welcome

We're Glad You're Here