

# the insider

## BIRTHDAYS IN FEBRUARY

Dan Conners, Jr.—2/4  
Brandon Corcoran—2/12  
Zach Campbell—2/13  
Kaitlyn Cheek— 2/25  
Kelly Sauer—2/25

*Happy  
Birthday*

## FEB. WORK ANNIVERSARY

Lyndsey Sparks—1 yr.  
Lori Fenner—7 yr.  
Mike Retzlaff—17 yr.  
Brandon Corcoran—22 yr.

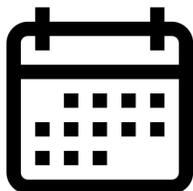
*Happy Anniversary*

## FEBRUARY AWARENESS

- National Love Your Pet Day—2/20
- National Dog Biscuit Day—2/23
- National Spay Day USA—2/26

## UPCOMING EVENTS

**Paws on Broadway**  
**Saturday, April 27, 2019**



## DAISY AWARD

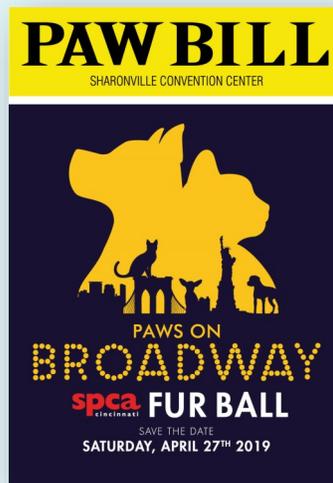
Congratulations to **Julie Butler** as she is the recipient of **SPCA Cincinnati's** Daisy Award!

"I am an Intake Clerk at SPCA Northside, assisting with the first stage of transitioning surrendered & stray companions into our facility. I get as much information as possible so that we may properly care for them and to create profiles for their records. The most interesting thing about my job is that you never know what each day will bring! I enjoy traveling and spending time with my grandkids. I have 2 children, 3 grandchildren and 1 on the way. I also have 2 pets. Buddy & Praxie. Buddy is a 9-year-old Poodle and Praxie is a Chihuahua; we do not know her age. My words of wisdom—honesty is the best policy!" —Julie Butler.



## IN-THE-KNOW

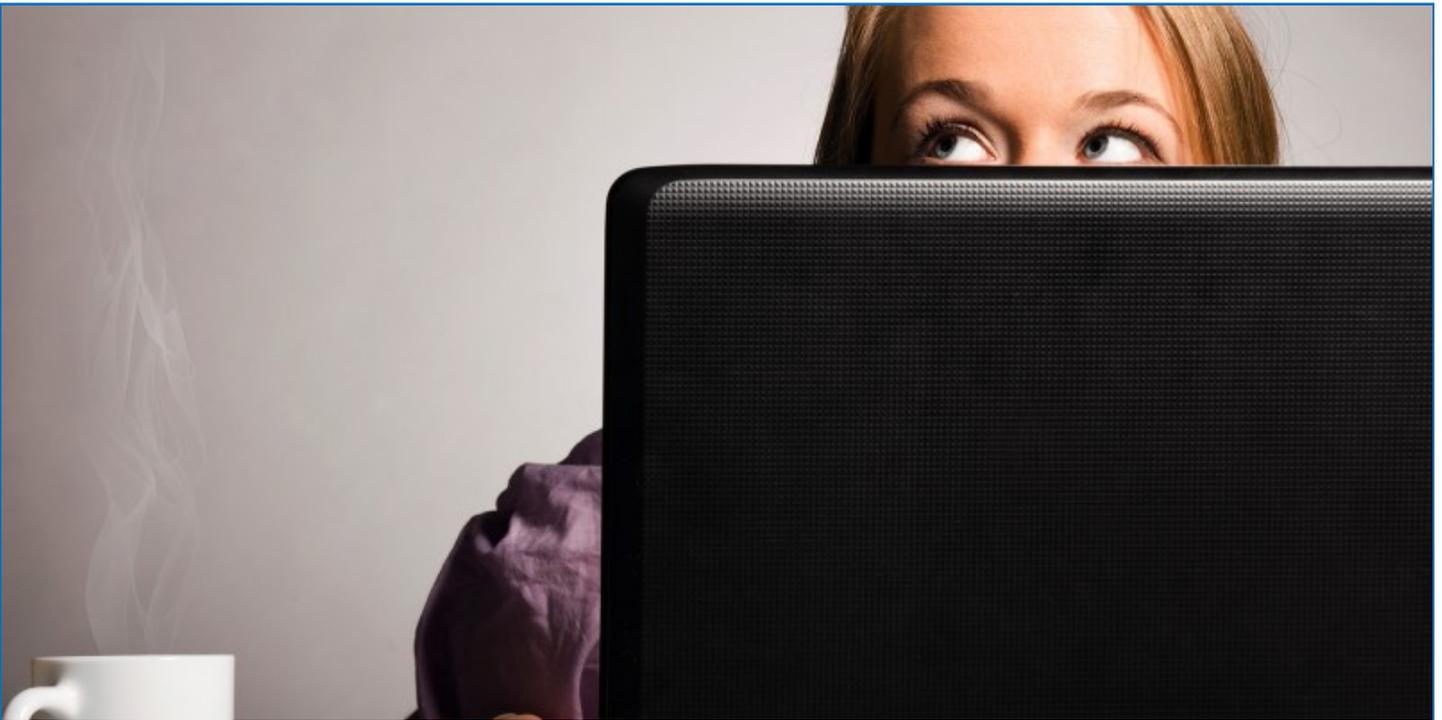
### Mark Your Calendars!



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

**NEW TOPIC: [Prioritizing Your Time](#), PAGE 2...**



## Prioritizing Your Time

Time is a unique resource of which everyone is given an equal amount—a gift of 24 hours each day. How you invest that gift is a major factor in how you feel about your life.



Think of time as one of the tools that you have available to reach your goals. As with many tools, if you want to use time effectively, it may require some training (or retraining), determination and practice.

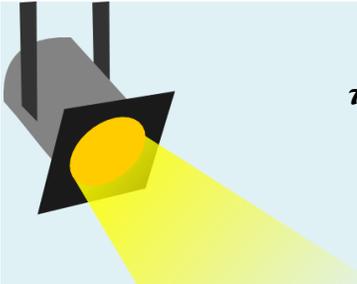
Even though the term *time management* is used a great deal, there really is no such thing as time management. Using time effectively is actually a matter of your own personal management.

Time goes by at the same rate no matter what you do. You can't speed it up or slow it down. Unlike the other resources that you manage, there is no way to control time. The best you can do is take charge of yourself in the framework of time and invest yourself in those things that matter most in your life.

For more on *defining priorities, setting priorities, critical skills for effective time use & more:*

VISIT THE EAP WEBSITE: [www.anthemead.com](http://www.anthemead.com) ...“Working” → “Workplace Productivity”

—Lori Fenner, HR Facilitator

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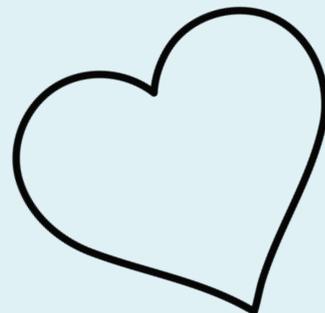
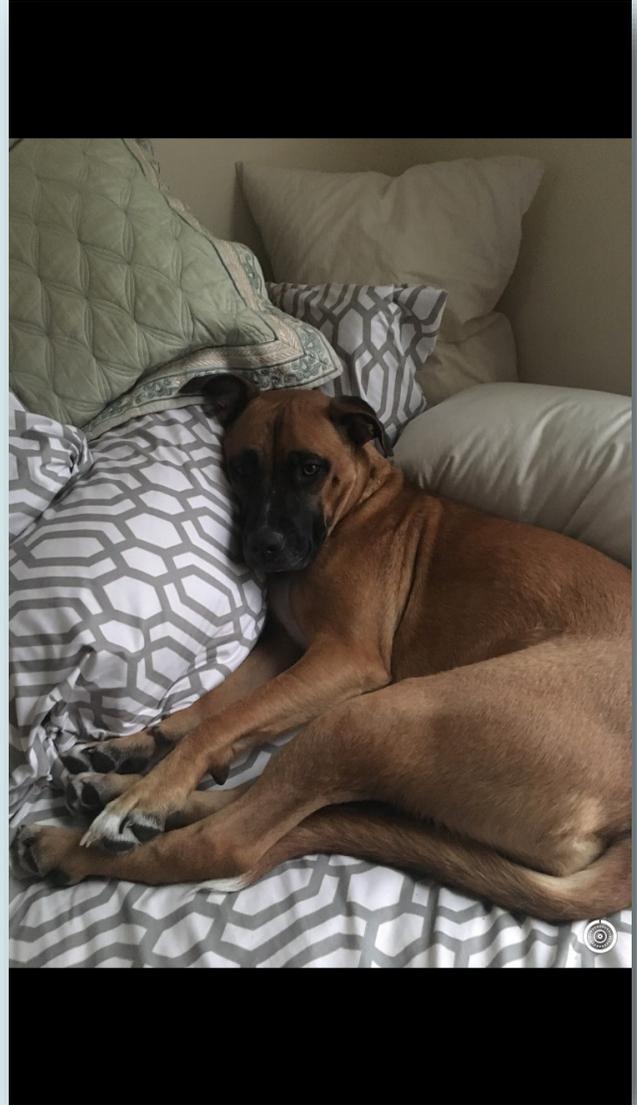
## *A Message From SPCA Adopter*

**Amy Arnett**

“Hi! I adopted a dog from the Northside location about 2 1/2 years ago, her original name was Tinker but I changed her name after to Daisy. I kinda wanted to show you guys the life Daisy has lived since I’ve adopted her.

I feel like with all the awful things that we’ve seen on the news, I believe this will help shed some light. Daisy has become the absolute queen of our household, as you can see my bed is no longer mine. We have taken her camping, canoeing, and on my family’s boat where she absolutely loves life. She also made an appearance in my family’s Christmas photo.

I just wanted to share how much brighter she’s made my life and how much I thank you guys for that! I hope this brightened someone’s day!”



**spca**  
cincinnati



SPCA has joined Red Dog for this month's feature of adoptable pets, spotlighted on Facebook & Instagram.



This time we turned our attention to the incredible Jack Frost!  
He is a 9-year-old male Boxer, with a white coat—weighing 55lbs.  
He is so gentle, well-behaved and knows basic commands.

Wish him luck on his adoption today!!



**WELCOME  
NEW EMPLOYEES!**



**Amber Taylor**  
Kennel Technician  
Sharonville, DOH 2/9/2019



**Jordan Nelson**  
Kennel Technician  
Northside, DOH 2/20/2019



**Samantha Sheal**  
Kennel Technician  
Northside, DOH 2/20/2019

*the insider* keeps you informed about what is happening with your fellow team members. Have articles you wish to add? ➡ Forward to Nyketa Gaffney—*the insider* Editor: [ngaffney@spcacincinnati.org](mailto:ngaffney@spcacincinnati.org).