

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 Lee Ann Luxenberger as she is the recipient of **SPCA Cincinnati's** Daisy Award!



"As the Volunteer Services Manager, it is my responsibility to engage donors with the SPCA Cincinnati mission through the gifts of their time, energy, and talents. I oversee all volunteer recruitment, screening, placement, training, and ongoing service, create processes & policies to guide volunteer involvement, and serve as a liaison between volunteers and the greater organization. Our volunteers come from all walks of life, from high school students to retired corporate professionals. There is a wide array of personalities and leadership styles. Yet, all have a love for animals, a passion for animal welfare, and a desire to be part of the solution and make a difference in common. Every day is different – definitely never a boring day here! Photography, genealogy, vegetable gardening are my hobbies. I am the parent of Izzy, a 4 yr. old Shih Tzu mix, adopted from Sharonville Humane Center in 2017. My favorite quote: "I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do." – Edward Everett Hale" —Lee Ann Luxenberger.

IN-THE-KNOW

SPCA Cincinnati Kitten Shower!



From the creative efforts of our Sharonville Shelter Manager Denise Jones, SPCA is now hosting a Kitten Shower! It is a pretty awesome concept where folks can give a gift from the comfort of their homes. They may make a donation from our baby registry via Amazon, with a ton of useful supplies for our Kitten Nursery in light of Kitten Season.

Be sure to spread the news & share our Facebook posts to increase participation!

Danielle Campbell

<https://amzn.to/2Lq7Ns6>

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: [Mental Health Benefits of Exercise](#), PAGE 2...



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

ngaffney@spcacincinnati.org



10 Mental Health Benefits of Exercise

#1: Reduces Stress

Exercise increases concentrations of *norepinephrine*, which:

- Moderates the brain's response to stress

- Boosts the body's ability to deal with existing physical symptoms that stress and worrying creates

#2: Alleviates Depression

Exercise releases *endorphins*, which create feelings of happiness and euphoria:

- Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication.

- Endorphins promote neural growth, reduced inflammation, feelings of calmness, and well-being.

#3: Alleviates Anxiety

Exercise is a natural and effective antianxiety treatment (as for depression, endorphins also help reduce anxiety):

- It relieves tension and stress.

- It boosts physical and mental energy.

- It enhances well-being.

READ MORE on the remaining health benefits:

VISIT THE EAP WEBSITE: www.anthemepap.com ...“Monthly Promotion”

—Lori Fenner, HR Facilitator

***Our Trustees give Time, Talent, Treasure... and
Loving Homes!***



SPCA Cincinnati Welcomes Its Newest Board Member

Anita Harney!

She comes to us by way of Fifth Third Bank, with a huge love for animals (especially for dogs). In fact, about 3-weeks ago Anita adopted Cooper, who she now affectionately calls Popcorn or “Papi”. Popcorn, a 6-year-old miniature Poodle/Bischon Frise, came to the SPCA as a surrender. It wasn’t very long before he was headed to his forever home once he and Anita met! We are so grateful for her compassion & we’re just as excited to have Anita join our organization as a Trustee.

Be sure to give her a warm welcome when you see her!



HR Flyer



McGOHAN BRABENDER ADVOCATE TEAM

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WHAT WE DO

At MB, advocacy is more than a department ... it's the foundation of our organization. Our knowledgeable problem-solvers are passionately committed to finding the right solution for every client, every time.

HOW IT WORKS

If you've contacted your physician or carrier and weren't satisfied with the response, our MB Advocate's are there to step in on your behalf. We have direct access to senior-level representatives at our carrier partners. We know how to get to the bottom of issues like:

- Explanation of Benefit*
- Provider Billing Questions*
- Coordination of Benefits*
- Pre-authorization Help*
- Enrollment Status*

For speedier resolution, have your insurance card, copies of any correspondence and details from conversations you may have had with the carrier or physician, including names and dates, EOB and bills.

CONTACT US

Our MB Advocates are ready to assist you
Monday-Friday, 8 a.m. to 5 p.m. EST
p: 937.260.4300 or 877.635.5372
f: 937.499.1160
e: mbadvocates@mcgohanbrabender.com



07/2018



Fur Ball 2019

SHARONVILLE CONVENTION CENTER



Thank you to ALL of our **sponsors** for making Fur Ball 2019 a success!

Thank you to ALL of our **staff** & **volunteers** for making Fur Ball 2019 a success!

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VOLUNTEER SERVICES

Upcoming Activities

Upcoming Activities:



THURSDAY, MAY 2ND

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

FRIDAY, MAY 3RD

HUMANE EDUCATION – Girl Scout Troop at Sharonville Humane Center, 3:30pm.

SATURDAY, MAY 4TH

NEW VOLUNTEER ORIENTATION & TRAINING at Sharonville Humane Center, 11:00am-3:30pm.

SATURDAY, MAY 4TH

FUNDRAISING EVENT – Flying Fur Run, 1:00-2:30pm.

MONDAY, MAY 6TH

HUMANE EDUCATION at Cincinnati Country Day, 8:45am.

FRIDAY, MAY 10TH

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

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