

the insider

BIRTHDAYS IN JUNE

Hollie Bullucks—6/10
Deshawnta Goodson—6/24
Todd Manser—6/26
Jennifer Bowling—6/28

*Happy
Birthday*

JUNE WORK ANNIVERSARY

Tammy Booker—1yr.
Tyler Neumesiter—1yr.
Hollie Bullucks—2yr.
Trent Owens—3yr.
Dan Conners—17yr.

Happy Anniversary

JUNE AWARENESS

National Adopt A Cat Month

UPCOMING EVENTS

For The Love of Arts & Dogs
Today, June 13, 2019



DAISY AWARD

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



"I am a front desk clerk at SPCA Northside. I adopt out animals and return pets back to their owners. What I enjoy the most about my job, is reuniting lost pets with their owners. I am an avid gardener, enjoy shooting sports and building hot rods. My husband Kenny and I have been married for 23 years. I have two German Shepherds, Cole & Sig... and I raise canaries. My favorite quote: *Life is short, sop It up with a biscuit!!!*" —Cary Robers

Thank you Cary for all that you do!

IN-THE-KNOW



Mark Your Calendars!

SPCA Cincinnati's 18th Annual Fur Ball Gala – *The Great Catsby*
Saturday, April 25, 2020 – Sharonville Convention Center

Presented by: **IAMS**™

We are pleased to welcome our newest 2020 Fur Ball Platinum Sponsor – Swiffer!

By leadership of our Fur Ball Chair, Karen Martin & our wonderful Fur Ball Committee, plans are underway for a Gala to remember—celebrating the roaring 1920's!

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.anthemepap.com → Click on the Member log-in button → For the company name enter: **SPCA of Cincinnati.**

NEW TOPIC: Mindfulness Matters, PAGE 2...



Have articles you wish to add? Send to Nyketa Gaffney—Editor:
ngaffney@spcacincinnati.org.



Mindfulness Matters

Can living in the moment improve your health?

At some point in your life, someone probably told you: "Enjoy every moment. Life is short." Maybe you've smiled and rolled your eyes at this well-intentioned relative or coworker—but the fact is, there's something to it. Trying to enjoy each moment may actually be good for your health.

The idea is called *mindfulness*. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on "autopilot." Instead, you experience life as it unfolds moment to moment, good and bad, and without judgment or preconceived notions...

Being Mindful

The concept of mindfulness is simple, but becoming a more mindful person requires commitment and practice. Take a moment and consider mindfulness. Here are some tips to help you get started:

- ⇒ **Take some deep breaths.** Breathe in through your nose to a count of 4, hold for 1 second, and then exhale through the mouth to a count of 5. Repeat often.
- ⇒ **Enjoy a stroll.** As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present...

For more on this topic:

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

—Lori Fenner, HR Facilitator

Summer Staff Appreciation Party

**“Thank you for the last 6-months
of your hard work and dedication.”**

(6-months since the Christmas Party)

So let us go bowling at Colerain Bowl!

Tuesday, June 18, 2019

Lunch provided: 12:30 PM – 1:00 PM

Bowling / prizes / trophies: 1:00 PM to 2:30 PM

Just as before... we will be open for cleaning and care in the morning.

We will be closed to the public that day.

You will be allowed time to prepare, travel and meet at Colerain Bowl.

If you attend the Bowling, you will be paid for a full day (non-overtime) time.

[This is a staff only event](#)

**Please RSVP with your supervisor so that we know how much
food & drinks to order!**



EMPLOYEE SPOTLIGHT!

Congratulations are in order for our...

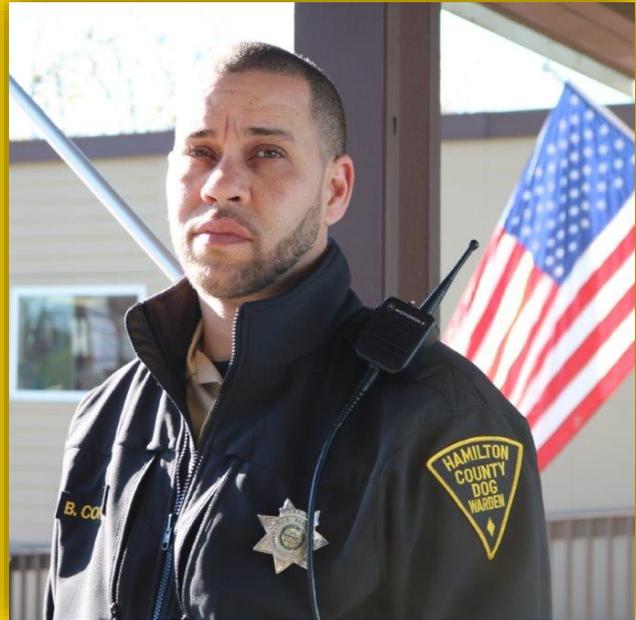
Chief Dog Warden

Brandon Corcoran

He fulfilled a major goal in light of professional development, earning certificates in:

Foundations of Management, Critical Management Skills, as well as a Professional Certificate in Management — through the University of Notre Dame! Brandon accomplished this while serving SPCA as a diligent & committed leader.

SPCA celebrates Brandon for this outstanding achievement! Please help us in recognizing him with a *job well done* when you see him!



Brandon, you rock!

ADOPTION UPDATE:



Many of you may already know! However, it is a privilege to express our excitement once more for our girl:

Dezi!

Sunday, June 9th was the day we had been waiting so patiently for. Dezi went home!! She was with SPCA more than 200 days.

Now, she is with her forever family🐾.

SPCA is VERY excited for Dezi!

Special thank you to SPCA team member Aubrey who produced an awesome video pkg. to demonstrate how amazing Dezi is. It truly made an impact on the interest for her adoption!

Don't forget to follow us on [Facebook](#) for adoption updates.

[#Adopt](#)

[#Rescue](#)

[#ForTheLoveOfLife](#)

FOR THE LOVE OF ARTS & DOGS!



SPCA Cincinnati is always thrilled to partner with our good friends at **Red Dog Pet Resort & Spa!** You may recall the spectacular event held last year in collaboration with Red Dog and 21c Museum Hotel. This time we are taking the good vibes, the talent and adoptable companions to **Urban Artifact**—1660 Blue Rock St., Cincinnati, OH 45223! It will be an epic night of art in many forms, LIVE music, food and entertainment. Proceeds from the event benefit SPCA, and we are tremendously grateful! Tell a friend to tell a friend to join us **Tonight, June 13!**

Visit the Exhibit Each Saturday!



“Creatures: When Species Meet”



At the Contemporary Art Center



SPCA Cincinnati Partners with the CAC!

NOW—August 18

SPCA Cincinnati has a special feature in the Contemporary Arts Center's 'Creatures' exhibition! The showcase began May 10 and runs until August 18. Follow the link below to learn more! If you get the chance, stop by to view this kitten-inclusive creative project designed by one of their celebrated artists. Of course, it is a mobile adoption event; our fur babies will be ready for their forever homes!!

<https://bit.ly/2HcgRwc>

VOLUNTEER SERVICES

Upcoming Activities



Upcoming Activities:

THURSDAY, JUNE 13TH

MOBILE ADOPTION UNIT (DOGS) at For the Love of Art & Dogs, 6:30-9:30pm.

FRIDAY, JUNE 14TH

HUMANE EDUCATION at Oak Hills Safety Village, 10:00am.

SATURDAY, JUNE 15TH

NEW VOLUNTEER ORIENTATION AND TRAINING at Sharonville Humane Center, 11:00am.

SATURDAY, JUNE 15TH

MOBILE ADOPTION UNIT (CATS) at Contemporary Arts Center, 1-4pm.

MONDAY, JUNE 17TH

MOBILE ADOPTION UNIT (DOGS) at Bark in the Park, 4:30pm.

TUESDAY, JUNE 18TH

EMPLOYEE EVENT – SHELTER CLOSED/NO VOLUNTEERING AFTER 12:00PM.

THURSDAY, JUNE 20TH

VOLUNTEER GROUP – Nestle Purina Pet Care at Sharonville Humane Center, 1:30-3:30pm.

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

