

# the insider

## BIRTHDAYS IN SEPT.

Lindsey Hird—9/1  
Maddie Baker—9/9  
Andrea Brock— Hitchcock—9/9  
Ray Cook—9/13  
Ruth Vlastic—9/28

*Happy  
Birthday*

## SEPT. WORK ANNIVERSARY

Jake White—2 yr.  
Stephanie Archer—4yr.  
Heather Books—6yr.  
Lauri Sloneker—7yr.  
Zach Campbell—11yr.  
Carey Wright— 11yr.

*Happy Anniversary*

## SEPT. AWARENESS

- ◆ National Pet Memorial Day — 9/8
- ◆ National Deaf Dog Week— Sept. 24—Oct. 1
- ◆ International Rabbit Day— Sept. 28



## UPCOMING EVENTS

Saturday, October 12, 2019  
Tails On the Trail



## DAISY AWARD

Congratulations to Darlene Kenny as she is the recipient of SPCA Cincinnati's Daisy Award!

"I am an Intake Specialist. I started working here in 2008 at the Sharonville shelter. I transferred to Northside in 2010. My responsibility is to make sure that the animals that come in are vaccinated & that they have a photo on their record. I also give out show & releases. Everyday is pretty interesting, but the most is putting a smile on an owner's face letting them know I care (as they say their final goodbyes). It can be sad, but I make the best of it. I've been married to my husband Marcus for 28 years. We have 2 beautiful daughters: Kiara (27) & Kenesha (23). We have 3 grandchildren and 1 on the way! I own 2 pets adopted from SPCA: Tiny (11yr. German Shepherd) & Tink (10yr. cat, who thinks she's a dog). The quote I go by—*treat others the way you want to be treated.*"—Darlene



*Thank you Darlene for all that you do!*

## IN-THE-KNOW

### Subaru of Kings Automall



Mr. Russell, GM, his incredible staff & Brady

Subaru is a valued community partner for more than one reason! SPCA is thankful that Subaru believes in our Foster Program. This pet friendly business funds our mission, improving animals lives while they await adoption!

**Look for them at Tails on the Trail Saturday, October 12th!**

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

**NEW TOPIC: Changing Negative Thoughts About Yourself, PAGE 3...**



Have an article you wish to add? Send to Nyketa Gaffney—Editor:  
[ngaffney@spcacincinnati.org](mailto:ngaffney@spcacincinnati.org).

## IN MEMORIAM



"I started working with Sharon in 1993, when she was in charge of cats for **SPCA**. She handled both strays and home cats. I remember being much impressed with her dedication and true love for the cats under her care. She truly went above and beyond for *her babies*, as she often said. She and I became fast friends and I appreciated her upfront / straight up demeanor. She never minced words. I for one found that refreshing. She regaled me with tales of her "Warden Days", and all the exploits & adventures that she, Pat Merida, Claudine McConnel and Casey Schneider had. Not only did they do serious work, but they had some hilarious antidotes over the years...she was such a character!! Her humor will be missed...

I have to say I am honored not only to have had the opportunity to work with Sharon, but to have known her personality. She had so much of what folks are missing these days... honesty, integrity and deep abiding love of animals. Not only these things, but she also was a Christian and believed deeply in God. I am so thankful that she is no longer in pain and dwells in paradise with The Lord. She gave much to those around her, and deserved so much more... she now has peace and comfort. I will miss her greatly." – Cary Robers

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**Sharon would have celebrated her 38th year with SPCA Cincinnati this month before her recent passing. She will forever remain in our hearts.**





## Changing Negative Thoughts About Yourself to Positive Ones

September is Suicide Awareness & Prevention Month. Let's talk depression...

You may be giving yourself negative messages about yourself. Many people do. These are messages that you learned when you were young. You learned from many different sources, including other children, your teachers, family members, caregivers, even from the media, and from prejudice and stigma in society.

Once you have learned them, you may have repeated these negative messages over and over to yourself, especially when you were not feeling well or when you were having a hard time. You may have come to believe them. You may have even worsened the problem by making up some negative messages or thoughts of your own. These negative thoughts or messages make you feel bad about yourself and lower your self-esteem.

Some examples of common negative messages that people repeat over and over to themselves include: "I am a jerk," "I am a loser," "I never do anything right," "No one would ever like me." Most people believe these messages, no matter how untrue or unreal they are. They come up immediately in the right circumstance. For instance, if you get a wrong answer, you think, "I am so stupid." They may include words like *should*, *ought* or *must*. The messages tend to imagine the worst in everything, especially you, and they are hard to turn off or unlearn.

You may think these thoughts or give yourself these negative messages so often that you are hardly aware of them. Pay attention to them. Carry a small pad with you as you go about your daily routine for several days, and jot down negative thoughts about yourself whenever you notice them. Some people say they notice more negative thinking when they are tired, sick or dealing with a lot of stress. As you become aware of your negative thoughts, you may notice more and more of them...

For more on this topic:

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

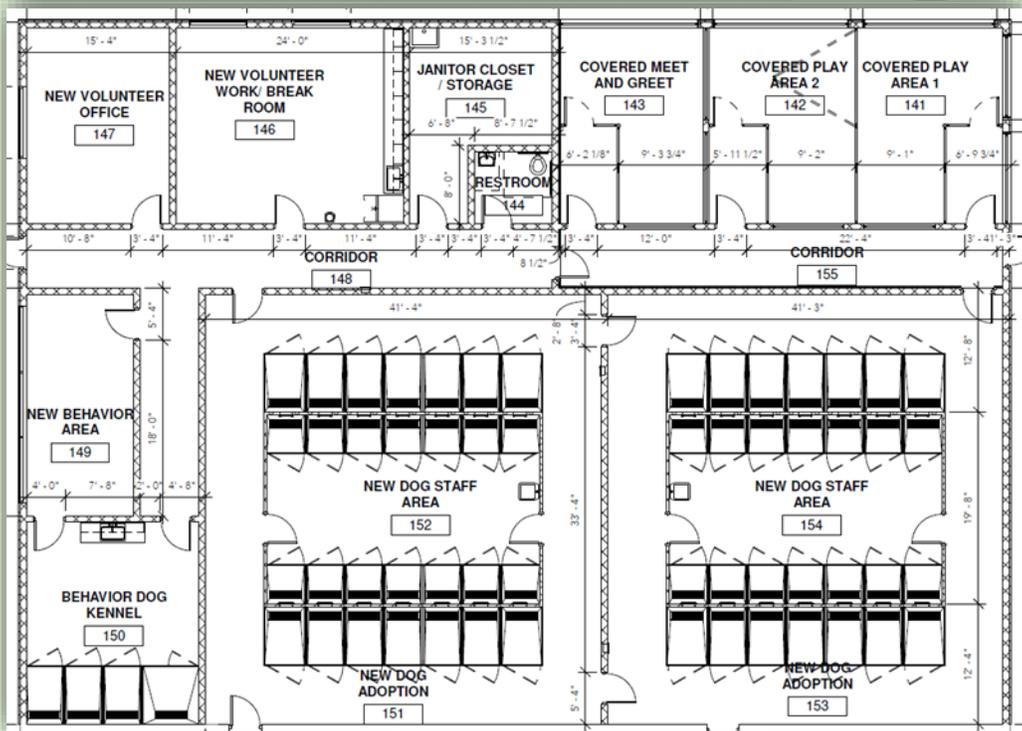
“Monthly Promotion”

—Lori Fenner, HR Facilitator

# K9 Expansion Project - Sharonville location

## UPDATE

We are growing again – on the Northern side of the Sharonville location! We are meeting with General Contractors and Permitting on September 25<sup>th</sup>. There should not be too many revisions to the blueprints at this stage. Since this is an exterior project, we should not interfere with operations within the current dog kennels. Our tentative completion date is July 1, 2020.



—Jake White, President & CEO

# TAILS ON THE TRAIL



**SATURDAY** NOV  
**OCTOBER 12** 6  
**FRANCIS RECREACRES PARK**

**9-10 AM REGISTRATION**  
**10-10:30 COSTUME CONTEST AND TEAM AWARDS**  
**10:30 AM WALK BEGINS**

Park Adjacent to SPCA Cincinnati Sharonville  
11900 Conrey Road Cincinnati, OH 45249

When we join together and walk for our animals, you're joining a community that is working every day to create a more humane community for our companion animals across Greater Cincinnati. Your participation strengthens our ability to create memorable moments of hope and joy for people and animals.

Make a statement for those who don't have a voice – Register today to walk and fundraise on behalf of the animals!

**FUN**

Enjoy Food, drinks, music, vendors, exercise and fun with pets on a leisurely stroll around the park.  
Dress your pet for our Pet Costume Contest!

**REGISTER SAVE WITH EARLY REGISTRATION UNTIL OCT 8**

All Tails On The Trails participants **must register to participate!**

Register Online at **SPCACINCINNATI.ORG**

Registration deadline: Tuesday, October 8th → <https://bit.ly/335NLHZ>

**spca**  
cincinnati

**Tails**  
on the **Trail**

- FUN WALK**
- SWAG**
- MUSIC**
- VENDORS**
- COSTUME CONTEST**
- FOOD AND DRINKS**

**SATURDAY** NOV  
**OCTOBER 12** 6

**FRANCIS RECREACRES PARK**  
PARK ADJACENT TO SPCA CINCINNATI SHARONVILLE

**10:30 AM WALK**

**REGISTER AT:**  
[spcacincinnati.org](http://spcacincinnati.org)

**SUBARU**  
CONFIDENCE IN MOTION

**SUBARU OF KINGS AUTOMALL**

**DUNKIN'**

**Raising Cane's**  
CHICKEN FINGERS

**LOCAL 12**  
WKRC @ CINCINNATI

**103.5 WGRB**  
cincinnati's greatest hit

**SHELTER STARS**

♥ **GONE HOME!** ♥

**LOCAL 12**



**Emily**



**Ruby**



**Milly**



**Kubo**



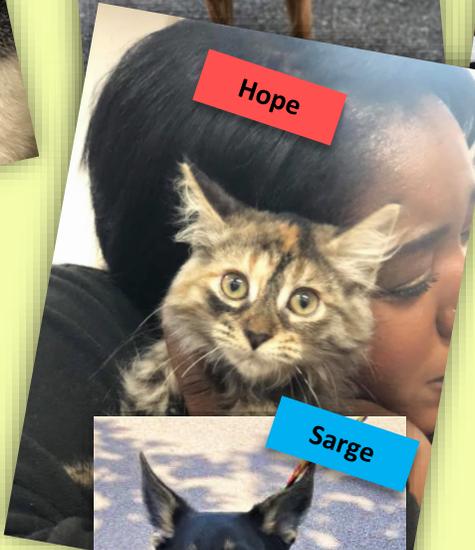
**Hope**



**Brady**



**Copper**



**Sarge**



**Todd**

# COMMUNITY PARTNERS

*We thrive because of their compassion!*



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!

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SPCA Cincinnati thanks [Sharonville Convention Center](#) for their generous donations, and time to tour our new Joanie Bernard Foundation Cat Center! We thrive year after year because of Sharonville Convention Center's valued community partnership.



# SHELTER BUSINESS

## KITTEN SHOWER!

When it comes to kittens,  
we're always expecting!



### Three easy ways to donate to our "Baby Registry":

Look up **SPCA Cincinnati** on Amazon.com's Baby Registry

Go to our **Donate** tab at [spcacincinnati.org](http://spcacincinnati.org) or

Click on our **Don't Kit-Nap, Kitten Season is Here** banner

3949 Colerain Ave.  
Cincinnati, OH 45223

**spca**  
cincinnati  
(513) 541-6100  
[spcacincinnati.org](http://spcacincinnati.org)

11900 Conroy Rd.  
Cincinnati, OH 45249



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

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

ABOUT ADOPT DONATE EVENTS **spca** SERVICES ADMISSIONS LOST ANIMAL  
cincinnati PETS RESOURCES

Thinking about  
surrendering  
your pet?

Click to learn about  
Managed Admissions

**NEW EMPLOYEES!**

**Madison Wallace**

Grant Writer

Sharonville, 9/16/2019



Welcome

We're Glad You're Here