

the insider

BIRTHDAYS IN OCT.

Nyketa Gaffney—10/7
Rick Guidugli—10/8
Erin Lawson—10/12
Nicole Simon—10/14
Cyndi Ritzi—10/18
Kristina Holtzclaw—10/25
Kim Buchanan—10/24
Trent Owen—10/24
Tammy Booker—10/28
Lindsey Sparks—10/28

*Happy
Birthday*

OCT. WORK ANNIVERSARY

Keara Appel—1 yr.
Nicole Simon—1 yr.
Aaron Tate—1 yr.
Liyah White—1 yr.
Maria Miller—2 yr.
Heather Bowles—2 yr.
Kristina Holtzclaw—4 yr.
Jen Bowling—7 yr.
Colt Allen—9 yr.
Jessica Choate—11 yr.

Happy Anniversary

OCT. AWARENESS

- ◆ Global Cat Day —10/16 🐱
- ◆ National Black Cat Day—10/27
- ◆ National Cat Day—10/29
- ◆ Vet Tech Week—Week 3
- ◆ Adopt a Shelter Dog Month

UPCOMING EVENTS

Adopt-A-Pet Fund 2020!

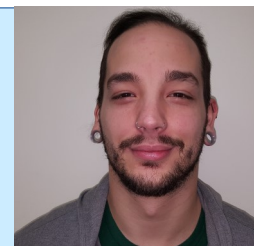


DAISY AWARD

Congratulations to Jordan Nelson as he is the recipient of

SPCA Cincinnati's Daisy Award!

"I am a Kennel Technician. I clean and maintain the clinic animals daily, while also providing multiple types of enrichment for them. The most interesting thing about my job is my 'special case' dogs that come in and watching them come out of their shell — finally being the happy dog they should be! In my spare time I enjoy running my clothing line that helps to raise awareness of mental health, and seeking help. I also enjoy playing music. I recently welcomed my first born son Lucian Jasper Nelson-McLane to the world, nearing 1 month old! I have 3 dogs, Emma: a 12 year old Hound, Basha: a 6 year old blue Pitty and Mika: a 2 year old Husky. I also have 4 cats: Linda, Bobbi, Toast and Luna. My favorite quote (or word of advice): *Keep moving forward.*" —Jordan



Thank you Jordan for all that you do!

IN-THE-KNOW

Subaru Loves Pets!



SPCA Cincinnati

is excited about the

SUCCESS of our

mobile adoption event!

We Found Homes For 15 Pets!!

Pictures on Page 3

BIG Thank You to ASPCA® & Subaru

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: Developing Optimism, PAGE 2...



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

ngaffney@spcacincinnati.org



Developing Optimism

Optimism is a set of beliefs that helps to focus your attention and behavior on the opportunities and possibilities of life. Optimism is not a rose-colored lens, but a clear lens, without distortion, that allows you to see life realistically and clearly. Being realistic is to be optimistic. Optimism allows you to see that opportunities exist even when you are confronted by challenges and changes in your life. Pessimism, on the other hand, is an internal stressor that creates a sense of threat around the stressors in life. The challenge associated with moving to a more optimistic world view has to do with practicing new beliefs and new behaviors, which are then reflected in the choices you make in your everyday life. Where the pessimist sees problems, the optimist sees opportunities.

Both optimism and pessimism influence your resilience in terms of your health, behavior, happiness, success, and thinking. Optimism has been associated with long-term health and resistance to disease in many research studies. Optimism is not to be confused with unrealistic optimism, which is related to denial.

Optimism vs. Pessimism

In the dangerous world of the combat environment, it may seem that pessimistic beliefs are realistic. But if you compare them to optimistic beliefs, you will see that the capacity to cope and even thrive in the presence of challenges and stressors is better with optimistic assumptions. Carried outside the combat environment, the pessimistic world view is even more toxic...

For more on this topic:

VISIT THE EAP WEBSITE: www.anthemep.com:

“[Monthly Promotion](#)”

—Lori Fenner, HR Facilitator

Subaru Loves Pets!



SUBARU





SPCA TEAM
CHRISTMAS PARTY

Tuesday, December 10, 2019

5:00 PM to 7:00 PM

Sharonville Convention Center

As a "Thank You" to our team, our shelters will be closed to the public. SPCA will focus on animal care and facility cleaning on Tuesday, December 10, 2019. Staff will be released by 2:00 PM to prepare and travel to our Staff Christmas Party. Regularly scheduled staff will receive a full-day pay due to this being a staff function.

ONCE AGAIN... ALL YOU CAN EAT BUFFET

Please RSVP / Regret to Lori Fenner by Wednesday, November 27, 2019. Since this is a business meeting, we ask only staff attend.

... and there will be other fun activities too...

Hope to see you there!

Jake

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 or

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

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Cincinnati, OH 45223

spca
cincinnati
(513) 541-6100
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 today!

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

Thinking about
surrendering
your pet?

Click to learn about
Managed Admissions

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!

The weekend's mobile adoption was made possible thanks to a generous grant from:

ASPCA® & Subaru Loves Pets!



SUBARU

NEW EMPLOYEES!



Mikayla Pennington
Animal Health Technician
Northside, 10/17/2019



Olivia Hartzell
Dispatch
Northside, 10/28/2019

Welcome

We're Glad You're Here