

the insider

BIRTHDAYS IN APRIL

Emily Sawyer—4/10
Sheila Rieger—4/11
McKenzie Garringer—4/17
Catriona Stockstill—4/28
Nick Taylor—4/29

*Happy
Birthday*

APR. WORK ANNIVERSARY

John Gregg—3yr.
Jessica Choate—4 yr.

Happy Anniversary

APRIL AWARENESS

National Pet Day— 4/11
National Lost Dogs Awareness
Day— 4/23
National Pet Parents Day—4/28
National Adopt A Shelter Pet Day—
4/30
National Pet ID Week—4/17
National Animal Ctrl Off. Wk.—4/8
National Canine Fitness Month

UPCOMING EVENTS

Paws on Broadway
Saturday, April 27, 2019



DAISY AWARD

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

"I am a Dispatcher. I handle calls—giving answers to community problems as it relates to animals. I make sure that the Chief and Dog Wardens receive the calls properly. The most interesting thing about my job at SPCA is the different types of questions I'm asked and the various intakes we receive. My hobbies include: bowling, Zumba & power walking. I have a fiancé, 2 children and 3 grandchildren—the loves of my life! I am the parent to an English Bully named Sage. My words of wisdom: always remain calm and do your best!! —Tammy Booker.



Thank you Tammy for all that you do!

RED DOG MONTHLY SPCA FEATURE



It's adoption day for #Sally!

We're very excited for her to find her forever home.

Sally is an exceptional dog. We thank Red Dog Pet Resort & Spa Cincinnati / Red Dog Pet Resort & Spa Mason for their tremendous support each month!!



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: [What Is Resilience?](#), PAGE 2...



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



What Is Resilience?

Resilience refers to the ability to successfully adapt to stressors, maintaining psychological well-being in the face of adversity. It's the ability to bounce back from difficult experiences. Resilience is not a trait that people either have or don't have. It involves behaviors, thoughts, and actions that can be learned and developed in everyone.

Resilience is about being adaptable. It's about being flexible. It's about recognizing that you've got strengths that perhaps you never knew you had until you have to use them. It's like many things in life: The more you practice, the more you learn. The more you find out about resilience and certainly the more you do of it, then the more resilient you become.

Resilient people are able to adapt to stress, crises, and trauma. They find ways to bounce back from the ups and downs of life and move forward. Some people are born with a strong sense of resilience. Others may need to learn skills and develop resilience. If you would like to become more resilient, these tips can help. Remember that resilience is a skill, like riding a bike. The more you practice, the better you'll be.

Ways to Become More Resilient

Resilience isn't about "toughing it out" or reacting to every setback with a smile. Resilient people still feel sad, angry, or frustrated when faced with a setback. They just find ways to move forward & tackle challenges with creativity, hope, and a positive attitude.

Here are some ways to increase your resilience: maintain a sense of perspective, recognize you have a choice in how to handle challenges, accept change, anticipate challenges, learn how to calm yourself...

For more on these categories of resilience:

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

—Lori Fenner, HR Facilitator

Best Wishes

SPCA Cincinnati would like to take the opportunity to wish Corrine Dates the best of luck in her new professional endeavor.

Corrine literally grew up at SPCA, mastering various areas of animal welfare, the industry & our shelters. We're excited to see her elevate her career.

Please join us in sending a huge congratulations to Corrine! We will miss you!!



I wish her well on her new adventure in the working world!
Lori Fenner

Corrine is an absolutely amazing person and since knowing her, she has been my supervisor, mentor, and a dear friend. I wish her lots of success and happiness in her new career!
Jessica Grimes

Mark Your Calendars!

PAW BILL

SHARONVILLE CONVENTION CENTER



PAWS ON

BROADWAY

spca cincinnati **FUR BALL**

SAVE THE DATE

SATURDAY, APRIL 27TH 2019

Red Dog Pet Resort & Spa Adoption Bag

SPCA Cincinnati is grateful for its partnership with Red Dog Pet Resort & Spa!

Don't forget to share and remind our adopters about this incredible gift! →

We're excited to offer our adopters an opportunity to experience extraordinary care with their purpose-built facilities.

Be sure to remind them of this benefit! 😊



Now Serving the
**Greater Cincinnati
Area**

www.reddogpetresort.com

Our state-of-the-art resorts offer:
Spacious Accommodations for Overnight Stays
Doggie Daycare • Grooming • Training
24/7 On-Site Professional Staffing



FREE **\$27**
Daycare Evaluation

VALID FOR NEW CLIENTS ONLY. LIMIT ONE PER FAMILY. EVALUATION IS ALL DOGS MUST PASS TEMPERAMENT TEST, BE CURRENT ON VACCINATIONS AND BE SPAYED OR NEUTERED AFTER 6 MONTHS OF AGE. MUST SCHEDULE EVALUATION IN ADVANCE.

SPCA2019



10% OFF
Your First 5-Night Stay

PETS MUST BE UP TO DATE ON ALL VACCINATIONS. MINIMUM 5 CONSECUTIVE NIGHTS. VALID FOR NEW CLIENTS ONLY. LIMIT ONE PER FAMILY.

SPCA2019



FREE
**Nail Trim at our
Salon & Spa**

PETS MUST BE UP TO DATE ON ALL VACCINATIONS. LIMIT ONE PER FAMILY. VALID FOR NEW CLIENTS ONLY.

SPCA2019

VOLUNTEER SERVICES

Upcoming Activities



Upcoming Activities:

FRIDAY, APRIL 19TH

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

SATURDAY, APRIL 20TH

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

SATURDAY, APRIL 20TH

HUMANE EDUCATION – Girl Scout Troop #44604 at Sharonville Humane Center, 3:00pm.

THURSDAY, APRIL 25TH

MOBILE ADOPTION UNIT – Bark in the Park, 4:30-8:30pm.

SATURDAY, APRIL 27TH

DOG PHOTO SHOOTS at Northside Shelter, 10:00am-12:00pm.

SATURDAY, APRIL 27TH

FUNDRAISING EVENT – Fur Ball at Sharonville Convention Center, 11:00am-11:00pm.

THURSDAY, MAY 2ND

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