They say good things come to those who wait, and that adage certainly proved true for Ellie. The collie mix with the floppy ears, white socks and a white-tipped tail came to the League before her first birthday, full of adolescent exuberance and hopeful for a new home. She was a healthy, happy girl, spirited and smart, who was to be adopted and returned twice before she finally found her forever home.

**Keeping an eye on Ellie**

Kim Bauer and her husband, Brian, knew they wanted to adopt a second four-legged family member long before Ellie entered the picture. Their family of three included Zinc, an 85-pound Lab they had brought home four years prior.

“We got him as a puppy, and going into [that], I wanted to get him settled and trained so he could be a big brother to an adopted dog down the road,” Kim says. “Once Zinc hit four, we felt he was ready, and after some discussion...we decided to add to our family by four paws.”

Kim had spotted Ellie on a Facebook post, and—noting it said that she would do best in a home with a dog sibling—decided Ellie was perfect. “I was watching her for months on...the League’s website before we finally made the call...
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- Monday–Tuesday: 11:00 a.m.–5:00 p.m.
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- Thursday: Closed
- Friday–Saturday: 11:00 a.m.–5:00 p.m.
- Sunday: 12:00 p.m.–5:00 p.m.

UPCOMING EVENTS: SEPTEMBER - NOVEMBER 2018

SUNDAY

WHEN
12:00 p.m.–3:00 p.m.
Adoption Event
WHERE
Petco Amelia
260 W. Main Street
Amelia, OH

SATURDAY

WHEN
9:00 a.m.–1:00 p.m.
Adoption Event
WHERE
Covington Farmers Market
Third and Greenup Streets
Covington, KY

SUNDAY

WHEN
12:00 p.m.–3:00 p.m.
Adoption Event
WHERE
Pet Supplies Plus
11345 Montgomery Rd.
Cincinnati, OH

NEWS

Spread the News

It’s a simple formula, really. The more people who know about us, the more animals we can help. And YOU can help us do just that by spreading news about the League — liking and following us on Facebook, tweeting about some of our events, posting and sharing pictures of our amazing pets that are looking for their forever homes. Plus it’s a good way for you to stay connected with all that’s happening here, news you can share with friends and family that good, old-fashioned way — by talking about the League and letting others know what makes this place so very, very special. So post, chat and tweet away. It’s an easy way to make a big difference!

View all the cats and dogs available for adoption at LFAW.org/adopt
The Benefits of Cat Ownership

Dogs may be man’s best friend, but what about our cats? Often, Fluffers gets put on the back burner because he is not as outgoing as his canine compatriot. However, cats in our homes play a very beneficial role, and we’re not just talking about being our quiet companions. There are many studies that show having a cat in the house helps both physically and psychologically.

Have you ever noticed that when you pet your cat, your anxiety calms down, depressed feeling decrease, and your overall mood is lifted? This is because the act of stroking your pet actually decreases the levels of cortisol, and increases serotonin in your body. Cortisol, also known as the stress hormone, is a naturally produced steroid that helps your body function. However, with increased levels, it is known to interfere with learning and memory, immune function, bone density, weight gain, and heart disease. Many people report or complain about these issues during times of high stress or depression, and have their increased levels of cortisol to blame. On the other hand, the mood stabilizing chemical Serotonin is responsible for helping to reduce anxiety and depression, and can even help to heal wounds faster. Serotonin is made up of tryptophan, the chemical in turkey that causes Thanksgiving “food comas” and helps keep you happier, calmer, focused, and more emotionally stable overall.

Other groups of people who benefit from calming kitties are those with Autism, Alzheimer’s, and AIDS. These groups typically have higher levels of stress, and it has been proven that the deeper the bond between a person and his/her pet, the more their presence helps. While also very calming, animals can help those with Autism in another way. Autistic people are often afflicted with Sensory Processing Disorder and easily get sensory overload. Many people get their loved ones to participate in sensory integration activities, and animals play a large part in holding their attention and keeping them calm. Many families choose to get a dog for constant companionship outside the home. However, because cats tend to be calmer and quieter, they are ideal for those who have sensitivities to noise or are easily agitated.

Not just a mood booster, having Princess with you as you grow up helps reduce the development of early onset allergies. A Wilkes University study shows that 77% of children who grow up with two or more cats or dogs in their home are less likely to develop pet-related allergies. This also includes allergens like dust mites, ragweed, and grass, which can attach to pet fur and track into the house. Another study done by Wilkes University found that petting for 18 minutes led to a significant increase in secretory immunoglobulin A (IgA), which is a natural antibody against invading germs. Because of the rise in IgA from having a pet, children grow up with a stronger immunity, requiring fewer doctor visits. Cats also help prevent asthma. In homes with babies at risk of asthma, there is a significant decrease of those who develop it with a cat in the home. However, this may not be true for mothers already allergic to cats.

Something else people are worried about are heart and blood risks, with heart attacks, high cholesterol, and elevated blood pressure among them.

Continues on page 4
Several studies have shown that those who live with a pet, especially a cat, show a significant decrease in heart attacks. One 20-year study of almost 4,500 people showed those who did not have a cat were 40% more likely to die of a heart attack. Lower stress leads to lower blood pressure, cholesterol, and even fewer strokes.

So go and snuggle your cat, or come adopt a new family member at the League. Because seriously, who knew that only a few minutes petting your furry friend could lead to such fantastic results?

THE BENEFITS OF CAT OWNERSHIP: continued from page 3

Ellie’s Story: continued from page 1

that adding a second dog was for sure what we wanted to do.”

An element of serendipity
Meanwhile, Ellie had some false starts in finding a home. Kim noticed in February of 2017 that Ellie was no longer on the League’s website. Kim assumed she had been adopted at the My Furry Valentine event—but Ellie’s profile was back on the website in March.

“I was convinced we needed to give her a home,” Kim says. “League trainer Donna Moore mentioned the home she came back from was without another dog, and she felt Ellie had to have a dog sibling to be successful.” Before that false start Ellie had gone home with a large family in an apartment, and was returned.

There was an element of serendipity in Ellie’s returns, and Kim is circumspect about the circumstances: “I understand how things don’t work out, and that’s why I love...the League, always committed to finding the right home. We humans don’t always get it right in life!”

Working on getting it right
On March 18, 2017, Ellie came home with Kim, Brian and Zinc. Ellie and Zinc had connected quickly during their introduction at the League, chasing and playing together in an outside run. “They got along great during their first encounter,” Kim says. “Brian and I were in love with her immediately.”

Home turf turned out to be a little more tricky. Ellie had some initial housebreaking issues, but Kim wasn’t fazed by that. Ellie was confident with Zinc, but timid about being outdoors in the yard by herself and showing anxiety around common household items and activities. “Ellie barks at the Swiffer duster, brooms, lawn mower, mop, you name it,” Kim says. “Working on Ellie’s barking is a work in progress, but as she adjusts to our home life, she gets better every day.”

When dominance issues arose between Ellie and Zinc, and fights broke out, Kim called Donna. “I was torn between loving and accepting Ellie into our home, and feeling like I had ruined my current dog’s life, which is the last thing I ever wanted for him,” Kim says.

Coming for a home visit, Donna helped Kim and Brian identify adjustments in the ways they handled Zinc and Ellie, and strategies for equalizing the power balance between them. “Donna is the reason Ellie is with us today,” Kim says. “After Donna came to see us, I could finally exhale and our life at home has been great ever since.”

Settling into her forever home
Familiar routine is setting the comfortable, loving boundaries for Ellie in her new home. She knows the rules of the house, and has earned the nickname “Space Invader” for her habit of squeezing in close to Kim, Brian and Zinc for snuggles and companionship. Says Kim: “It’s been such a pleasure seeing her grow...and I can see that Zinc and Ellie love each other as much as we love the both of them.”

“Finding a dog that’s the right fit so you can be a happy family is the most important part of the process,” she says. “With places like the League, they can help find a home for the dog that fits, like our home became to Ellie.”
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Laura & Paul Griffith

Gretchen
Ellen Wittekind

Hannah
Bruce Gack & Beth Fine

Irving
Joyce Blersch

Jac Cook
Park Plaza Animal Hospital

Katie Joe Oaks
Park Plaza Animal Hospital

Kirby Yontz
Park Plaza Animal Hospital

Little Bit
Maureen Riopelle

Lulu
Lewis Lady & Gayle Anderson-Lady

Mack MacMullen
Camargo Animal Hospital

Martin Monk
Park Plaza Animal Hospital

Mea
Kathy Viola

Meathead & Socks
Walter Thomas

Minnie
Karen Hensley

Murray Michel
Park Plaza Animal Hospital

Pepper Galligan
Park Plaza Animal Hospital

Perry O'Connell
Park Plaza Animal Hospital

Princess
Andy Wilson

Raven Carter
Camargo Animal Hospital

Reese Sherwood
Camargo Animal Hospital

Rosie
Joan McConnell

Sadie Wagner
Park Plaza Animal Hospital

Sally
Lewis Lady & Gayle Anderson-Lady

Scion Wissman
Park Plaza Animal Hospital

Smokey
Sue Schellhous

Sophia
Sally Vanderbrink

Starla
Cindy Seiter

Sweet Pea, Sylvester & Olive Kuhn
Camargo Animal Hospital

Tammy
Jeannette & Chris Duncan

Teddy
Jo-Ann Altmann

Tera
Brandy Reed

Toby
Edward & Marci McGill

Toby Dean
Park Plaza Animal Hospital

Tony Barks Bazzani
Camargo Animal Hospital

Weezie Shick
Camargo Animal Hospital

Wayne Stover
Debbie Rice

Joe Swope
Jo Ann Leppert

Seely Wetherell
Chris Weist

Marie Wohl
Teresa Minton

Victor Wohl
Donor Profile:
Q&A with Mike & Judy Hayes

What role have pets played in your life?

Neither of us can imagine a life without a pet in our household. We have both had pets in our lives since we were children. We did discuss, with the impending loss of the last of our four elderly rescue dogs, all the reasons why we should probably NOT get another pet at this stage in our lives. The decision was made, or so we thought, until “the phone call!” A four pound Yorkshire Terrier puppy was found outside by a friend on a bitter cold, snowy February night.

After much deliberation, we agreed to a meet and greet. We think our friend knew if we saw the dog, the deal would be sealed. Charlie, who at that time was nameless, walked right into our home (and into our hearts), lifted his leg on our old dog’s bed, helped himself to a dog treat, looked around, sniffed a lot, and decided to stay...we never had a chance! HE made the decision!

It is now four years later, and we can’t imagine that we ever considered not adopting him. Charlie and all our rescues have given us joy, laughter, frustration, unconditional love, and yes, even tears, but we have loved each of them for their own special personalities. Pets complete our family!

“How did you first hear about the League?”

We have always made contributions to organizations whose mission is to assist homeless animals. We were not aware of the League until we did some research on the web and learned about the League and its mission. We had been disappointed that another organization which we had been supporting for several years had not made us feel our support was appreciated and did not seem to be fulfilling its mission statement. Our goal has always been to support non-profits that are in line with our values and concerns, have good solid management, and use their resources efficiently to accomplish their mission. We feel we have found these attributes in the League for Animal Welfare. It makes us feel that in a small way we are helping them make a difference.

If your pets could talk, what do you think they would tell you?

Charlie talks with his eyes, his tail, and his very audible bark! It can be “What are we going to do next?” or “Is it five o’clock yet?” or “Let’s take a walk!” or even, “Let’s go to bed, please!” But, most especially: “I love you and am so happy that I chose you to be my family!” 😻
DO YOU HAVE A LEMON THAT IS MAKING YOUR LIPS PUCKER LOOKING AT IT? IS YOUR OL’ TIN CAN SITTING IN THE FRONT GROWING GRASS? OR ARE YOU LOOKING FOR A NEW CAR AND WANT TO MAKE A DIFFERENCE IN THE LIVES OF DOZENS? THE LEAGUE FOR ANIMAL WELFARE IS PUTTING OUT THE CALL! WE ARE PARTNERING WITH VEHICLESFORCHARITY.ORG TO HELP RAISE FUNDS. THE VEHICLE DONATION PROGRAM WILL GET THAT OLD CAR OUT OF YOUR HAIR AND TURN IT INTO A CHARITABLE CONTRIBUTION THAT WILL FEED AND HOUSE THE ANIMALS IN THE LEAGUE’S SHELTER. IN RETURN, YOU WILL GET A CAR DONATION TAX WRITE-OFF, AS WELL AS THE WARM FUZZIES FOR HELPING OUR WARM FUZZIES! DONATING IS AS EASY AS FILLING OUT AN ONLINE FORM. JUST ASK EMILY CRAWFORD, WHO DONATED HER CAR FOR MORE THAN SHE THOUGHT IT WAS WORTH! SHE NOTED THE WHOLE PROCESS WAS VERY EASY AND HASSLE-FREE. SO DONATE YOUR JALOPIES, YOUR VINTAGE, YOUR JENNIES, AND HELP ANIMALS IN NEED!

Visit bit.ly/LFAWCarDonation to get started

VOLUNTEER CORNER: Many opportunities to help

At the League, we love the animals as if they were ours, and that means taking care of their best interests. Our fostering program is an extension of the loving care provided to all animals who find their way to the League – expectant and nursing moms as well as orphaned kittens and puppies who need to be bottle-fed. Special volunteers work around the clock to care for these animals during their time of need.

Long-term fostering can help depressed, insecure, or challenging dogs or those who are not thriving in the shelter. It also includes rehab fostering, where dogs go home to get used to new situations in new environments. Other times, dogs just show their personality better in the real world.

Short-term fostering includes our bottle-feeding and “Home for the Holidays” programs. Dedicated fosters undertake bottle-feeding duties, providing 24/7 attention. Some of our adoptable dogs get a break from the shelter for a few days during the holidays. Dogs spend quality time with a loving foster family, usually for 3-5 days around Christmas.

Foster opportunities can be flexible and we’re usually able to adapt to your situation, so consider fostering a needy animal today! 🐾

Make a difference!

To learn more about any of these fostering opportunities, contact Donna at 513-735-2299 or Donna@LFAW.org 🐾
For the past year, you’ve been hearing about the League’s “More Than a Shelter” capital campaign, an effort to raise funds for construction of an onsite pet wellness clinic and related facilities. Well, within a few months, hearing is going to turn into seeing!

With the public phase of the capital campaign launched this summer, and a total of more than $1.2 million raised to date from major donors, groundbreaking on the League’s new Richard & Crescent Miller Animal Wellness Center is scheduled to take place this fall.

When completed next year, the new center will encompass separate intake and isolation areas for cats and dogs, neo- and post-natal areas for moms and their newborn babies, exam rooms and a state-of-the-art surgical suite. In addition to providing a full range of veterinary care for League residents, the new facility ultimately will be able to serve the pet care needs of League adopters, rescues and other shelters, and the public at large. The benefits are many.

For the League: “The new intake and isolation areas will not only resolve some of the recurring problems every shelter has with the spread of contagions, but they will facilitate the flow of adoptions by having dogs and cats ready to fill shelter vacancies as they occur,” explained Sue Schellhous, the League’s Animal Care Manager. “These two features alone will make a huge positive difference in our shelter operations, and raise our outstanding level of animal care even higher.”

For the community: “By having a permanent medical facility onsite, we then will be able to take our Mobile Veterinary Clinic out more frequently into underserved areas of rural communities,” said Rhonda Kidd, Operations Manager.

“Right now, it’s hard to meet the demands of both League and community animals. The new clinic facility will make doing both a whole lot easier.”

A date for the groundbreaking will be announced in the near future.

Meanwhile, ongoing capital campaign fundraising will focus on the second phase of development -- an onsite training and education facility that will be constructed separately on land between the shelter and the annex building (formerly the caretaker’s house). That facility will provide space for enhanced animal training and socialization, as well as for educational seminars and other programming for which there currently is no available space.

Learn More!
For more information about the expansion and how to support the campaign, visit LFAW.org
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benefiting the League for Animal Welfare

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