



# *Humanely Speaking*

H I N S D A L E   H U M A N E   S O C I E T Y   /   S U M M E R   2 0 1 6

## Summer Camp 2016

# PET WALK & RUN REVIEW

*Fun for Everyone!*



**Howl-o-ween  
Ball Preview**  
In Honor and Memory

For more information go to our website at [www.hinsdalehumanesociety.org](http://www.hinsdalehumanesociety.org) or call 630-323-5630

# Pet Walk & Run was Fun for Everyone!

This year's 27th annual Pet Walk, and first 5K run, brought record crowds in support of homeless animals.

The event was held on Sunday, June 5th from 8am-noon in Katherine Legge Memorial Park, where the 5K Run/Walk started and ended. The course travelled throughout nearby Hinsdale neighborhoods and did a final circle of the park to complete the certified race.

A total of 464 individuals registered for the dog and stroller-friendly race, and numerous others came out to enjoy the vendor mall and frisbee dogs. Children were a big part of the event with 16 registered in the 5K and 66 for the Kids' Dash.

"We were absolutely thrilled with the turnout," said Mistie Lucht, Race Director. "For a first time race, we were blown away by the support from this community."

Initial fundraising totals came in very close to goal, with more donations continuing to trickle in post-event. "These funds will go directly to help our homeless animals," said Lori Halligan, Executive

*continued on page 5*



"We were absolutely thrilled with the turnout," said Mistie Lucht, Race Director. "For a first time race, we were blown away by the support from this community."



## 2016 Sponsors

**Pet Walk & Run 2016 would not have been possible without the support of our generous sponsors. Our thanks to all of them!**

**Top Dog Sponsors**  
 Buddig  
 Kramer Foods

**Cat's Meow Sponsors**  
 Giuntoli Family  
 Pet Supplies Plus  
 DeVries Animal Hospital

This event would not have been possible without the dedication and support of **Race Director, Mistie Lucht**

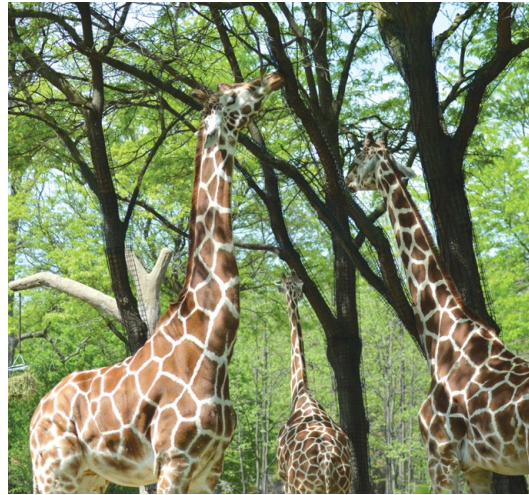


# Adventures Galore at Summer Camp 2016

Children and animals have come together during Hinsdale Humane Society's Summer Camps offered throughout June, July and August.

During the week-long sessions that sold out quickly, this year's campers gained a greater understanding of animals, learning about their needs and care, exploring their environments, and developing an awareness of the impact animals have on our lives.

New this year were sessions tailored to children ranging from grades 1 through grade 8. "Pet Camp," for children in grades 1-3 was an introduction to pets and the care they require. "Animal Adventures," for children in grades 4-6, is our popular, ongoing HHS camp that changes yearly to accommodate repeat campers, and typically includes animal interactions and activities, as well as field trips. This camp is offered during 3 different sessions with the remaining session taking place the first week in August.



"Animal Crusaders" for children in grades 7-8, focuses on advocating for animals in a variety of ways, and making a difference in their lives. Campers learn ways they can become involved, from campaigns to careers. This camp session runs from August 8-12.

All camps run from 9am to noon at the Hinsdale Youth Center next to the shelter. The camps filled up very quickly this year, even with the addition of more sessions. For more information about our camps, visit [www.hinsdalehumanesociety.org/programs/summer-camp](http://www.hinsdalehumanesociety.org/programs/summer-camp), or contact our Humane Educator, Jessica Lamb, at [humane.ed@hinsdalehumanesociety.org](mailto:humane.ed@hinsdalehumanesociety.org) to get on our list for next summer's camps.

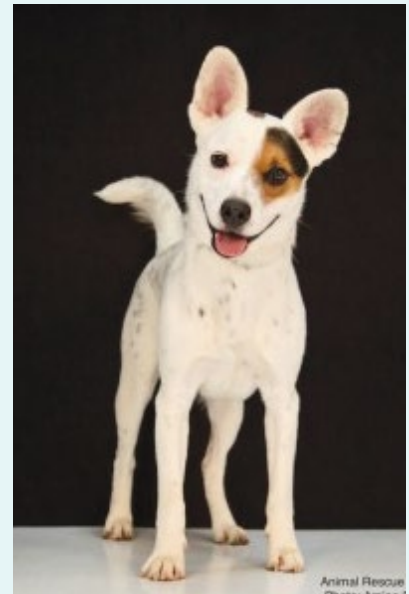


## Director's Desk

"Dearly beloved, we are gathered here today to get through this thing called life."  
-Prince "Let's Go Crazy"

Full confession time: I have never been much of a Prince fan. He seems a little eccentric for my taste in music. (And fashion!) But it is hard to catch the news in the last few months without some reference to the Purple One. If he knew it would be his last day on earth, would he have done anything differently? (Like write a will!) Did he live each day to its fullest? Or did he merely "get through"?

Do you know people who spread gloom wherever they go? They can recite a whole litany of things that are bad. The weather is too hot. They have pain in their ankles. They didn't get that promotion they hoped for. Like Eeyore in Winnie the Pooh, they cannot find hope in today, only the uncertainty of tomorrow.



Could a dog be more smiley and happy than HHS alum Noah?

I often think about the pets in our lives. They do not worry about tomorrow. They live each day seemingly without a care in the world. As long as they have food and water, a safe place to stay and someone to care for them, they spread joy.

My people are home! (wag) Someone scratched me behind the ears! (purr) I get to go for a walk! (woof). That can opener is not working fast enough! (meow).

*continued on page 5*

We cannot thank our local media enough for all of the support in helping us spread the word about Pet Walk & Run 2016 to make it one of our most successful events yet!

From a shout out on WGN-9 during an Adopt-a-Pet segment the week prior to the event, to all of the early promotion and the day-of live feed from our friends at ABC-7 Chicago, we truly benefitted from all of the event coverage.



Without the support from our local newspapers, both in editorial and non-profit advertising rates, we could not have reached as wide of an audience. We are so grateful to the wonderful media in our community who support the work we do in so many ways. Our thanks to: ABC-7, The Doings Newspapers, The Hinsdalean, Suburban Life, West Suburban Dog, and The Western Springs Journal.

## PAWS FOR APPLAUSE

Our sincere thanks to the lovely children who show such support for our homeless animals. Whether it be donating proceeds from lemonade stands and jewelry and bake sales, birthday, allowance or tooth fairy money, fundraisers through school, piano recital collections, or collecting toys in memory of a loved one, we are so fortunate to have such caring children in our community. Our thanks to the following children who are now a part of our Big Hearts for Little Paws Kids' Club:

Grace & Erin, Annie, Caroline, Xavier, Emma Ryann & Regan, Kaya Hemmer & Christy Boggs, Nick Boxell, Maddie Fletcher Buzek, Grace Crandall, Logan Deleon, Hudson Frame, Meg Griffin, Haley Casey, Sean Holecek, Ben and Emma H., Ella & Niky Jones, Philip Lorena, Cora & Hazel Maggin, Brooke & Gavin Manley, Rob Mansfield, Reese Napier, Eden McCarthy, Calla Montana, Eileen, Sloan & William Newlin, Charlotte Osterhage, Caroline Petersen, Isabel Ponakala, Alivia & John Paul Rago, Madeline, Bella Luciano & Nikki Ritacca, George & Grace Ross, Alexa Salzman, Sam Schueler, Kate Steigbigel, Bridget Waight.

Special thanks to Ava Baca, Emma Lutz & Bryan Middle School children.

Our thanks are due to the following schools for raising funds and helping with fundraisers for our homeless animals: LaGrange - Ogden Avenue School, Seventh Avenue School, Cossitt School. Hinsdale - Elm School, Madison School, Hinsdale Central High School CARE Club. Clarendon Hills - Walker School 2nd grade students, Celebration Preschool. Oak Brook - Brook Forest Student Council. Brookfield - St. Paul Lutheran School. Western Springs - Laidlaw Elementary School 4th Grade class, Field Park 2nd grade students in Miss Marcucci's class with Mrs. Schoneman.

Additional thanks are due to the following organizations for their support: Berwyn Public Library, and Indian Head Park Women's Club. And finally, thanks to these businesses for their ongoing work in raising awareness of homeless animals, and generating funds: Menard's, Vern Goer's Greenhouse, Countryside Animal Hospital and Danada Veterinary Hospital.



# MENARDS®

continued from page 2

Director, HHS. "We are so grateful to the attendees, our generous sponsors, donors, vendor mall participants and volunteers, for making it such a successful event."

Race participants can review all results on the shelter's website at [hinsdalehumanesociety.org](http://hinsdalehumanesociety.org) or on the Pet Walk & Run Facebook event page. Trophies were awarded to the top 3 male and female finishers and medals went to all male and female age group winners.

Special thanks go to event emcee, Judy Hsu from ABC-7 who volunteered her time and talents to the cause, bringing a live news crew with her to help promote the shelter.

Thank you to everyone who came out to Pet Walk & Run 2016. We look forward to presenting this event again next year and hope to see even bigger crowds in 2017!



### **Director's Desk continued from page 3**

I don't know about you, but sometimes I have trouble living in the moment. I get stuck in my own head or my to-do list, oblivious to amazing things happening around me. I've intentionally tried to slow down and listen to the birds... to unplug from technology and put a puzzle together... to cook a proper meal and enjoy it with the ones I love. In other words, I'm trying to celebrate life instead of just getting through.

Tomorrow is not promised, only today. I think of this often when I miss the ones I love who have passed from this earth. The pets who shared my life are never really gone. They live in my heart and my memories. My father died over 21 years ago. Sometimes it seems like yesterday and sometimes it seems like forever ago. But I will always remember the last words I said to him. "I love you." Each of us has the opportunity to make this day one in which we have no regrets, no words unsaid, no walk untaken.

*Therefore, do not worry about tomorrow for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:34*

I know we come from many faith traditions, so I am a bit reluctant to quote from Scriptures. But this verse is a worthy mantra for approaching this thing called life. Please do not worry about tomorrow. I'd like to take liberties and make an important edit: Each day has enough JOY of its own. You just have to slow down and recognize the joy that is all around you!

Wishing you Wags and Purrs,  
Lori Halligan, Executive Director

## **Two Paws Up!**

### **Experity Gym**

On Saturday, June 18, Experity Functional Strength in Burr Ridge, made HHS its charity of the month with its "Workout for a Cause" event. Attendees donated \$10 or a wish list item. The 17 participants that morning raised \$355, along with donations of cleaning supplies, and cat and dog food. Two paws up to our friends at Experity for "working out" such a great event for us!



### **Willowgrove Pet Clinic**

Let us count the many ways we are thankful to Dr. John Bishop and Dr. Anne Marie LoPiccolo, the dynamic duo husband and wife vet team from Willowgrove Pet Clinic. Not only do they expertly treat animals in need (including those at our shelter, free of charge!), Anne Marie also happens to be a Board member at HHS, she ran in our 5K race, they gave their time and knowledge at our Ask-a-Vet booth at Pet Walk AND, drumroll: their clinic was the top overall fundraiser for Pet Walk & Run 2016! We are so grateful for the many ways they make a difference at HHS!



# IN HONOR AND MEMORY

*The following list reflects the generous response of our supporters as of January 1 through July 1, 2016.*

## In Memory of Pets

Alex by Sandra Hayes  
Bailey by Mr. & Mrs. Charles Witt, Audrey Jackson  
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Sye by Dr. & Mrs. Richard Vacco  
Taboo by Kedra Olsen  
Taxi by Mr. & Mrs. Greg Pace  
Taz by Mr. & Mrs. Tom Kutz  
Teddy by Sandra Feffer  
Thor by Nancy Little  
Thunder by Mr. & Mrs. Kenneth Novak  
Tiba by Kathryn Dieskow  
Tiger & Max Kraus by Stephen & Deborah Kraus  
Tina by Virginia Taylor  
Tip by Marcia Koppenhoefer  
Trevor by Jeanette Hoepner  
Tyler by Nannette Dettmer



*In Memory of Cirrus*

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 Webbster by Linda Carey  
 Whipper by Mr. & Mrs. Gregory  
 Baranowski  
 Wonkie by Jeannine Trattner  
 Wynston by Anne Babinec

## In Memory of People

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*In Memory of Majesty*

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 Gina Avgeris by Mrs. Gail Avgeris  
 Grace Crandall by Camille Brune, Holly Mulvenna, Kate Moran  
 Henry K. by Beth Grunow  
 Jacqueline Buccellato by Demetra Theotikos  
 Jennifer Arney by Molly Solik  
 Jim Avgeris by Mrs. Gail Avgeris  
 John Pawluk by Kate Marnell  
 Joshua Ethan Pomerantz by Vinaya Sharma  
 Joyce W. Kik by Michelle Kik-Holbrook  
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 Kate Eyen by Ms. Katie Gjeldum  
 Kathy Daly by Sara and James Teborek  
 Lexi Robbins by Bridget Weber, Elizabeth Wheeler  
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 Martha Underwood by Amy Garlinger  
 Meg Griffin by Dorothy Keating, Dr. Andrew and Moira Griffin, T&A Griffin  
 Michael Gaffney by Isabelle Gaffney  
 Mistie Lucht by Inspiring Wellness

Reta Enders by Meg & Matt Moran, Barbara and Jafar Saniie, James and Patricia Doheny, Lisa Laidlaw & Russell Bry, Madeline & Sam LoPresti & family, Mimi Skala  
 Ryan and Logan by Mr. and Mrs. Robert Hiatt  
 Sean Holecek by Michael & Lynn Golminas  
 The Lopresti Family by Mr. Vinaya Sharma  
 William Andel by Lou Ann Koop

*We do our absolute best to get every listing correct within our "In Honor and Memory" section, but if your tribute gift is missing or misspelled, please contact us at [info@hinsdalehumanesociety.org](mailto:info@hinsdalehumanesociety.org).*

## In Honor of People

Adeline Lucht by Karis Tekwani, Katie & Jim Crotty, Mistie & Nate Lucht  
 Anika Parvataneni by Mr. & Mrs. Kendall Hewitt  
 Anjini Chadda by Demetra Theotikos  
 Ann Marie Lopiccio by Michelle Jaros, Robert Tarasewicz  
 Barbara Donahue by James Donahue  
 Barbara Foreman by Gary Foreman  
 Brady Krumpfes by Sakeba Issa  
 Bridget Waight by Bridget Weber, Holly Mulvenna, Kimberly Teraberry, Katherine



*In Memory of Manni*

## Giving to HHS

**At Hinsdale Humane Society, we rely on your generous gifts to provide care for the dogs, cats, puppies and kittens who depend on us for love and compassion. If you'd like to make a charitable donation to help our homeless pets, please consider the following options:**

*Mail a check or credit card donation in the enclosed envelope.* You can also choose to make a tribute gift in honor or in memory of a loved pet, family member or friend! Or go to our website [hinsdalehumanesociety.org](http://hinsdalehumanesociety.org) and click on the Donate Now button.

*Sponsor an HHS animal.* Visit our site in the "adopt a dog" or "adopt a cat" section, select your favorite animal, and fill out the online sponsor form. We'll send you a personalized certificate.

*Check if your employer makes matching gifts.* Companies that do match, typically double or triple the amount donated by employees. Ask your employer's human resources department.

*Make a gift of appreciated stock.* The benefits to you are great. Contact us for details.

*Include Hinsdale Humane Society in your legacy plans.* A planned gift can help ensure that our work will continue on. There are many options available to those who wish to include HHS in their long-range planning.

*Celebrate a special occasion. Hosting a party?* Ask guests to make donations to HHS in lieu of traditional gifts. This is fun for all ages!

*Encourage children or grandchildren to become philanthropists.* Big Hearts for Little Paws recognizes the youngest supporters who choose to help. Children learn they can make a difference in the lives of homeless animals.

**For more information, contact Lori Halligan at 630-323-0251.**



## Meet HHS Intern, Katie Callahan



We are thrilled to have our summer intern, Katie Callahan, as part of our team. Katie was selected for this year's Dr. Robert Reschke Internship

Program that provides hands-on shelter experience, paying a \$1500 scholarship upon completion.

Since she was 4 years old, Katie has always wanted to be a veterinarian. She is currently working toward her Animal Science Major at University of Illinois (Champaign/Urbana) where she is a sophomore. Her previous experience includes coursework with farm animals. This fall she is looking forward to studying companion animals, animal protection and the impact of the pet supply industry.

At HHS, Katie is focused on all aspects of kitten/cat care, including vaccination and micro-chipping. "I love everything here at HHS," said Katie. "I am getting so many hands-on experiences that will help me and that I will be able to use in my undergraduate coursework and also

in vet school."

Katie plans to become a veterinarian, specializing in small animal care. But due to her cat and dog allergies, she's also exploring the possibility of becoming an aquatic vet working with dolphins, turtles and other amphibians.

Katie's furry family members have included a cat and dog, both from HHS, and her current 3 year old dog, Heidi, a rescue from a Chicago shelter. When Katie was 12, she became an HHS volunteer, socializing cats. She went on to volunteer as a dog walker, Jr. Board member and Pet Camp assistant last summer.

We appreciate Katie's dedication to HHS and hope to be able to work with her again in the future. Thank you Katie!

## Mark Cunningham



Mark E. Cunningham, 58, died May 23, 2016 after a valiant 13-year battle against cancer. Generosity, kindness, genuine warmth and a positive attitude were among the many endearing traits of Mark, a true gentleman who had countless admiring friends. He was a beloved uncle and of course, a devoted pet parent to many cats and dogs throughout his lifetime. He had diverse talents and interests including acting, music, model railroading, ice fishing, the Cubs and the Packers. Mark is survived by his wife Linda and sisters Jane Klimcke and Lucy Tarabour. Hinsdale Humane Society is very grateful to those who gave generously in Mark's honor to help homeless animals.

## Pet Therapy News

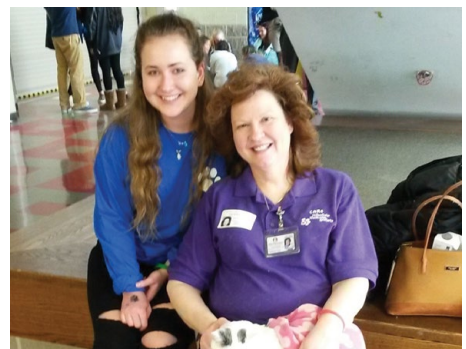
It's been a busy few months in Pet Therapy at HHS. Teams Ann Marie & Lilly (Old English Sheepdog) and Sharon & Bijou (Coton de Tulear) worked with a Masters of Occupational Therapy Student at Midwestern University-College of Health Sciences in April, helping the candidate engage in conversations about pets with seniors at the Downers Grove Community Adult Day Care.

Five HHS Pet Partner Teams visited Hinsdale Central High School students in early May as they prepared for exams. Thanks to Olivia Baczek & Hank, Ann Marie Casper & Lilly, Sharon Detro & Prince Rainier, Laura Donohue & Edelweiss, and Charlotte Keane & Sláinte for "making the day" at Central!

News travels fast in the Pet Therapy/Special Education Community, and when the Wierdak therapy team visited the Lemont Old Quarry Middle School, word quickly spread to a L.I.F.E. Program Teacher at River Valley School, also in Lemont. That teacher had a small classroom of children with various special needs who were able to interact with Jim Wierdak & Marley, along with Karen Wierdak & Glory. The dogs were even able to show off some of their agility talents. Jim shared that by the end of the day, he and Marley set a personal record: fifteen 4th graders petting Marley all at once!

For over 30 years our HHS Pet a Pet program has been popular at senior residences, assisted living facilities, and nursing homes in surrounding communities. We are happy to add Harvester Place (Anthem Memory Care),

in Burr Ridge to that list this summer. Pet a Pet Teams Dietre Hayford & Bosco and Debbie McMahon & Rosie made introductory visits in June. Feedback from Debbie after the visits speaks to the success of this long-standing program: "I heard on two occasions: "Wow, I haven't seen her smile like that since she's been here." That made our day!"





*Humanely Speaking* is published quarterly for friends of Hinsdale Humane Society

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#### **Shelter hours:**

Tuesday 2 - 8pm; Wednesday -  
Friday 12 noon - 6 pm;  
Saturday & Sunday 10am-4pm;  
Closed Monday

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**Thank you to our Graphic Designer,  
Katrina Garagiola, who artfully  
designed this newsletter.**



## **Ask the Trainer...**

HHS Humane Educator and licensed Obedience Instructor Kym Iffert answers pet-related questions and offers advice.

**Q.** Anytime a storm is coming, my dog runs and hides under my bed. He shivers and shakes until the storm is over. Is there a way to teach him to not be afraid?

**A.** Fear of loud noises (thunderstorms, fireworks, even loud parties or vacuum cleaners) is not uncommon in dogs and can actually increase as they get older. Symptoms of Storm or Noise Phobia can be moderate to severe and are as diverse as trembling, hiding, remaining near a caregiver, panting, pacing, excessive vocalization, salivation (sometimes to the point of vomiting), destructive behavior and even inappropriate elimination. These are not done out of spite or to get attention; they are more likened to a panic attack. Current behavioral science directs us to consider it an emotion, not a behavior. We cannot "train" an emotion, but we can reinforce a behavior and try to re-condition a dog's response to the things that make him afraid.

We can use a variety of ways to help him feel "safe". It is a natural instinct to take cover during a loud storm, so creating a space where he can hide, like a crate/den, under a bed, in a dark closet, etc. can be helpful. A closed-in space can soften the scary sounds. Some studies show that filling a bathtub part-way with water may decrease the electromagnetic field during an electrical storm, so having a soft mat in the bathroom for a dog to lie on may be a good option. Thunder Shirts and anxiety wraps are created to apply firm pressure and a swaddling affect that can often decrease anxiety during stressful situations.

In some cases of extreme fear, medication may be warranted. There are a number of over-the-counter herbal remedies that may help such as Melatonin (a hormone that effects the sleep cycles), Rescue Remedy (an herbal remedy created using flower essences) or L-Theanine (an amino acid that decreases anxiety with regular usage). Prescribed medications may have a more powerful effect; however, it is important to speak with your veterinarian about side-effects and how the medications actually work. Short term medications like Acepromazine do not decrease fear, but are actually a "paralytic", so your dog is still wide awake and aware, but the body simply cannot move so this should NOT be used for fear of storms (or vet visits) as they can actually increase the dog's issues.

Medications like Diazepam, Alprazolam and Chlorapate have been shown to be very effective for short term usage (meaning a single storm, but not for everyday usage). These drugs, paired with a behavioral modification training plan of administering medication with enough time to take effect before the incident hits, and pairing the experience with positive reinforcers (time spent with a favorite person, playing games to keep their mind on something positive, having a favorite toy or long lasting treat like a stuffed Kong or Bully stick to focus on) can significantly help your dog decrease these fears.

The increasing number and severity of storms has prompted HHS to create an educational program to help our community members prepare for weather-related emergencies with our pets. While we cannot "train" our pets to not be afraid, we can provide some comfort and possibly help turn those fears around. Helping to coach them through times of duress with a little thought, effort and assistance is a small price to pay for all the unconditional love they give every day.

## Blessing of Pets & Memorial Bricks

On June 26, both human and furry guests gathered at the shelter for a blessing of pets and dedication of new memorial bricks in the Carla E. Fisher Memorial Garden. The annual event featured live cello music from Emma Tiemeyer followed by a welcome and responsive reading of a prayer from St. Francis of Assisi. A special tribute and prayer honored departed pet therapy canine partners: Gus Voss, Cirrus Mar, Manni Porta and Chelsea Johnston. Rev. Elizabeth Hulford, Chaplain at AMITA Hospital, presided over the program with a scripture reading and blessing. Each pet received a blessing certificate and charm. The program closed with a prayer to bless all shelter animals, staff members and pet owners/animal lovers.

The memorial garden continues to expand with the addition of 32 new bricks this year that either honor or memorialize family members, friends and/or pets. Although the brick placement and dedication is an annual event, bricks can be ordered throughout the year. Visit [hinsdalehumanesociety.org](http://hinsdalehumanesociety.org) for details.



## Howl-o-ween Ball is Coming...

We are thrilled to bring back our costume event (last year known as Black Cat Ball). This year's Howl-o-ween Ball is going to be just as exciting as the event's debut. In addition to the name change, the venue has also changed to the Room & Board showroom in Oak Brook. This change allows us to accommodate many more Halloween revelers, for twice the costumed fun.

With a DJ, great food, cocktails, silent and live auction, nationally known emcee, Erika Vetrini, and so much more, you're going to want to save the date for Saturday, October 29 from 8pm-midnight.

More details are coming your way soon, but meantime, get your best costume plans in place and get ready for a night to remember, that also helps homeless animals. It's a win-win!



## Clear the Shelters

We were thrilled to participate in Clear the Shelters Day for the second consecutive year, this year held on July 23 from 10am-4pm.

As a result of this event last year, nearly 20,000 pets were adopted nationwide. Clear the Shelters raises awareness of homeless animals in shelters and encourages Adopt, Don't Shop. In 2015, HHS set an all time record with 23 adoptions in one day!

HHS participated in the initiative by waiving adoption fees for all animals 6 months of age and older.

Potential adopter visited our homeless animals, completed applications, met with adoption counselors, and many individuals and families were matched with their new furry family members.

We are so happy that so many of our homeless animals now have a loving home and family as a result of this wonderful day in which we truly did clear our shelter.

Until they all have homes, let's continue to clear the shelters!

## Pennies for Paws

In the month of April, eight schools participated in the 8th annual Pennies for Paws campaign, contributing nearly \$6,000! The biggest funds overall were raised by Madison School in Hinsdale, generating \$2,172.18.

Our sincere thanks to all the participants who made a difference in the lives of homeless animals with their hard work.

Since 2009, more than \$50,000 has been raised for the annual Pennies for Paws campaign at HHS. These annual donations help fund educational programs and maintenance costs for the homeless animals at our shelter.

To find out more about this program, contact Jessica Lamb, Humane Educator: [humane.ed@hinsdalehumanesociety.org](mailto:humane.ed@hinsdalehumanesociety.org).



Students from Madison School in Hinsdale, with Humane Educator Jessica Lamb, right.



Hinsdale Humane Society  
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Hinsdale, IL 60521

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## Save the Dates

Puppy Party, Saturday, Oct. 1 1-3

Howl-o-ween Ball, Saturday, Oct. 29, 8-midnight

# HAPPY TALES



My partner Amber and I adopted Helena in 2015 and wanted to share some photos of her since then. We named her Roo (like kangaroo) since she jumps around constantly. She is a lover! She sleeps with us every night and follows us around the apartment. She knows her name and expects treats every time we call her. Her favorite place in the apartment is probably the wet shower after the water is turned off. Also, she's a catnip addict! We've noticed she enjoys animated movies and will very attentively watch them - "Ice Age: The Meltdown" is one of her favorites.

Thank you for allowing us the pleasure to love on this amazing little fluff bundle. She's the smartest, cuddliest, and most active kitty I've ever known! I am an illustrator and am thinking about creating a cute little children's book about her! She's already featured in my self portrait. Enjoy the photos!

- Sincerely, Sam and Amber

We had to share this adorable photo of HHS Ambassador Megan Hickman's daughter Poppy. She loves animals so much, she looks at our newsletter and kisses each pet she sees. She is a true animal lover!

