

THE PAWSITIVE PRESS!

The Volunteer and Foster Newsletter
for Greenhill and 1st Avenue Shelters



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10 Ways Pets Improve Mental Health

Most "how pets improve mental health" articles focus on scientific research. Dedicated to empirical evidence, they highlight how dogs and cats act as natural mood-enhancers that reduce the likelihood of illnesses (including osteoporosis, asthma, blood pressure, cholesterol and stroke) while helping patients overcome conditions like ADHD and autism. This is all extremely relevant information—that lacks one thing. Focused on the science such reporting ignores fully exploring the question of how pets create these results. The answer has less to do with biology and more to do with the magic of animal personality and behavior, plus our willingness to engage with them. Imagine this: An animal walks into the room. You don't know it's there. Does your elevated blood pressure reduce? Do you instantly feel calm-

er? When we experience the benefits of animals it is precisely because of our awareness of their presence. More than that, it's because we touch, talk to, hold and watch them. The human/animal emotional transaction that occurs creates the health benefits and happens in these 10 (and other) meaningful energy exchanges:

1. Humor: Without even trying to provoke a response animals make us laugh, an action that decreases stress hormones, increases immune cells (and also antibodies that fight infection) and releases endorphins that create natural feel-good sensations.
2. Comfort: Whether it's the gentle nuzzle of a wet nose or the cuddle of a furry body, the comfort pets provide through touch reduces stress hormones



Rachel and Noah B!

and floods the body with the mood elevating hormone, oxytocin, the bonding hormone that reduces cortisol and makes us feel secure.

3. Play: As often as we allow pets to engage us in a playful activity we benefit from the way play triggers the release of endorphins, improves brain function, alleviates stress and depression, stimulates imagination and problem-solving skills and improves ability to relate and connect with others.

Continued on page 6

Inside this issue:

Pets & Mental Health	1
Foster/Volunteer of the Month	2
Happy Tails!	3-4
Volunteer & Foster Party!	5
Pets & Mental Health (cont.)	6
Get to Know the Staff	7
Club Awards & Anniversaries	8

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The Pawsitive Press

PAW PRINT PERSONALS!



Angie!

Happy, loving gal looking for an awesome new home where I can play and snuggle all day! Come say hi! I'm at First Ave!



Blue!

I'm the softest bunny you'll ever meet! I'm so sweet and I'm just looking for my new home where I can live a long happy life! Come say hi at Greenhill!



SHELTER PICK

Apache!

Talkative, playful boy looking for my new loving home! I'm sweet and just want to be loved! Come meet me at Greenhill!

Volunteer of the Month: Mike Rock & Kay Jensen

Meet Kay and Mike, our Volunteers of the Month for September! Kay and Mike started volunteering in October 2017 and have already contributed over 290 hours of service to our shelters. Kay enjoys using her sewing and handicraft hobbies to help kitties and cats settle in with new families while Mike finds it very satisfying helping small animals find forever homes.



he has learned "there are countless number of wonderful people willing to give their time to help animals, and I am proud to be part of that."

Prior to moving from Portland to Eugene in 2017, Kay and Mike lived on a float home on the Columbia River. Before retiring, Mike spent more than 40 years working as a journalist while Kay worked in Human Resource Administration for Cummins Northwest in Portland.

Mike volunteers in the Small Animal Room at Greenhill socializing the rabbits, guinea pigs, rats and hamsters. When he was young, Mike was afraid of rats, but he now enjoys holding and petting them in order to make them more sociable and adoptable. Mike also volunteers on the Small Animal Video Team taking videos of the small animals and posting them on the Greenhill website. He enjoys all aspects of working with small animals. Kay volunteers from her

home, sewing, knitting and crocheting kitty/cat blankets for them to take home in their transport carriers. She accepts materials donated from individuals as well as getting discounted materials from stores.

From volunteering at Greenhill, Kay has learned "there are too many animals without homes and/or abused. I am so thankful that there is a group of wonderful volunteers who are willing to help them find a forever home and help to socialize them prior to going into their new home. I never knew this was an event occurring on a daily basis." Mike states that

Kay and Mike adopted their cat, Leo, from the Vancouver Humane Society and their dog, Lucy, from Greenhill. Mike enjoys riding his bike, walking and writing fiction, especially for children. Kay loves taking care of her home and flowers, playing games on her iPad, baking and taking walks with Mike.

Fosters of the Month: Jennifer Rogers & Teresa Shine

Meet our fosters of the month, sisters Jennifer Rogers and Teresa Shine!

These two have been foster moms for a year and have done such an amazing job with weaned and bottle baby kittens! They said, "We have been fostering since last year and I really enjoy the little fur babies. We were thinking about adopting and thought fostering would be a way to meet so many kitties. It is so rewarding to go into the cattery or online and see one of our babies has found a forever home."

They said, "The most unique case so far is one we are doing now with Cherry (pictured on the right) who came to us at 5 days old and has had a rough time. We weren't sure he would make it, but he is thriving! He is now growing and playing and taking on a personality all his own. He is a loving kitty!"

Jennifer and Teresa are both retired, but Teresa does work a few days a week for the social aspect and they enjoy reading, crocheting, and knitting.

"Fostering is a great way to be involved with animals and people. I may not be able to have a house full of cats, but with fostering I get to meet and play with many little fur babies. Fostering is such a great way to help these little fur babies go from bottles to gruel to food and grow into cats. Love it when they find their forever homes. Makes you feel like a proud parent!"





Mimosa Adopted 7/17/18!



Fostered by: Angie S.

We kept the name Mimosa. She is a very playful puppy. She loves her big backyard and gets new toys. We love taking her on walks. We are registering for dog school. The only issue we are having is potty training. We took her to the vet and got information on potty training. With time she will get it. We had a great experience adopting at Greenhill.

River—Adopted 7/7/18!



17 days at First Avenue!

River is wonderful and she's doing great. Her itchy skin is getting better and seems happy about that! We live on 5 fenced acres so she's a farm dog now. We have 2 other dogs and they're becoming good friends. They have formed their own little pack. With the dog door they come and go as they please and they love all the room they have to run. If we could we'd adopt all the dogs at Greenhill! Thank you.

Marley Adopted 7/7/18!



64 days at Greenhill!

Marley is doing really well. I make him a salad for lunch and he eats his salad near the table while we humans eat our lunch. I have no concerns right now about his health or behavior. Everyone who's met him loves him.

Lacey—Adopted 7/27/18!

Lacey is now Lydia. She is doing WONDERFUL! We love her to death!! My 3 and 5 year old granddaughters came for a visit and Lydia was wonderful with them and they just loved her. Our vet visit was all good. We play with lots of toys, especially the feathers on a stick. She jumps and twists around—so much fun to watch. She also loves her mice. GH was great. You do such a wonderful job. Please tell the foster family thanks for all their work to make Lydia so special!



Fostered by: Scott & Kathy C.



Dez Adopted 7/9/18!



12 days at Greenhill!

He's doing great! He is a sweet boy who has made himself quite at home with us. We also just got a kitten & he is getting used to not being the only cat. We took him to the vet & all is good. The adoption process was good.

Suzy—Adopted 7/17/18!

Suzy is doing GREAT! We never had a Jack Russell breed before and we are learning about them. She is SUPER smart!! She is a jewel and is a dog who can stay by herself. She's not a dog to drive you crazy but she makes us laugh when she gives us about a 30 minute leeway to get her dinner if we are not right on time, but then she reminds us. She is hard-of-hearing, not deaf as we were told at GH, so when we go for walks she either ignores other dogs or decides when she wants to meet them. She really likes people and plays a little with toys, but as a senior dog, she really like to nap. She was great at the vet. We take her for a dog wash once a week so she looks good all the time and her skin condition has improved. She's just a great dog for us!



20 days at First Avenue!

Mr. Fox—Adopted 7/16/18!



Fostered by: JoAnn H.

Now called Sage, he is doing really well, he was right at home on the first day we adopted him. We were concerned about how things would go with the dog, but all is fine. We thought he would be chill, but he is bouncing around the house and all over the place. He is very affectionate and we love him. All was good at the vets, got his nails clipped and getting all shots.

Zane & Zeke—Adopted 7/9/18!

Zeke and Zane are doing really well! They are still pretty calm, Zane had respiratory disease and conjunctivitis, and has been so quiet, but he is now getting completely healthy. They are very bonded with each other and cuddle to sleep. There is a lot of difference in their personalities, Zane is very into people and curious, Zeke is timid but is very fast, and likes to go outside. My Greenhill experience was very good, staff were very helpful and patient, I had a million questions. I am really happy with my choice, they are really good kittens.



Fostered by: Dixie M.

2018 Volunteer and Foster Summer Appreciation Party!

Sunday, September 16, 2018 · 3-5 p.m.
Roaring Rapids Pizza Company

*You're invited for an afternoon of food, games, and prizes
—all to celebrate **YOU!***

*Come join us for the festivities on the beautiful lawn over-
looking the Willamette River.*

RSVP required by **Sunday, September 9**

Email the Volunteer or Foster Dept to RSVP.

⇒Please let us know if you will be bringing a **human** guest
(sorry, we are unable to accommodate four-legged friends
at this event).

⇒We are asking for a **\$5 donation** for guests to cover
cost of food and drink.

⇒**Note:** All members of each foster family are invited to
attend free of charge.

You're an essential piece of Greenhill!

Sponsored by:



10 Ways Pets Improve Mental Health

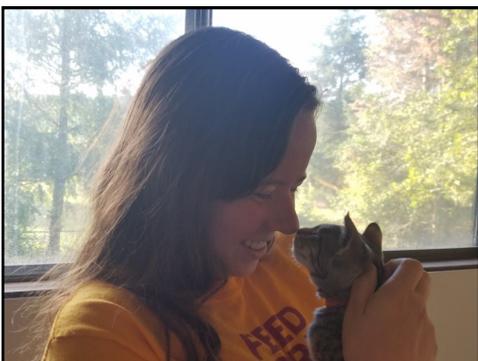
Continued from page 1

4. **Calm:** Sync to the resting cadence of an animal and you can meditatively tap into their sense of peace, which decreases your own heart, metabolic and respiration rates, plus reduces blood pressure, muscle tension and oxygen consumption.

5. **Connection:** With people you have to work at being connected. Pets automatically assume and offer connection, an experience that research suggests increases happiness and health, lengthens life and even enhances altruism.

6. **Hope:** The single biggest predictor of resilience is optimism. Interacting with a pet produces a feeling of well-being that makes life seem more manageable and full of possibilities. This paves the way for hope, a critically important element in healing disappointment, loss, illness and mental health issues.

7. **Curiosity:** Participate in your pets' naturally curious attitude and you create an experience that research



Foster dept. staff Katie L. and Natasha!

has shown helps the brain learn, improves recognition of unrelated information and increases memory.

8. **Adventurousness:** Pets like to discover and explore. Watching them do that (or engaging in that activity with them) develops in us an openness to novelty, the experience of which promotes neurogenesis and can help develop a healthy novelty-seeking trait, one of many characteristics that lead to being happy, successful and satisfied.

9. **Sleep:** In caveman days humans slept like pack animals for warmth and protection. Even in our modern world snuggling with a pet can enhance sleep and generate feelings of love, affection and security.

10. **Love:** A powerful healing potion, the unconditional love pets offer can reduce doctor visits, depression, substance abuse, stress and anxiety, improve immunity and accelerate healing while also activating a part of the brain that keeps pain under control—all of which leads to a longer and happier life.

Accumulate all of these experiences in caring for an animal and we transcend our own ego-state by expanding our awareness to another's needs. In doing so we develop compassion, a trait that has been proven to activate the brain's pleasure centers, uplift mood, expand kindness, create a state of "elevation" and increase health and longevity.

Finding inner peace, resilience, self-compassion and self-acceptance poses great challenges; we're often unkind to ourselves and more hyper-critical than we

need to be. Perhaps the most important benefit of interacting with a pet is less scientific and more experiential in evidence: They offer us entrance to a world of love, suspended judgment, joy and in-the-moment feel-good; a state of being we might not otherwise allow ourselves to acknowledge or accept.

In their emotionally connected presence pets can be a powerful de-stress mechanism by reminding us that the world is not as serious or complex as our human mind makes it. Instead, what really matters are wet noses, belly rubs and games, those things that create mirth and life-affirming energy that deeply heals both animals and humans in heart, mind, body and soul.

By Michele Rosenthal, for RewireMe.com: <https://www.rewireme.com/relationships/10-ways-pets-improve-mental-health>



Dan and Gigi!

By: Ashley G.

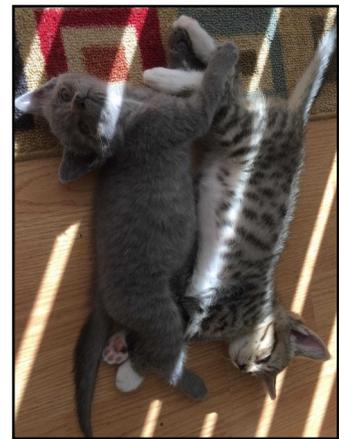


Susan D. (cattery) - "got caught" staying hours after her shift time ended to help staff finish up daily cleaning and tasks. Wow Susan, you amaze us!! Thank you for all your hard work and time!

Judy A. (kennel) - "got caught" jumping in to help last-minute with an adoption event we were short-staffed on. Judy--We so appreciate your willingness to jump in and help whenever and whenever it's needed!



Aliza S. at FAS!



Kittens! By: Lisa M.

Colin D. (SAR) - "got caught" staying for double his shift time to clean the small animal room and make sure everyone was comfortable and taken care of. Thank you, Colin! The bunnies think you're the best—and we do too!

Get to Know the Staff!

Staff Kennel Card



Tara Rasheed

Staff Profile:

Favorite animal:
Cats and Rabbits!

I enjoy:
Cuddling with my zoo at home, relaxing at home/watching TV and swimming

Favorite song:
Too many!! Really enjoying the new Maroon 5 songs

People describe me as:
Caring, quiet, easy to talk to, very positive

I'm afraid of:
Spiders!

Department: Small Animal Room/ Front Office
Position: Receiving Coordinator

Description:

Female Human; Born in Eugene, OR. but my family is from Cairo, Egypt.
Distinguishing characteristics: My green eyes!

Intake Info:

Start Date	Favorite part of the job
07/2008	Cuddling the animals!!

“ If what you really want is to make an impact, fostering is an immediate way to do exactly that!

Christie P. - Foster Parent

SAVE THE DATE!

Paws in the Garden
a benefit for homeless animals

September 9th, 2018
10am - 4pm

Join Greenhill Humane Society for a self-guided tour of private Southeast Eugene gardens

Greenhill Humane Society

for tickets and information call 541.689.1503 or visit Green-Hill.org

“ It’s such a simple thing for me to do but makes such a big difference and it’s the most meaningful part of my day.

Stacie Scheper - Volunteer ”



Reggie! By: Susan T.

The Pawsitive Press

Club Awards

**achieved a milestone for life hours since June*



Kim C.

279 hours

Emma B.

275 hours

Willa R.

269 hours

Kim H.

262 hours

Willy H.

540 hours

Charlotte C.

510 hours

Dawn B.

1160 hours

Vern M.

1087 hours

Katie J.

1068 hours

Vicky C.

1027 hours

HAPPY ANNIVERSARY!

Volunteers

- 1 year- Phoebe B., Tina C., Chloe F., Kim H., Chad R., Amanda S., Jaci W.
- 2 year- Chris A., Eileen M.
- 3 year- Willa R.
- 4 year- Lisa R.

- 5 year- Carol B., Vance M., Cindy M.
- 6 year- Kathryn D., Chris H., Kathy H.
- 7 year- Brodie W.
- 8 year- Kealey M., Jeff O.

September

Fosters

- 1 year- Kerry A.
- 2 years- Christine B. & Boyanna N.
- 3 years- Berri H. & Judy S.

Staff

- 2 year- Sasha E.
- 3 year- Jenny B.
- 4 year- Ashley H.
- 6 year- Becky H.
- 8 year- Kristi C.
- 10 year- Gail S.