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City of
SACRAMENTO
Front Street Animal Shelter

September
2014

Volunteers

focus

TEAM FRONT STREET: WORKING TOGETHER
TO SAVE LIVES!

Paws to Party - Was an amazing success!

Many, many thanks to all of the many volunteers who came together to make the 2nd annual Paws to Party event a smashing success! Our fundraising team worked so hard to ensure every little detail was taken care of.

Thank you to all of the volunteers who helped work the event from set up to clean up!

Thank you to all of the volunteers who held down the fort at the shelter while the event was being set up! You kept things running smoothly and kept the animals clean, comfortable, and loved!

Because of everyone's hard work and efforts, the event was a huge success!! We raised more than \$52,000 and netted almost \$36,000. That is a lot of money to help save lives—and we built some great community relationships with this event. Many, many thanks!!



Movie in the Park

Featuring

THE PRINCESS BRIDE

Saturday, September 13th

Washington Park

1631 F Street

Movie begins at 7:30pm

Movie Rated PG



All profits from the beer garden will be donated to the Front Street Animal Shelter

\$2
Beers
Food Trucks &
Beer Garden
at 5pm



Sponsored by Councilmember
Steve Hansen

For more information call 916-808-7004

City of
SACRAMENTO
Front Street Animal Shelter

STEVE
HANSEN
SACRAMENTO CITY COUNCIL

4th Annual Haunted Open House on October 26th!

Save the date! On Sunday, October 26th, the Front Street Animal Shelter will be celebrating our 4th annual Haunted Open House! We will have a bounce house, vendors, carnival games, a haunted house, food, and lots of fun! Last year we had a record attendance and 68 adoptions in four hours!

Sign-ups for volunteer help are coming soon, so be ready! We will need a LOT of volunteer help on that day - from regular shelter chores to set up, working the event, and clean up.

In the meantime, you can help by getting us some sponsors or some donations for the raffle. See Janice for details and for the donation forms!

Happy Haunting!

Did You Know You Could?

Having trouble finding the activities that you want to sign up for? Just can't find the right place to log your hours? Never fear! It is usually an easy fix!

Go to your My Profile tab and then click on the Qualifications sub-tab. Check to see if you marked "yes" for the training that you have taken. Don't forget to click on "Save!"

Then go look for the activity you want and it should show up for you! If you are still having problems, don't worry—just send me an email at jwagaman@cityofsacramento.org and I will take a look to see what I can do to fix the problem.

Thank you for being part of our team and for signing up & logging your hours!



Happy Beginnings—Tails of True Love!

This is what it's all about! ADOPTIONS, Rescues, and “Fur-ever Homes!”

Dear Front Street, I have followed your page for a while and I loved the way you treated your animals and sincerely care about the work you do. My friend and I came in to look at some kittens and when we entered the cattery we were instantly amazed. The cattery was awesome. The cats definitely didn't look like they were having a hard life and the workers were so nice and helped us immediately. My friend and I instantly found our matches and we gave forever homes to two kittens that day. My kitten was Johnny renamed Appa. He is the best thing that has happened to this house hold. He is so full of love and happiness. We enjoy every second with him. He is the biggest snuggle bug yet independent and playful as well and may I say quite the talker. I love him so much and I am so thankful for Front Street for helping me find my precious baby.



Zoey's Story:

As for Zoey, she is doing absolutely amazing! She's been the perfect dog for us and a joy to have. After a few days or a week she really came out of her shell and has been a lot more playful and much less timid or scared than she had been. We take her out on a walk at least once a day and try for two. Its usually her favorite part of the day (outside of food time) and as soon as she hears the leash she starts jumping around and licking it, so adorable. She seems to enjoy having space in the back yard, though we bring her in every night when we get home to hang out with us and relax. She's recently taken to getting up on laps and rolling over.

Overall she's been absolutely amazing, we couldn't of gotten luckier. Thank you not only for Zoey, but for everything you do.



Shelter Stats:

	August 2014	August 2013
Cats Adopted	206	145
Cats to Rescue or Transfer	3	53
Cats Returned to Owner	2	8
Dogs Adopted	208	159
Dogs to Rescue or Transfer	44	79
Dogs Returned to Owner	79	64
# of Volunteers who logged hours	231	179
Volunteer Hours	3677	3374



Leash Crisis!

We have had several days lately where we did not have enough leashes to work with our dogs. PLEASE return the shelter's leashes before you leave!! We have found them in the meet & greet areas, in the dog runs, in the kennels, and on benches and tables. These do cost money - money that could be used to save a life!

Please help us out and take good care of the leashes we have. Our dogs need as much attention and work as they can get from our amazing dog team - but, if we don't have leashes, we can't work with the dogs. Lend a hand and return any leashes you might find to the volunteer area.

Thank you!



Compassion Fatigue

What it is and How to Deal with It

By Darlene Duggan (originally published October 15, 2012 in *The Shelter Voice* blog)



“Occupational hazards abound in even the most benign work environments, and thanks to OSHA standards and internal health and safety protocols, most workers are well aware and prepared for these potential hazards on the job. I have even heard of training to minimize risk even for office workers and administrative personnel—beware of paper cuts and open file cabinets, if you are not paying close attention your cut can get infected or you can knock your head on the cabinet!

All joking aside, the animal welfare field is no different, as there are many hazards on the job. As animal shelters grow to be more like legitimate businesses, so too has their attention to occupational hazards evolved. And while the obvious hazards such as animal bites, transmission of zoonotic diseases (ringworm), or slips, trips, and falls are discussed with new employees and volunteers, the occupational hazard of compassion fatigue is rarely discussed.

Compassion fatigue is the result of working in an intense care-giving environment where more than the usual amount of compassion is required. Much like the medical, teaching, and hospice fields, animal shelter work requires an extraordinary amount of empathy and caring on a regular basis and around every turn. Even the administrative staff, which is removed from direct contact with animals, can experience compassion fatigue.

For many in the field, it seems like a never-ending stream of animals. Some have even called it a revolving door: One animal goes out, and there is immediately another to take its place. There are always mouths to feed, illnesses to cure, and money to be raised. For some, there is an intense guilt when they leave the shelter—they are plagued with thoughts that they could have done more, could have taken care of just one more animal before the end of their shift.

Although successes and celebrations are plentiful in animal sheltering, there are many opportunities to feel like your contributions are inadequate to make even a dent in the workload. Compassion fatigue is real, and should be dealt with as a preventive measure by shelters and rescues rather than a reactive measure once symptoms are recognized.

One of the tricky features of compassion fatigue is that the symptoms and warning signs can vary dramatically from one person to the next, so it can be hard to recognize. Exhaustion, headaches, and body aches and pains can be physical manifestations of compassion fatigue, but excessive blaming of others, alcoholism, and frequent complaining or depression can be emotional and mental manifestations as well.

Shelter staff and volunteers need to recognize the symptoms in themselves and take appropriate measures to combat the problems. They can take days off of work/volunteering, temporarily swap job roles with coworkers or cross-train for other volunteer opportunities, talk about their thoughts with co-workers and people outside of the sheltering world, etc. Organizations can be proactive about compassion fatigue with their staff by educating employees and volunteers about the concept, regularly rotating staff amongst tasks, allowing for adequate breaks throughout their shifts, and encouraging discussion about their thoughts and feelings. When compassion fatigue hits a critical mass in the shelter, the entire productivity of the organization suffers. Chronic absenteeism, sluggish efficiency, and employee infighting can all result—thus taking away from the animals and the work that needs to be done.

In the end, it is important to acknowledge that compassion fatigue exists for shelter workers, and to help by spreading awareness of the concept. In many cases, others in the industry are our best advocates for dealing with compassion fatigue. Maintaining a strong work and home balance, keeping up with activities outside of animal welfare, and keeping an open line of communication are good ways to combat the symptoms. For staff and volunteers alike, be aware of the symptoms, and take action to head them off. There are many online resources (such as the [Compassion Fatigue Awareness Project](#)) for dealing with compassion fatigue and any mental health care provider is also well equipped to deal with the issues.

And remember, as important as you are to the well-being of the homeless animals, you are no good to them if you are not at your best. So, take care of yourself first, and the rest will fall in line!

For many years, Darlene worked behind the scenes at The Anti-Cruelty Society in Chicago—overseeing volunteer programs, problem solving shelter issues, and laboring tirelessly for the welfare of animals. Her bi-weekly column, The Shelter Voice, will explore the complex concepts surrounding animal rescue and welfare usually reserved for discussions amongst those at the very front lines of the industry. She hopes to broaden the understanding and education of shelter supporters so they can act as well-informed advocates for the cause and help spread the adoption and rescue message throughout their community.”



This is the first in a series of articles that we will publish over the next few months on the subject of compassion fatigue and how it affects shelter staff and volunteers alike. Our own Samantha Burgin has done extensive studies on this and will be sharing a lot of information in the months to come.

We recognize the intense emotional toll that working here at Front Street can take on all workers - paid or unpaid. Regardless of the role we play, whether working directly with the animals or working behind the scenes, there can be a roller coaster of emotions that affect our health, our attitudes towards life, our relationships with friends and family, and our ability to work as a team. We want to give you the awareness and tools needed to recognize compassion fatigue and successfully cope. Each volunteer and staff member is an important and valued member of our team. Many, many thanks for all that you do each and every day here at Front Street.

Thank you!

Janice

Meet the Staff:

Ricardo Gaitan

Animal Care Technician extraordinaire!

Meet Animal Care Technician extraordinaire, Ricardo Gaitan!

How long have you worked at Front Street? 13+ years

What did you do before you came here? I was a license

Veterinarian in Mexico running my own practice of small companion animals and wildlife animals

Where did you go to school?

(UNAM) National Autonomous University of Mexico

What do you like to do

when not at the shelter? Taking care of my backyard, going on road trips, hiking, biking, cooking, having bbq with friends and family, getting involved with nature.

Our volunteers are amazing!!

What is your favorite hobby? Reptiles

Tell us about your family? I have a beautiful

and amazing wife and three kids Carla 23, Rodrigo 22 and Paulina 20.

What kind of pets do you have? Reptiles and a female Chihuahua that I rescued from the shelter



What have you liked best about your job? Saving lives and reunite animals with their families

What would you change if you could? The people's perception about our place, getting there though!

Thank you Ricardo for all of your hard work!!

CALENDAR



◆ Volunteer Orientations:

- ◆ 2nd & 3rd Wed. each month 5:30-7:30

◆ Shelter 101:

- ◆ Every Saturday at 8:30am

◆ Cattery Class:

- ◆ Sat. 9/20 at 10:30am

◆ Dog Training:

- ◆ Language of Dogs 9/11
- ◆ Dog Auto-sit 9/14
- ◆ FAS DOG meeting 9/24
- ◆ Dog Handling—check the schedule!

◆ Special Training Classes:

- ◆ Offsite Ambassador 9/15
- ◆ Dog Foster Class 9/8
- ◆ Dog Mentor Training 9/18

◆ Offsite Outreach Events:

- ◆ Every weekend! Sign up online!

◆ Special Opportunities:

- ◆ Movie night 9/13
- ◆ Open House 10/26

Volunteer Spotlight:

Georgann Eberhardt

"I started volunteering with the shelter in 2007 when my son, then 17 years old, needed something to do. So I signed him and I up for volunteer orientation. He became a dog walker and I started out fostering kittens. Shortly thereafter, I met Rosemary Lamb who at the time was trying to run a cat spay and neuter program mostly on her own. I told her that I wanted to help her and she said "Bless you"... She was so glad to get the help. Someone scheduled cats to be spayed and neutered, we would check them in at the shelter reception counter very early in the morning and drive them up to Auburn Spay and Neuter clinic to be altered.

I think we did this about once or twice a month and would drive about 15 to 17 cats up there in one day. Then usually Rosemary would drive back up to Auburn to pick them up and she and I would meet in the shelter parking lot to discharge the cats to their owners. A little later, we got more volunteers to help us and then the SPCA clinic opened their expanded clinic here in Sacramento. So we now are able to alter many more animals.

I am still fostering kittens; working on the spay neuter team, and in the cattery as an Adoption Counselor. I really enjoy working in the cattery helping people pick out a cat to adopt. I get especially excited when we get our longest resident cats adopted out to their forever homes.

As to what I would like our cat volunteers to accomplish: We have a great group of people who volunteer in the cattery. But sometimes it is hard to coordinate the volunteers, with a lot of people coming in one day, and then none the next day – a lot like trying to herd cats. (Heehee) I would like it if we could have the cattery covered by an adoption counselor or two every day that the shelter is open." Thank you Georgann for all of your hard work! Let's make your wish come true!



Wish List

We would be most grateful if you could help us with these:

- ◆ Dryer Sheets
- ◆ Towels
- ◆ Gas cards
- ◆ Foster care supplies

facebook

Follow us on Facebook at City of Sacramento Front Street Animal Shelter to keep up with more fun activities & animal stories!