



RedRover®  
FALL 2016

# companion



## We're grateful for YOU!

Ideas to show your pet gratitude • Donors share why they give • A volunteer sees hope after Louisiana floods • Teaching kids kindness through connecting with animals



## Greetings!

### WITH ALL THE TRAGEDY AND CRUELTY IN THE WORLD, it is

sometimes hard to stay positive and believe that things can change. One way to help stay focused on working towards positive change is to practice gratitude. According to the Greater Good Science Center at the University of California, Berkeley, gratitude can lead to better health, more joy and less loneliness and isolation.

How does this relate to what we're doing at RedRover? First of all, gratitude fuels us. The gratitude we feel for you — our donors — as well as our volunteers, the organizations we collaborate with, our fellow staff members and board directors and the passionate animal lovers we encounter all the time, gives us the energy and optimism to fight for

a more compassionate society. This issue of *Companion* is all about gratitude and offers some great ideas for spreading gratitude, starting in your own home.

Please join us in practicing gratitude, and from the bottom of my heart, thank you for your compassion, kindness and generosity.



**NICOLE FORSYTH**  
President and CEO

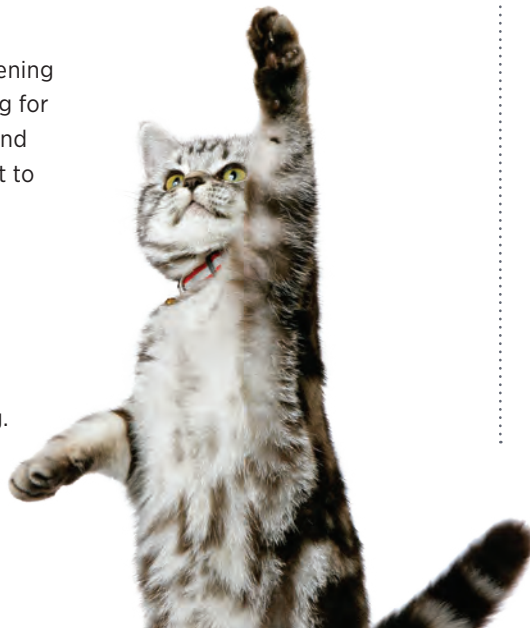


Nicole with Jasper and Gertie

## 5 ways to show your pet gratitude

**SOMETIMES WE GET BUSY** and forget to listen to those we love. Practice active listening with your pets. Do they come to you asking for walks, play time or belly rubs? If so, stop and let them know you're listening. Here's a list to get you started:

- Take your dog for a walk.
- Make a toy for your cat.
- Spend time giving belly rubs or petting.
- Spend time playing with your cat or dog.
- Bake some homemade pet treats.



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## Coming together after Louisiana floods

**“REDROVER DOESN'T JUST** care about animals, they also care about people, and that includes us volunteers.

As a volunteer, I see all these other people who feel like I do... That's the great thing, we're different people but coming together to take care of the same situation, and we're all working for the same thing. **It's hard on your heart, nose, eyes, back, feet...but it's so good on your heart, too. It's all totally worth it.**

You're doing something for an animal you're probably never going to see again — it's not your pet. All these people are on the same page about this project, this crisis, this deployment. **It lets you see that things are getting better, and that so many people do care...** It's a great thing to be a part of.”

♥ **JESSICA LOGAN** | RedRover Media Volunteer,  
Louisiana floods deployment, August 2016

*Interested in volunteering for our Media Volunteer Program?  
Visit [RedRover.org/MVP](http://RedRover.org/MVP) to learn more.*

*Arthur and Ladybug,  
Louisiana flood survivors*



## Five ways to practice compassion resilience



Compassion resilience is the ability to maintain your physical, emotional and mental well-being while responding compassionately to the suffering of others.

Here are five practices that can support and strengthen your own compassion resilience:

1. **Take care of your physical self** — get plenty of sleep, exercise, and eat well. This sets you up to successfully handle difficult and emotional situations.
2. **Take care of your emotional self** — reach out to trusted friends, spend time in nature, journal your feelings, consider the help of a therapist to resolve long-term difficulties.
3. Remember that **emotions are contagious** — so pay attention to what you bring to an encounter.
4. Be relentless in **finding positive and sustaining meaning** in difficult situations — this meaning is fuel for your own compassion resilience.
5. When dealing with difficult people, remember that **their behavior** (as bad as it may be) **often is just their misguided best way to deal with their own fears and struggles**. This can help take some of the edge off your reaction to it, and help you deal with them more positively. ♥

*To learn more about compassion resilience, visit [RedRover.org/compassion](http://RedRover.org/compassion).*



# Why I Give

"If I couldn't afford my dog, and I had to give him away, I frankly don't know what I would do. We have such a connection to our pets, and **they make us feel loved in such an unconditional way**, that I can't help but to give." ♥

*What inspires you to support RedRover?  
Email us at [dnewton@RedRover.org](mailto:dnewton@RedRover.org).*



"I give because I know my money will allow an animal to be kept in the home of someone who loves them, but may not be able to afford them. It's almost a visceral response. If I couldn't afford my dog, and I had to give him away, I frankly don't know what I would do. **We have such a connection to our pets**, and they make us feel loved in such an unconditional way, that I can't help but to give. You guys do amazing work. I'm proud to play a tiny part."

— Daniel







JoJo



Lola



Jinx

“What attracted me to RedRover was its mission to inspire empathy for animals among children, especially in minority communities. While I sponsor several organizations that go to bat for animals in court and realize that this is absolutely essential, in my view, it treats the symptoms, not the causes of abuse. If, over the next two generations, we can convey to **a critical mass of young people that animals are feeling, sentient beings, the human race will turn a major corner** in its treatment of its fellow species. I won’t be here to see it, but it’s the dream that keeps me going.”

— Ed

“There was a time in my life when I had to make choices between my eating or seeing that family members and our cats had food... Although I am now retired and bad times are well behind me, **I don’t want another person to feel they have to abandon a pet for lack of money** to care for it, or feel they have to stay in an abusive relationship in order to prevent harm coming to a pet. That’s why I donate.”

— Connie



Rainer



“I’m **inspired by RedRover** because you are helping animals that need help. Our pets are totally at the mercy of their humans, and when disaster strikes and humans can’t even care for themselves, that puts our pets in a terrible situation. **I feel that making a donation is the least I can do.** Thanks for everything you are doing!”

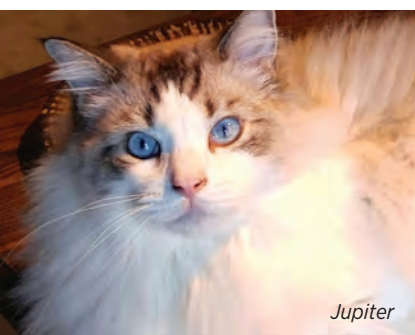
— Leah



Loki



Anne



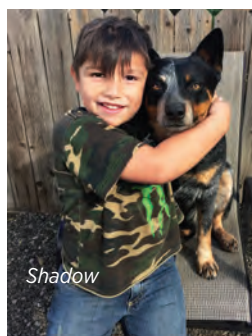
Jupiter

“Peaches, the Kelpie/Australian Shepherd mix I rescued after she was hit by a car, is the primary inspiration for my continued support of RedRover. **So many people face such difficult hardships — losing jobs, foreclosures, family health issues, and such — helping them keep their pets** when forced with a pet medical issue **can act as a light shining through the darkness for them...** and the vast amount of testimonials from all the pet owners that you have helped bear that out! These are the reasons that I feel RedRover is an excellent fit for my charitable efforts.”

— Damian



Foxy



Shadow

## A principal shares the magic of RedRover Readers



**“Since implementing the RedRover Readers program,** I’ve heard some of the students talk about how they’re now more kind and can better understand the feelings of their dogs... and seeing those feelings transfer over to working with other students and human kindness — it’s just unbelievable.

An animal is there 100% of the time for you. So for students to be able to make that connection with someone they can trust and share their feelings — it’s just magical to see.”

♥ **IRENE EISTER** | Principal of Golden Empire Elementary

Do you know of children who could be more empathetic towards animals and others in your community?

*Please share information about the RedRover Readers program and e-book app with your local elementary school:*  
**RedRover.org/e-book**

## Spread the gift of empathy

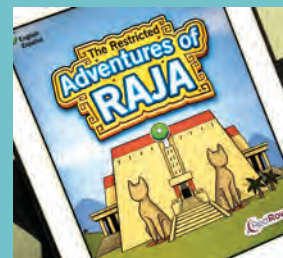
**OUR INTERACTIVE, BILINGUAL E-BOOK APP,** *The Restricted Adventures of Raja*, is free in app stores now! With this app, we can spread empathy to more homes and schools. Here are two easy ways you can offer your support:

**1. Download and review the app in iTunes or Google Play.**

Even if you don’t plan on using the app on a regular basis, downloading it to your mobile device — and leaving a positive review — is the best way you can support this innovative approach to building empathy.

**2. Share the app** with parents and teachers you know.

Go to [RedRover.org/e-book](http://RedRover.org/e-book) for more information.



“This is a great app to add to a school’s or parent’s devices, and not just because it is free. It offers a message that not many other teaching resources cover. It fulfills the role of a reading book, a lesson’s focus or a bedtime story very well indeed.”

— Educational App Store review





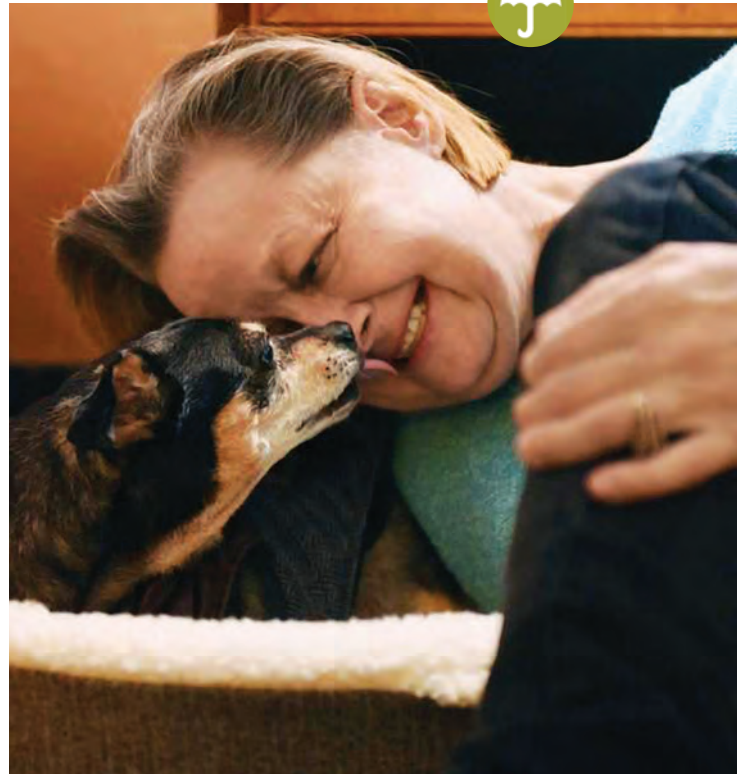
## Gratitude for pet food assistance

"Our household pet population increased due to a death in the family. Every month was getting to be a challenge...  
**Now, the weight of the world is off my shoulders...**  
We want you all to know how grateful we are!"

♥ **ROSE\*** | Pet food bank client, Pets in Need  
Action League (PINAL) *\*Name changed*

**"Thank you so much for your generous grant** of \$2,000 to support our pet food pantry. Thank you for believing in our mission, assisting pets and their families in need, and for keeping pets happy, healthy and home."

♥ **HEATHER SCUTTI** | Executive Director,  
STARelief and Pet Assistance



## A light in the darkness for domestic violence survivors

"I am forever grateful for RedRover's assistance... I would have been devastated if I had to surrender Hachiko and Snow to the animal shelter. These two are my best friends and companions for a lifetime."

♥ **DOMESTIC VIOLENCE  
SURVIVOR**



"Thank you again so very much for what you did for Lydia and her dogs... you really changed her life. The tears she shed in my lobby as we discussed all that you did for her will stay with me for the rest of my life. You, your staff, and your program are a light in our dark world."

♥ **BRIANA ANDERSON**  
Animal Hospital Lodge Manager





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Share our stories! Leave *Companion* at your doctor's office, vet clinic, gym, lunch room or coffee shop. To protect your privacy, please clip out or blacken your name and address above.

## More tips for feeling grateful

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1. Write a poem or letter to your pet about what you have learned from him or her.
2. Create a photo collage or wall of appreciation, at home or on social media.
3. Make a video about the story of you and your pet and how having that companion has turned your house into a home.
4. If your pet came from a shelter or rescue, tell the rescue how grateful you are, and consider volunteering or helping them in some way.
5. Share your story with us! Send the story of your bond along with a favorite photo of you and your pet, to [info@RedRover.org](mailto:info@RedRover.org). See "The Bond" contest details at [RedRover.org/bond](http://RedRover.org/bond).

If you enjoyed these exercises, pick one to try while thinking of a human friend or family member as well!

**Want to show your gratitude towards RedRover? Write about us on [Greatnonprofits.com](http://Greatnonprofits.com), become a monthly donor or send a gift membership to a friend. Visit [RedRover.org/gift](http://RedRover.org/gift).**

