

NEWSLETTER  
May 2025

We hope your Memorial Day was a blast, full of laughter and lazy lounging! With summer knocking at the door, we're all set for more sunshine and brighter days!

Thank you to everyone who sent us pictures of their pets! We received over 100 submissions this year for our *Love Your Pet Campaign*, and we love the adorable and heartwarming photos you've shared with us. Your participation helps us make a positive impact on the Capital Humane Society by donating to aid in providing care and support for many animals in need.

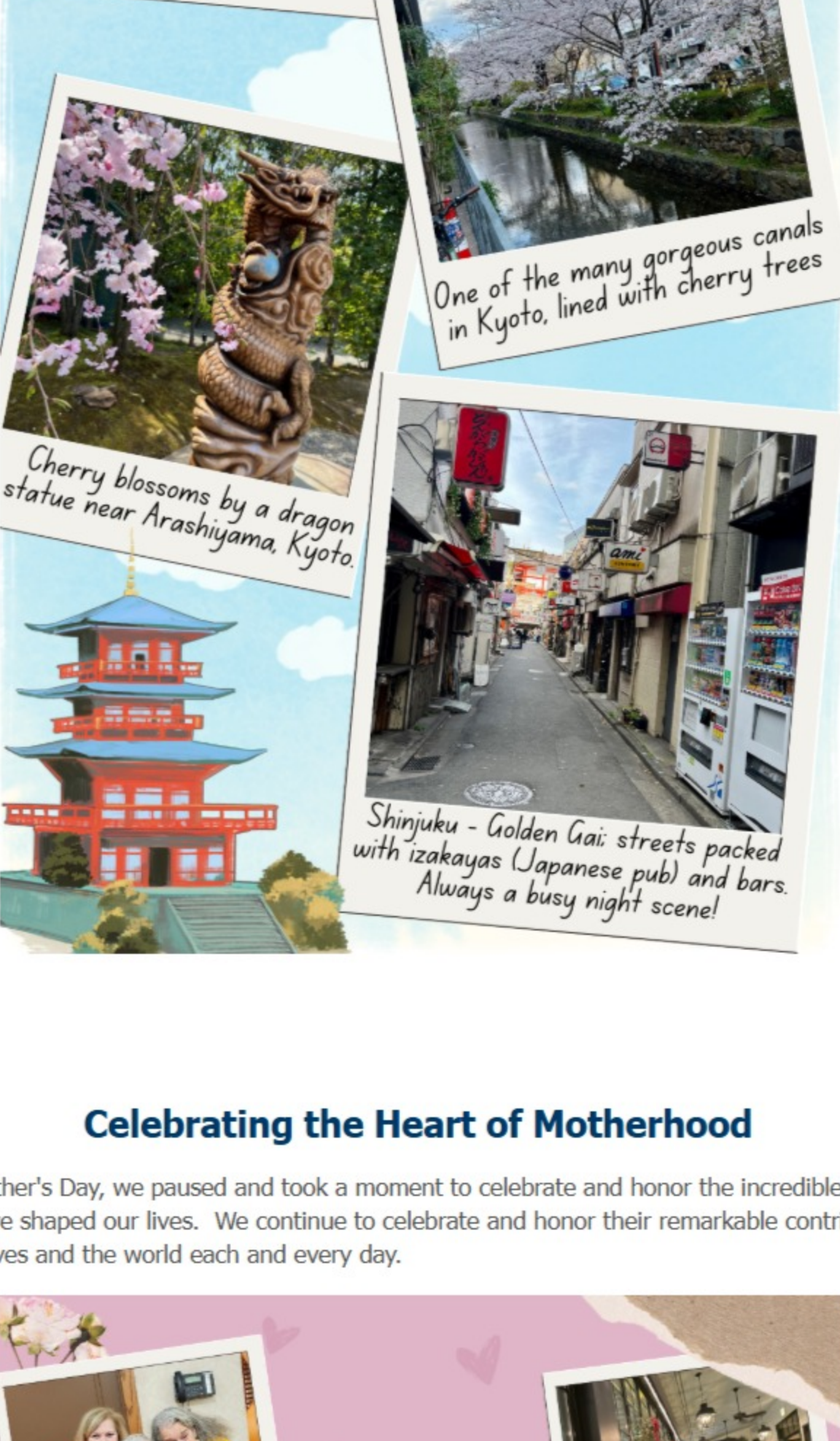
We are grateful for your support and participation, and we look forward to sharing the completed poster with all of you soon. Together, we can make a difference in the lives of animals and continue to celebrate the special bond we share with our pets.

Take a look at our highlights from earlier in the month below! Also, don't forget that we are pausing the Friday Afternoon Club for the summer and will resume again in September.



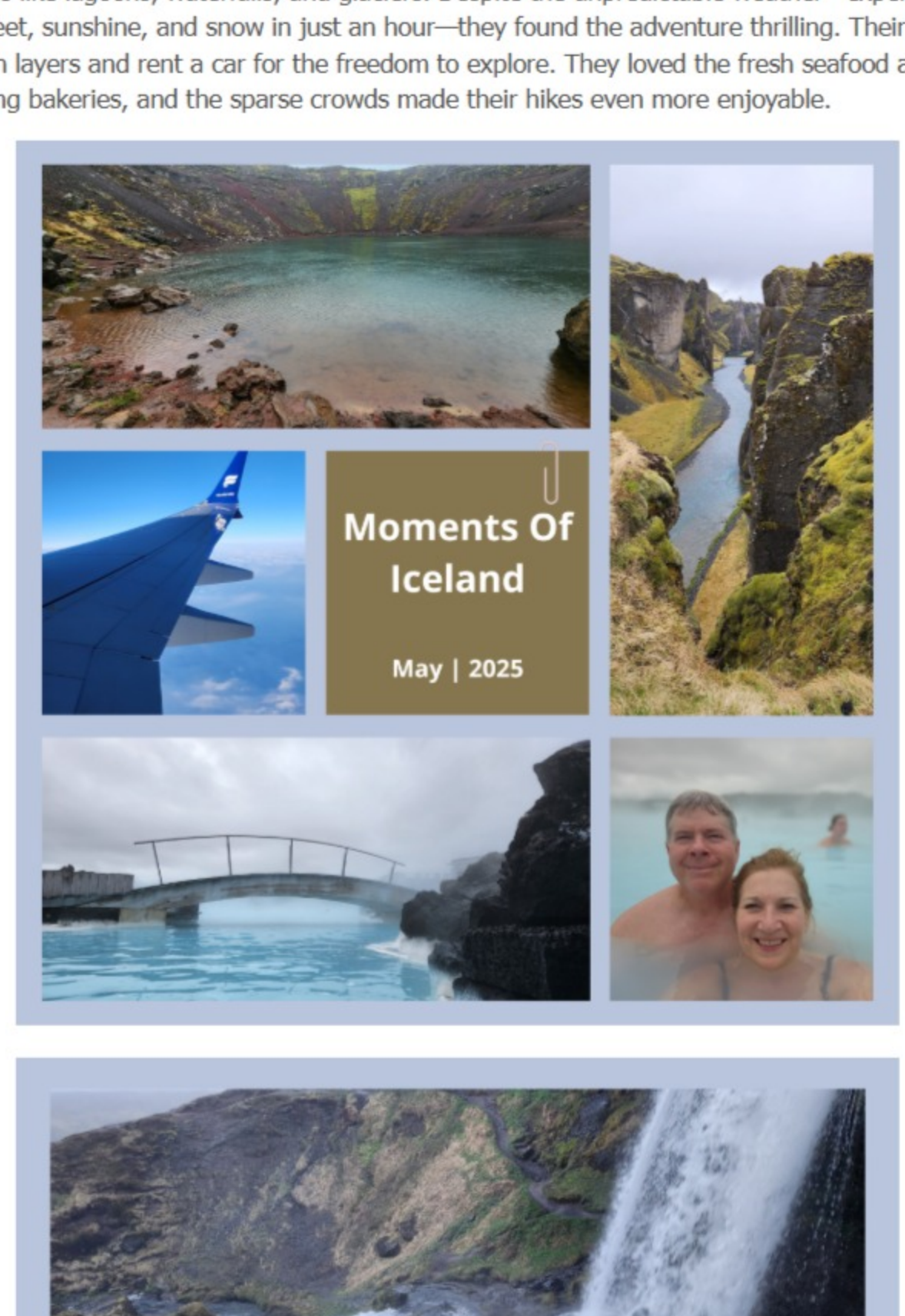
**The Magic of Japan**

Emma Dunford, our Client Services Assistant, shared some photos from her incredible trip to Japan. She explored Tokyo's vibrant streets, Kyoto's serene temples, and enjoyed unique experiences like walking around the Imperial Palace grounds. Her journey included the beauty of cherry blossoms, ancient shrines, and authentic Japanese cuisine. A bucket list trip for sure!



**Celebrating the Heart of Motherhood**

On Mother's Day, we paused and took a moment to celebrate and honor the incredible women who have shaped our lives. We continue to celebrate and honor their remarkable contributions to our lives and the world each and every day.



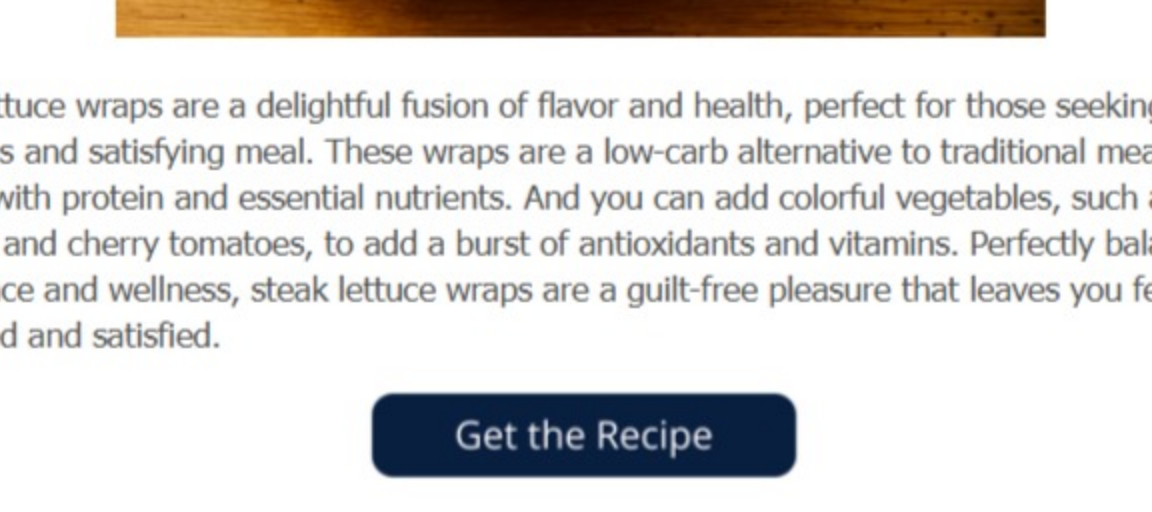
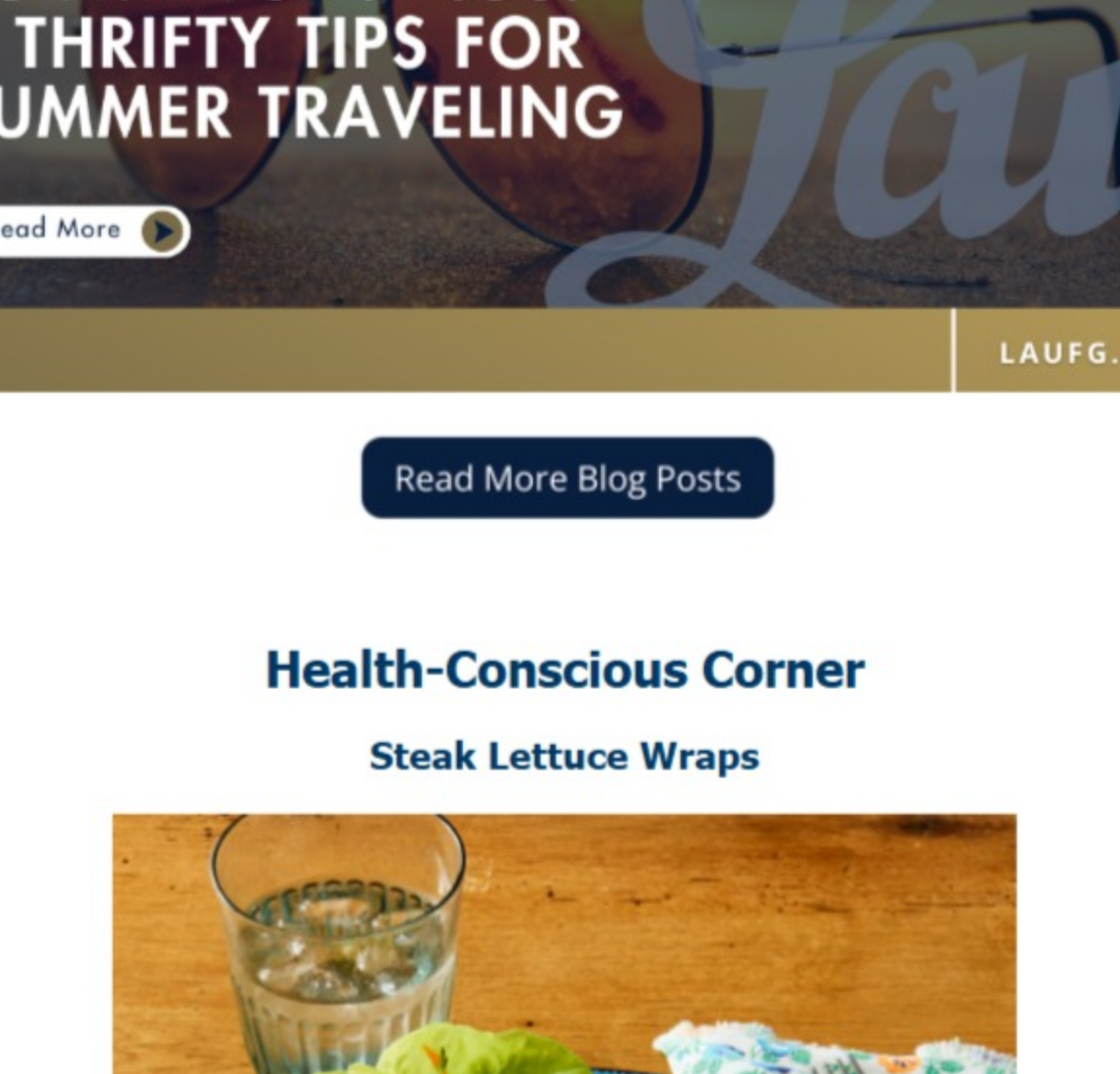
**Honoring National Police Week**

National Police Week occurred earlier this month, serving as a solemn reminder of the sacrifices made by law enforcement officers who lost their lives in the line of duty. President John F. Kennedy established it in 1962 to honor these fallen heroes, support their families, recognize current officers' dedication, and educate the public on the current challenges faced by law enforcement. Whether through attending an event or offering a kind word or gesture, your involvement in the local community can lead to improved relationships and understanding between law enforcement and the public.



**Iceland Escapades**

Jo and Royce recently spent an unforgettable week in Iceland, a land brimming with natural wonders like lagoons, waterfalls, and glaciers. Despite the unpredictable weather—experiencing rain, sleet, sunshine, and snow in just an hour—they found the adventure thrilling. Their advice? Dress in layers and rent a car for the freedom to explore. They loved the fresh seafood and charming bakeries, and the sparse crowds made their hikes even more enjoyable.



**Healthy Living**

**SUN, FUN, AND SUMMER SAVINGS: 5 THRIFTY TIPS FOR SUMMER TRAVELING**

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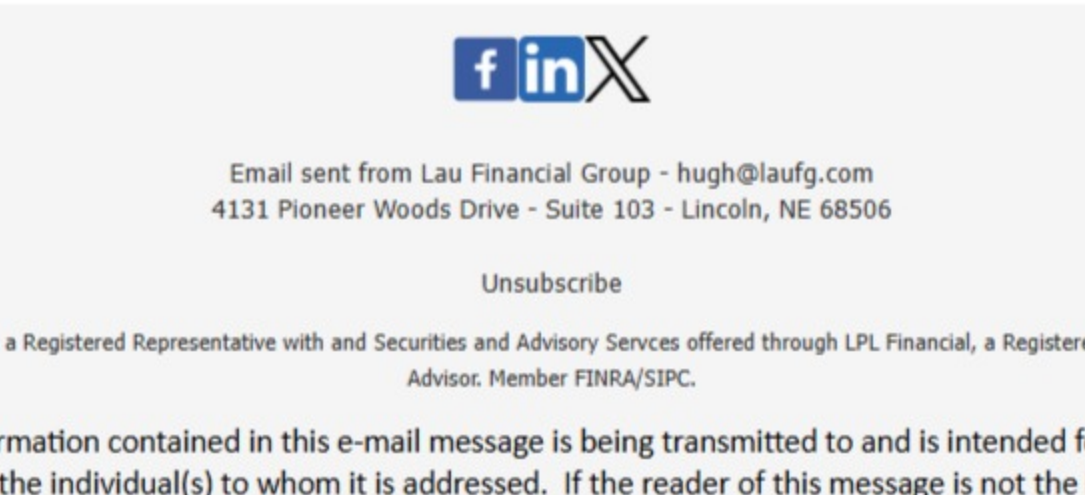
**Health-Conscious Corner**

**Steak Lettuce Wraps**



Steak lettuce wraps are a delightful fusion of flavor and health, perfect for those seeking a nutritious and satisfying meal. These wraps are a low-carb alternative to traditional meals, packed with protein and essential nutrients. And you can add colorful vegetables, such as bell peppers and cherry tomatoes, to add a burst of antioxidants and vitamins. Perfectly balancing indulgence and wellness, steak lettuce wraps are a guilt-free pleasure that leaves you feeling energized and satisfied.

[Get the Recipe](#)



There are endless possibilities that await you beyond the horizon. The world is brimming with opportunities, adventures, and experiences just waiting for you to seize them. Why wait any longer to embark on your journey? Start today and unlock the door to discovery and excitement!

Best wishes,

Hugh & Jo

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