

OCTOBER VOLUNTEERS OF THE MONTH

JEN & JOHN GLADMAN

What we like best about volunteering at Colony Cats:

The fact that Colony Cats is all-volunteer. We're all working together for a purpose (not a paycheck), so we're all on the same mission – Team Cat. It provides a real sense of community.

Our pets at home:

We have seven pets! We have five cats – **Arya** (16), **Butters** (14), **Nibbler** (14), **Munch** (4), **Pickles** (3), and two dogs – **Bernie and Zelda** (both 10). We have a big enough house where everyone has their own space (and a dedicated cat room!). Arya, Munch, Pickles, and our late Evey are all from Colony Cats.

What we'd like you to know about us:

We're child free by choice (so we can have all of these sweet animals!) and are working towards FIRE (financial independence, retire early).

Where you can find us when we're not volunteering for Colony Cats:

We both work in IT at Nationwide Insurance, but we also have a number of hobbies – skiing/snowboarding, Jen practices hot yoga, John plays golf, riding our scooters (Jen has a Honda ADV 160, John a Yama Xmax 300), kayaking, biking, and anything else that keeps us active.

Dogs or Cats Rule?:

Any animal that isn't a snake rules! No snakes :(



What's your advice to a new Colony Cats volunteer?:

Always keep in mind that the work you do to help the cats matters – it matters to your fellow volunteers, it matters to your community, and most importantly matters to the cats. The routine can feel hard, and there will be days you don't feel like it, but you do it anyway, for the cats. You will never regret the time you committed.

Your unique Q&A, thoughts, or favorite saying:

Q: What's your favorite healthy living tip?

John: The most valuable currency of your life is your attention – spend it wisely

Jen: Get 7-8 hours of sleep every night in a dark, cool room

