Deeply Committed to Helping Those in Need

Volunteer Matthew Owen with his Bright Spots Teagan and Liam

I am currently semi-retired, working part time at my wife's veterinary hospital. Since the age of twenty-one, I have volunteered my time visiting the elderly. When I came to live with my now wife Nancy at the age of twenty-eight, I had the opportunity to get my dream dog, a pure-bred German Shepherd. I immediately started work with a professional dog trainer. She advised me to socialize him as much as possible. That's when I decided to combine two loves of mine: visiting the elderly and bringing along my new German Shepherd, Luther. I also brought my wife's dog Lindsay, a seven-year-old Chesapeake Bay Retriever, on these visits.

Luther and Lindsay were an immediate hit. During my weekly visits to the Lathrop Home in Northampton, Massachusetts, I heard many heartwarming stories of people's past pets, usually cats and dogs, which I found to be extremely interesting: stories from now ninety-year-old people fondly remembering their families' first dog from when they had been six or seven years old. Despite more than eighty years having passed, people would still remember their first dog so very fondly. German Shepherds, being far more common than my wife's Chesapeake, provided even more memories for many. Some remembering how their families'
Dear Friends,

I began writing this message at the commencement of 2020, a new year with an exciting plan for Bright Spot after it had just completed its 15th year of operation. We stood poised to enter a new decade of bringing comfort and caring to those who need it most, strengthening our existing programs in healthcare, education, and business environments, and creating new programs wherever therapy dogs can be of help. And then the Coronavirus hit the world. It was hard for our dedicated volunteers to do what we all have had to do, to stop our work and stay at home. Therapy dogs offer comfort, companionship, and stress-relief to those in need. At this time, what these special dogs do so well had to be withdrawn from the very people who need it most. Our Board of Directors contacted our 250 members and officially shut down visits and future training classes for the safety and well-being of all involved until further notice.

We are a strong organization here at Bright Spot and we will not be deterred. As an organization, we look ahead to the future, as we always have done. When our world is past this pandemic, Bright Spot will be ready to carry on our meaningful work. Our strategic plan is in place to ramp up our training and evaluating capacity to meet the increased demand for certification from the many applicants who wish to become involved in this meaningful work. New therapy dog teams are needed to service our programs in assisted living, hospice, adult daycare, hospitals, group homes, schools for learning and behavioral disabilities, and pre-schools through colleges.

Our volunteers are very special people. They care deeply about those in need. And they love their dogs. They know the comfort and companionship they receive from their dogs and are dedicated to helping others through the human-canine bond. In our annual issue of Bright Spot News, we offer our readers a glimpse into the amazing work our certified Bright Spot therapy dog teams are doing to help those in need. In this issue, you will read about one volunteer who has dedicated the past 36 years to visiting with his therapy dogs, a brand new volunteer just starting out, a retired nurse who is back visiting the hospital where she worked with her therapy dog, and several more. Each write-up holds a special message of caring for others. At this difficult time, we hope you find comfort, too, in reading about our special volunteers.

Warmest regards,

Cynthia Hinckley
Founder and Executive Director

Certify your dog with Bright Spot Therapy Dogs...

Deeply Committed to Helping Those in Need continued

German Shepherd protected them as children and were always their loyal companions.

Luther, weighing over 90 pounds, was as gentle as a lamb. I encountered more than a few people over the years who were intimidated by him. Many had previous bad experiences with the breed, or often just had misconceptions about the breed. I felt very satisfied in demonstrating through Luther that a well-bred and well-trained German Shepherd was not to be feared. My association with my wife’s veterinary practice provided me with much understanding of many dog breeds. So, when someone mentioned their babysitter when they were seven years old in Newfoundland was a 150-pound Newfoundland dog that would neither let strangers into the yard nor let a child wander out, I understood. And this was an 80-year-old memory, told as vividly as if it were yesterday.

Over the years I owned fifteen different dogs: six German Shepherds, four Chesapeake, one Miniature Schnauzer, one Jack Russell Terrier, one Greyhound, and now two French Bulldogs. Each dog brought something unique to visits. Perhaps the nicest, most heartwarming statement given to me was when an eighty-eight-year-old lady watched Chelsea, one of my Chesapeake, sleeping on the floor in Rockridge Community’s TV room. She said, “That dog makes this place feel like a real home.”

If I had a nickel for every thank you over the years given to me and my various canine friends, I would be quite wealthy. One man, whose brother had just passed, came to me with tears in his eyes and said, “Thank you, thank you for visiting my brother. He loved your dogs and your visits.” What is more important in life than to reach someone so deeply who is alone and feeling isolated?

I have had that privilege for the past thirty-six years with my wonderful canine friends.

Deeply Committed to Helping Those in Need...
PAYING IT FORWARD
Adopting a Pet with a Purpose
by Paula Goudreau

When I decided that I wanted to get a dog, I had in mind specific criteria. Small, relatively young, didn’t shed and great personality. As with many pet adopters, we look to rescue shelters both locally and online. There are plenty of animals who are looking for their forever homes and sadly, many never get that chance.

As I began my search, I didn't realize how challenging it would be to find and ultimately be chosen as the dog parent of choice. In addition to the criteria that I had in mind for the “perfect” dog, I also knew that whoever he or she would be was also going to serve a purpose, their second chance at life and to share that with others. This dog was not going to be a ‘trophy’ dog that just stayed in the house and went for the usual walks. No, this dog was going to be a therapy dog bringing smiles to everyone he or she met while enjoying the good life.

After several attempts to adopt, I knew that the one for me was still there. And yes, she was! I don’t know what it was about her, her big dark eyes, or her story of her life on the streets, but I knew when I saw her picture and read her bio, that she was the one.

And so, the story of Ellie (formerly Marissa) began. I was able to Skype with the rescue center, Hooves and Hounds Rescue and Rehab in Sheridan, Texas. She had the personality that didn't match her size. She was playful and the life of the party. I knew right away that she was going to be a great therapy dog bringing smiles and joy to others.

Despite her rough life, one that I will never know, she holds no grudges and loves everyone she meets. She is kind and gentle, patiently waiting for someone as they walk down the street so that she can meet them. Or, she makes herself small for little children so that they can be big and pet her.

She has left Houston behind in her rearview mirror and has never looked back. Her story is not unique, as many share the same sad story. Only hers has a happy ending. She loves being a therapy dog. She knows when and how to make people smile, after all who doesn’t love a pretty little face.

She loves all her Bright Spot Therapy dog friends and misses seeing them more often. She is the ideal dog for this role, and I am so glad to be able to bring her happy face, wagging tail and big wet kisses to pay forward her genuine love and happiness for all. As we all appreciate our pets, it is at a time like this that we can understand the positive impact that our therapy dogs provide during their visits to those who need it most.

Ellie today
I have always believed in the therapeutic benefits of spending time with dogs. After initial basic training for my mini bernadoodle Mojito, her sweet demeanor convinced me that she would be a great therapy dog. We completed our training with Bright Spot Therapy Dogs in December 2017 when “Mo” was 1½ years old. We then began weekly visits at the memory unit at Ruth’s House in Longmeadow, Massachusetts. Initially, Mo was timid, but now prances into the unit as if she owns the place. The residents smile and laugh when they pet her, while Mo kisses them and puts her head on their laps. The residents recall stories and happy memories about their own childhood pets. It brings me great comfort and joy to listen to their laughter and stories. Mo has a “business card” complete with her picture, favorite activities, and greatest accomplishment (which is riding ocean waves). Some of the residents are so attached to Mo, they keep her card in their purses and proudly display it during our visits.

Mo and I have also been visiting Baystate Medical Center for almost two years. Mo has become very comfortable with the hospital staff and environment. She struts around the floor with her tail bolt upright and shows a huge smile. Both the patients and staff have told me that Mo is a tremendous stress reducer. Mo brings happiness to the patients in addition to providing a non-illness related focus for conversations about Mo or their own pets. Many patients have verbalized that a visit with Mo was the best part of their week. While it is rewarding to know that Mo provides comfort and distraction to patients and caregivers, there is no doubt she receives just as much pleasure from these visits. Later this year, Mo is planning to visit with students at the Kensington International School in Springfield.

Olive, my Australian Cobberdog, and I have been Bright Spot Volunteers for four years now. I first learned about the Bright Spot Therapy Dog program through Megan Marshall, owner of Cadence, a full sibling to Oliver. Australian Cobberdogs were developed to serve as service and therapy dogs and are bred for their temperament, sensitive nature, and intelligence. In addition, they are non-allergic.

Volunteering for Bright Spot seemed like a natural fit for me as a professional psychotherapist. I welcomed the opportunity to meet with people in a variety of settings. In particular, Oliver and I enjoy volunteering events such as visits to The Soldiers Home in Holyoke, Massachusetts and visiting college students during midterm and final exams at the University of Massachusetts in Amherst and Bay Path University in Longmeadow.

Our work also takes us weekly to Bradley International Airport in Connecticut where Oliver is a beloved “Bradley Buddy.” He greets passengers, staff, TSA agents, and a host of other folks, providing comfort to travelers. Here are some tales (or should I say “tails”) from Bradley:

• Delighting children with “Oliver stickers” to remind them of their visit.
• Calming passengers with phobias of flying.
• Comforting a woman traveling to see her best friend whose son was killed in a motor vehicle accident.
• Speaking to an interesting woman who works for the United States Humane Society on her way to see lab chimps being released for the first time.
• Learning that a frequent traveler has a photo of Oliver on his phone.
• Meeting a woman who uses dog fur/fleece to spin blended yarns.
• Sharing pictures and stories of their own dogs.
• Hearing comments such as “just what I needed today” and “love this program.”

Bright Spot has certainly been a bright spot for both Oliver and me!
Those in Need

I have been surrounded by Golden Retrievers from the day I was born. Literally. Yes, growing up on a farm where two-three litters of Goldens sprang into being each year was the absolute best. School, learning, and being around kids has also been a part of my life for as long as I can remember. As a teacher at a boarding school, I spend my days bearing witness to kids being truly phenomenal. It was, therefore, a natural progression to combine my love of working with children with the joy my Golden Retriever, Buffy, is magically able to conjure just by being present.

In our first two months of working as a Bright Spot Therapy Dog team, Buffy and I have visited an elementary school Reading Buddy Program, a pre-school classroom, an elementary-aged autism classroom, and a veterans’ assisted living facility. Each space is different, but it threaded together with Buffy’s ability to create authentic joy wherever she goes. She is a friendly, completely non-judgmental listener, a cuddle machine who adores getting mobbed. She’s an equal opportunity greeter, making sure she visits everyone in a space. If she could speak, she would greet the kids with the same gleeful shouts that they meet her with every time she starts a visit. Buffy helps people of all ages be fully present and be themselves. It’s an honor for me to be present for such awesomeness.

Volunteers Helping Those In Need continued on page 10
On Sunday November 10, 2019, three Bright Spot Reading Buddy teams had the pleasure of attending a book signing and gallery talk for author Maira Kalman at the Eric Carle Museum. Wayne Desroches and Max, Jennifer Kuzeja and Lucy, and Megan Marshall and Cadence attended the gallery talk mingling with those in attendance. We learned that many of Maira Kalman's children's books have dog themes to them or the artwork includes dogs. We were told that she absolutely loves dogs.

After the gallery talk, we spent the rest of the afternoon interacting and visiting with those in line for the book signing and also others who were simply visiting the museum. While everyone seemed to enjoy the dogs, they were a huge hit with all the young children there. One little boy spent the entire afternoon with the dogs. He shared with us that his own dog had passed away a month ago. We were so pleased that he found comfort hanging out with our dogs and it is a fine example of how our dogs help so many people in so many different ways.

The afternoon concluded with the unexpected surprise of each Bright Spot team receiving a signed hardcover copy of Maira Kalman's book, *Beloved Dog*. What a wonderful keepsake from a wonderful afternoon.

Megan Marshall and her therapy dog Cadence were invited to speak to Girl Scout Troop 12945 in Wilbraham, Massachusetts. This troop of six young ladies, ages 11-12 years old, have been together since kindergarten under the leadership of Betsy Lamb-Fenyes and Deb Rooney. Most recently, the troop has been working on their Animal Helper Badge. On this evening, they learned the difference between service dogs, emotional support dogs, and therapy dogs. We reviewed how service dogs are trained to perform specific tasks for a person who has a disability and that service dogs are allowed, by law, to enter into all places of business with their owner. We discussed that an emotional support dog's role is to provide emotional support and comfort to their owner. They do not have access to all public areas, but they are allowed to fly with their owner, and they can qualify for no-pet housing.

The main focus of the evening’s talk was about therapy dogs and how their role is to provide comfort and affection to a wide variety of people. Therapy dogs are not trained to perform specific tasks but rather they spend time interacting with people to help reduce stress or anxiety or to help lift their spirits. The girls learned that any type of dog can be a therapy dog as long as they have a calm and affectionate temperament and that they have learned their basic obedience skills along with being well socialized. We also reviewed the many different types of places that therapy dogs do their work such as in schools, libraries, hospitals, nursing homes, airports, and funeral homes to mention just a few. The highlight of the evening though, was that the girls and leaders got to spend time interacting with Cadence during the talk and at the end giving her some cookie snacks. The troop asked many good questions about therapy dogs and having a dog as a pet in general. At the end of the presentation, the girls took a pop quiz on the difference between the three types of helper dogs that were discussed, and they all passed with flying colors.
A therapy dog team is comprised of two essential teammates, the handler and the dog, connected by a leash. Both ends of the leash are equally important and preparing your dog for a successful and rewarding experience of visiting with you can be very gratifying.

SOCIALIZE YOUR DOG: Take your dog anywhere dogs are allowed and introduce your dog to as many people and dogs as you can. When doing therapy dog work, your dog will meet many different kinds of people.

PRACTICE GREETING PEOPLE: Practice having your dog greet people of all ages, shapes, and sizes in a friendly but controlled manner.

TAKE A CLASS WITH YOUR DOG: Puppy Kindergarten (if you have a puppy) and Basic Obedience are great classes to take. Not only will you and your dog learn and practice skills, taking a class with your dog strengthens the bond between you and your dog, and provides stimulation for your dog. Taking additional classes with your dog can serve to strengthen that bond and may help solidify your dog’s skills.

PERFECT BASIC OBEDIENCE SKILLS: Practice basic obedience skills in a variety of locations. Work on SIT, STAY, DOWN, HEEL, and LEAVE-IT in the parking lot outside a grocery store, town library, and any place that allows dogs. Working on basic skills with your dog in different locations ensures that your dog knows his skills and will respond to you across environments. This is important when embarking on therapy dog work.

Above all, have fun with your dog. Be patient with your dog and with yourself. The journey of training your dog for therapy dog work will not be perfect, but it will be exciting and well worth the time.
Cooley Dickinson is pleased to announce that patients needing the services at the Mass General Cancer Center at Cooley Dickinson Hospital can now have a visit from a therapy dog.

At Cooley Dickinson, we recognize that therapy dogs can provide positive interactions, comfort, and stress relief for patients. In addition, staff find the therapy dogs a welcome presence during their busy day.

In August 2019, Cooley Dickinson began a pilot therapy dog program for those receiving infusion treatments. These patients are often receiving treatment for four hours or more. Staff and physicians carefully considered the benefits a therapy dog team could provide and determined that it would be a positive experience for patients.

Always mindful of risk and infection concerns, the new program was carefully reviewed by hospital staff and physicians. There was a particular concern about how to respond to patients who might be afraid of dogs, as we recognize the importance of ensuring that all patients feel their needs are respected. Cooley Dickinson piloted the program with our most seasoned team, volunteer and therapy dog handler Sydney Flum-Stockwell and her dog, Oscar.

“There is a quiet aspect to the center as patients have settled in to receive infusions,” notes Sydney.
“Often the patient has a friend or family members with them to help pass the time.”

“Our visits can be a welcomed respite for everyone, including the staff. Most people are sitting up rather than laying on a bed and are easily able to watch Oscar do his tricks and to give him treats. We chat about our pets, past and current ones, the weather, or about something else entirely, but the conversations flow.”

A survey of patients during the therapy dog pilot indicated positive feedback. All of the patients surveyed said they would recommend having therapy dog visits in the cancer center, even if they themselves were not interested in a visit. As result of the positive feedback, we added another therapy dog team of Astrid Lindstrom and Jonah to the Center.

When asked about her experience at Cooley Dickinson, Astrid says, “When my wife was struggling with stage 4 ovarian cancer, our dog Jonah was one of her most devoted caretakers. He sat on her lap in the recliner and snuggled with her in her hospital bed. Now each time we approach Cooley Dickinson Hospital to work at the cancer center, Jonah cries with excitement. We’ve started seeing some of the same patients there, visit after visit, who exclaim as soon as they see us, ‘It’s Jonah!’ I think he remembers consoling my wife in her illness as he consoles these patients in theirs.”

These two Cooley Dickinson therapy dog teams have made a wonderful difference in the lives of patients, and they bring their special brand of joy to other patients hospitalized at Cooley Dickinson as well. Cooley Dickinson and the community have benefitted from the incredible work done by Bright Spot Therapy Dogs, the talented handlers and their amazing dogs. 🐾

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Newton School Donates to Bright Spot
by Marianne MacCaffrey

Bright Spot Reading Buddy Emma Pickle is a lucky Golden Retriever who gets to visit the Newton School in Greenfield, Massachusetts once a week with her teammate Marianne MacCaffrey. She listens to the third graders read, visits classrooms, the Nurse’s Office, and always has a special hello for the Principal.

Penny Wars is an annual event at the Newton School. Each year every class selects a charity to support with the hopes of winning Penny Wars and making a donation to that charity. This year the Kindergarten teachers and students selected Bright Spot Therapy Dogs as their charity. They won! A generous donation of $1000.00 was sent to Bright Spot Therapy Dogs with love from Newton School. Thank you, Kindergarten and the entire Newton School family! 🐾
As a retired RN, I wanted to continue to help patients who had suffered strokes, brain or spinal cord, or other injuries. By bringing Jamie, my Bright Spot Golden Retriever, to Mt. Sinai Hospital I was able to do just that. Patients, family members, and staff all respond to Jamie’s friendly, yet gentle nature. I have seen people who were unable to speak begin to talk to Jamie. By reaching out to pet Jamie patients are able to stretch affected arms and hands. Sad faces brighten when they are approached by a friendly dog. Many people, patients, family, and staff members frequently tell me that seeing Jamie is the best thing that has happened to them all day. I have been greeted in the hospital parking lot by family members who remember Jamie’s name and who tell me their family member is still talking about last week’s visit! From the moment I enter the gym area where patients are receiving therapy, I am greeted by cries of “Jamie, over here!” Sad faces brighten and Jamie is greeted in English, Spanish, Polish, and other languages, all of which he responds to with a wagging tail. People frequently ask if Jamie can spend the night with them! Therapy Dogs like Jamie provide much needed stress relief to people who are ill or injured, as well as to the hard-working nurses, doctors, and therapists who treat them.
Thank You to Our Donors  
2019 Annual Report of Giving

We extend our deepest appreciation to our donors, foundations, and sponsors. Thanks to your continued support, we have reached our 15th Anniversary, and with your help, we look forward to continued growth as we build on our legacy of providing wellness to people of all ages through visits from our highly trained therapy dog teams. From all of us at Bright Spot Therapy Dogs, Thank you! Your gift has made a difference in the lives of many.

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  In honor of Michelle Karb
- Michelle Karb  
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- Jake Toomey  
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- Dorothy Surgeon  
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  In memory of Steve Greenberg’s father
- Michelle Karb  
  In memory of Stanley Locke

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- David Thomson, DVM, and Staff  
  In memory of Gayle Fitzgerald and in honor of all her beloved Aussies, past and present
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  In memory of Roy Rule
- Pat Vittum and Laurie Brocklesby  
  In memory of Gayle Goodwin

In Memory of Special Pets

- Katherine Johnson Atkinson, MD  
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  In memory of Brandy and Moonshadow
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- Bonnie and Daniel Engelman  
  In memory of Charlie
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  In memory of Lucy
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  In memory of King
- Diane Gould  
  In memory of Trevor
- Al and Cynthia Hinckley  
  In memory of King and Lily
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  In memory of Abby
- Cynthia Hinckley  
  In memory of Milo
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Donations reported here run from January 1, 2019 through December 31, 2019. All donations received after December 31, 2019 will be reported in the 2021 issue of Bright Spot News.

www.bright-spot.org
Bright Spot Therapy Dogs
P.O. Box 132
Leeds, MA
01053-0132

Kodi
Siri
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www.bright-spot.com

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on how to become a
Bright Spot Therapy Dog Team
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