Bright Spot Bright Spot Bright Spot

2024

Proud to be an American Kennel Club recognized Therapy Dog Organization



The Annual Publication of Bright Spot Therapy Dogs, Inc.

Celebrating 20 Years!

For the Love of Velvet and Bright Spot Therapy Dogs by Patti Tibbetts



ooking for a new sense of direction after a 35-year career in teaching was daunting. A sense of trepidation and anxiety began to creep over me as my teaching companions asked, "What are you going to do when you retire?" At first, I wondered how to answer their question. Then I came upon this quote by Henry Miller: "One's destination is never a place, but a new way of seeing things." Calm came over me, and I was ready and excited to explore anew.

A local vet gave me a heads-up about a breeder of Cavalier King Charles Spaniels who was looking for someone to work with her 41



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MISSION STATEMENT

Bright Spot Therapy Dogs, Inc. is a registered 501 (c)(3) non-profit organization dedicated to placing well-trained certified therapy dog teams in meaningful programs that provide comfort and caring through the human-canine bond. Our special volunteers serve in a wide variety of settings including hospitals, nursing homes, hospice, schools, libraries and other facilities where therapy dogs are needed.

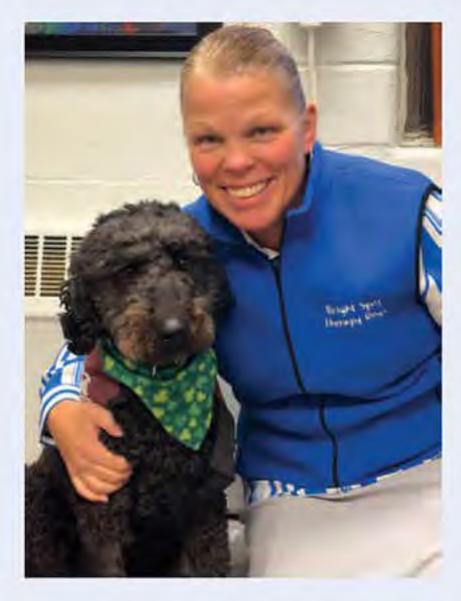
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Bright Spot News is published annually.

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Certify your dog with Bright Spot Therapy Dogs...



Dear Friends,

When Bright Spot's founder, Cynthia Hinckley, had a vision for a nonprofit therapy dog organization, no one dreamed how successful the organization would be 20 years later.

While we know that our moods improve, we are calmer and more focused, and life is overall better with dogs, research has shown that being in the presence of a dog can reduce blood pressure, increase feel good hormones like oxytocin and serotonin, and reduce

harmful hormones like epinephrine, evidence that something physiological is happening when we spend time with dogs. As science continues to prove what doglovers already know and understand — that being with dogs makes us feel good — more facilities and organizations open their doors and their hearts to the work of therapy dogs.

To keep up with the demand for our services, we held 11 full training courses in 2023, trained 104 therapy dog teams (a nearly 8.5% increase over 2022), and added two evaluators, one in Vermont. We have 11 training courses currently scheduled for 2024, and we will likely add at least two more. In 2023, we also focused on increasing our community outreach to share our mission and story with others and to recruit potential volunteers. Led by Assistant Director Nancy Ronan, in addition to our 12 College Stress Relief Events, we participated in 15 other community outreach events, including festivals, parades, and presentations at public libraries and senior centers.

While annual College Stress Relief Events, our Bradley Buddies Program at Bradley International Airport in Hartford, Connecticut, monthly Holyoke Veterans' Home Group Visits, our Reading Buddies Program, and the implementation of system-wide therapy dog programs in public school districts tell part of Bright Spot's story, it is the consistent work of our dedicated volunteers as they selflessly share their dogs and their time with nursing home residents, hospital patients, public and private school students, wary travelers, mourners at funerals, and anyone who needs them that more clearly tells our story.

In this 20th Anniversary edition of *Bright Spot News*, we hear from one of our founding members who is still visiting with her therapy dog, recognize and highlight 20 of our dedicated therapy dog teams, and hear from another founding member about why she continues to donate to the organization 20 years after its inception.

As we recognize the first 20 years of Bright Spot Therapy Dogs and look ahead to the next 20, we thank our donors for continuing to support our work and helping us live our mission, providing comfort and caring through the human-canine bond. Our organization would not be possible without you.

Warmest regards,

Michelet. Kouls

Michelle T. Karb Executive Director - Continued from page 1



Patti and Velvet visit with college students

Cavaliers. I jumped at the opportunity, and that decision led to many wonderful experiences with the dogs. Ravin was a black and tan Cavalier that was about to give birth, but she was in trouble. One potential newborn was stuck in the birth canal and had been so for almost a week. To my surprise, the vet retrieved a tiny black pup, sleek, shiny, and velvety. It was handed to me to rub and warm and get breathing, which I did pronto, and I exclaimed, "Look how velvety she is!" Thus my Velvet came into the world and into my arms.

I then met Cynthia Hinckley, founder of Bright Spot, who came to visit with the Cavaliers, and my interest in Bright Spot was piqued. After Velvet and I completed the Bright Spot Therapy Dog Training Course and passed the evaluation, I learned about a member of Bright Spot who visited at Cooley Dickinson Hospital and she agreed to have Velvet and me shadow her when she made her rounds at the hospital with her dog, Trevor. I knew this would be the perfect fit for Team Velvet and Patti.

Velvet was perfect during those visits - I trusted her to be polite, mannerly, and quiet. With all the visits we made at the hospital, I was so very proud of Velvet, and it gave me great satisfaction to watch her prance lightly about at the hospital like a Tennessee Walker, head high and eyes riveted on the whole scene as she moved smoothly about the corridors and patient rooms. We were laying the groundwork for future therapy dogs becoming part of the therapy dog program at Cooley Dickinson.

When a patient wanted Velvet close up, I would place a clean sheet on the bed of the patient and place her on it. That allowed the patient to be "hands-on" which both Velvet and the patient loved. And Velvet would cuddle in and snooze, often adding a snore or two of total pleasure. Velvet also did her bit by stopping at the nurses' stations for hugs and a few pats on the head.

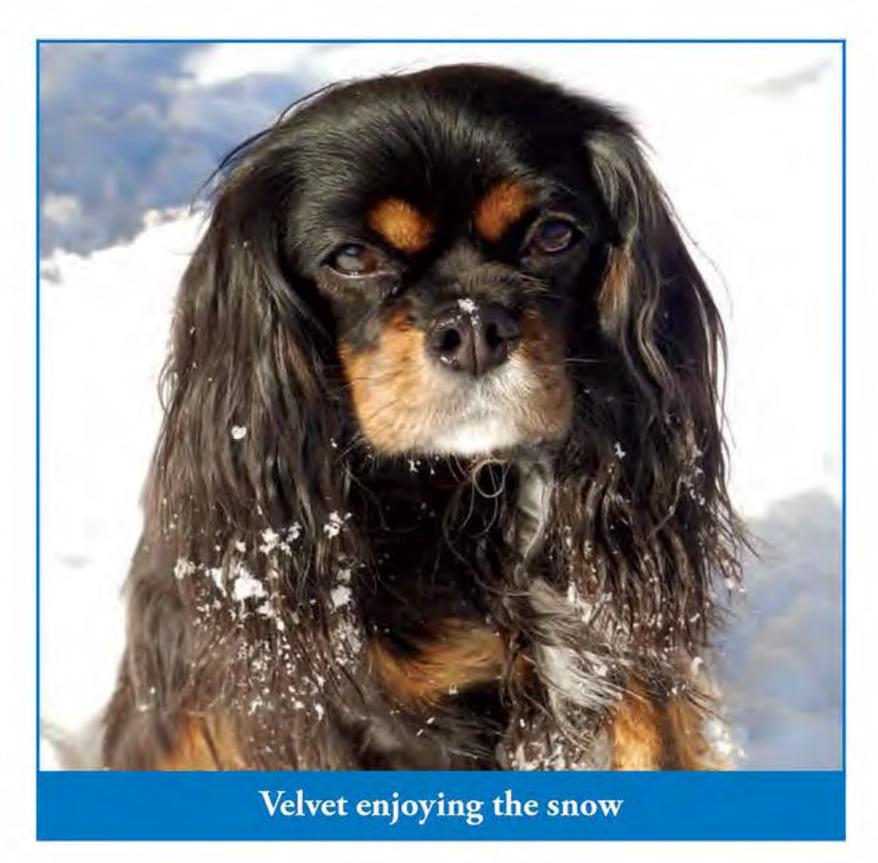
Once during a visit, I entered a patient room and asked if the man wanted to have a therapy dog visit him. He quickly said, "No," but his wife said she would like to have a visit with Velvet. It took a bit of time, but soon the reluctant patient was close up to Velvet, caressing her soft fur, and he said, "You know, I must agree with you. Velvet is helping me to feel calm and peaceful. Thank you for coming to visit." And on another occasion, a family followed us down the hall and asked us to visit a relative who was near her end, and missing her own dog. Velvet made her gentle stopover, and the visit was wonderful for everyone, providing comfort.

Team Velvet and Patti also visited with college students at Bright Spot's College Stress Relief Events. Because Velvet was a tiny 14-pound pup, I provided a chair for her to sit on for a better view of all who came to cuddle her. Great success! Students looked forward to visiting with Velvet and the other Bright Spots at these events.

Now Velvet's spirit walks with me through life to share the bright spots in someone else's life. I will always remember the joy and peace she gave me and still shares with me and those who loved to meet her, touch her soft and velvety fur, and gaze into her caring and inviting eyes while she visited as a Bright Spot.

In addition to my therapy dog visits with Velvet, it has been my pleasure to serve on the Bright Spot Therapy Dogs Board of Directors as the Membership Coordinator. Once a team has passed through its training and evaluation process, it is my job to send each new team a Welcome Email and mail them their certification materials. Every May, I stay in touch with all Bright Spot members to facilitate annual certification renewal. I enjoy being in touch with all our Bright Spot volunteers and enjoy my role as a Board member.

Thank you, Bright Spot Family, for the love and for supporting Team Velvet and Patti.



Poodles Provide Comfort by Diane Houston

s one of the original Bright Spot Board members, I was thrilled when Tristan, my first standard poodle, convinced me that I needed to share his ambassador-like personality with others. In 2006, Tristan and I became a certified Bright Spot Therapy Dog Team. Over the years, Tristan and I visited schools, nursing homes, a local hospital, and participated College Stress Relief Events and library reading programs. We worked with children who were on the autism spectrum and with adults who had dementia, and saw first-hand the difference that a calm, affectionate dog could make in a person's day.

Rowan, my red standard poodle, followed in Tristan's pawsteps, becoming certified in 2013, joining an increasing number of Bright Spot volunteer teams. Rowan had a calm, gentle nature. His specialty was one-on-one therapy. For a number of years, we met in a child psychologist's office to help young children overcome their fear of dogs. Over weeks, sometimes months, a child would become comfortable sitting near Rowan, then petting him, and finally taking him for a supervised walk.

In 2017, Jordan my current therapy dog, became a Bright Spot. Like Tristan, Jordan is a silver standard poodle. He makes friends with everyone he meets and happily shares his good cheer by leaning on them. We began visiting at Fort River Elementary School in Amherst, Massachusetts in 2019 with students in general education classrooms and those in special education programs. Hugging Jordan and styling his poodle poof are two favorite activities of his young friends.

Another opportunity to visit with students arose in 2023 when the director of the BRYT program at Amherst High School contacted Bright Spot to request visits from a therapy dog team. BRYT serves students who are returning to school after medical or mental health absences. Each week, Jordan makes an enthusiastic entrance into the classroom greeting each student and staff member and loving the attention he gets. After making the rounds, he is happy to sit or lie by any student who just needs to chill in the presence of a calm, loving, accepting dog.

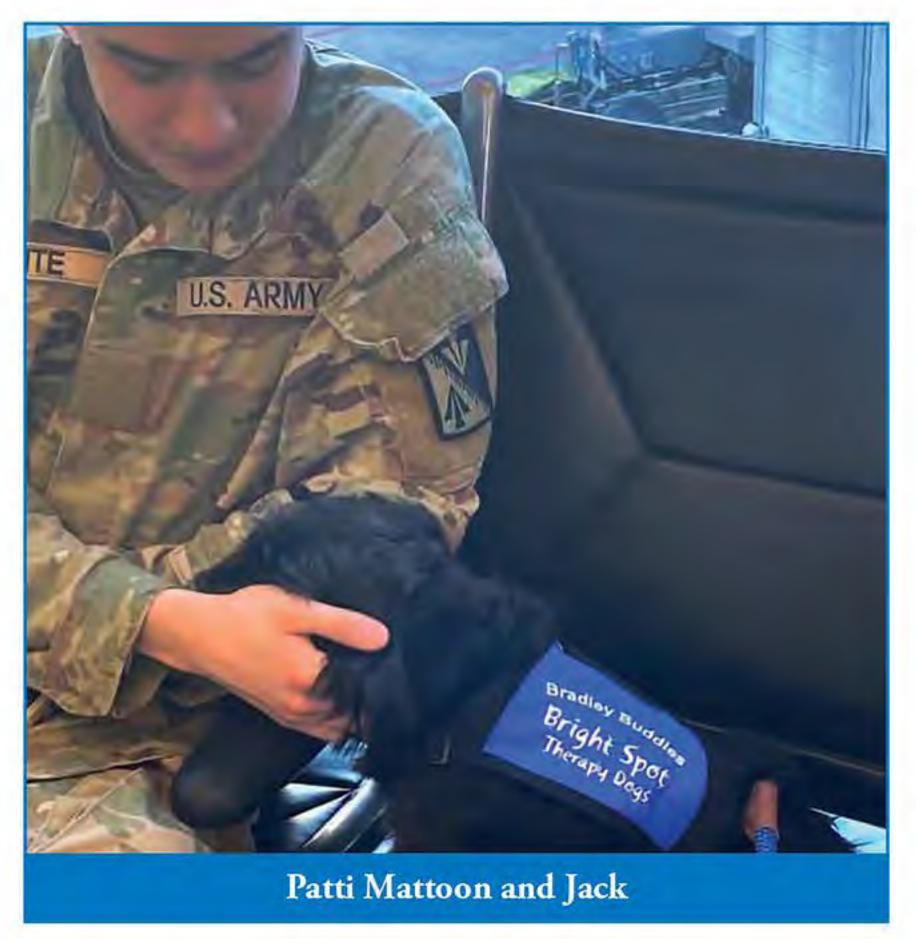
It has been my privilege and great pleasure to be a Bright Spot volunteer these past 20 years and I know my dogs' lives have been richer by being therapy dogs, as they have improved the lives of others. Jordan and I will continue our work of providing comfort to those who need it most.



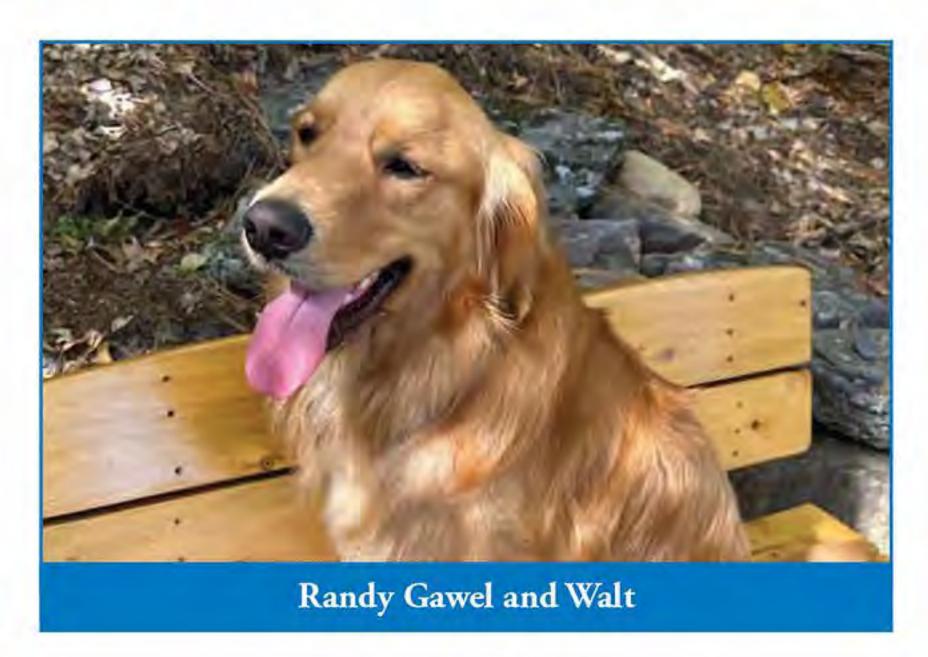
Celebrating 20 Teams



Meet Oaklee, the adventure-loving therapy dog who's always ready to wag his tail and spread some joy! He is a college connoisseur, sniffing out stress and bringing smiles to college students. When he's not on campus, you can find him exploring new places and taking lots of naps. Oaklee's motto: Life is ruff, but with a furry friend by your side, it's always better!



Jack cannot help his tail from wagging and his whole body jumping for joy at the sight of his Bright Spot volunteer vest. He is running to the door as soon as he sees it. We visit the Birches Memory Impaired Room at Genesis in Agawam, Massachusetts on Tuesdays. These scheduled weekly visits are in their newsletter as Tuesdays with Jack!! We are getting to know all of the women by name as they sit and wait their turn for Jack to sit on their laps. We are also part of the Bradley Buddies Program at the airport in Hartford, Connecticut. Again, he has a constant tail wag and greeting for everyone at the airport!



Walt has been a certified therapy dog for almost a year now. He loves going into the Orange East Supervisory Union offices in Vermont to see all the folks who work there and brighten their day - and to get treats. Walt visits all seven schools in the district at various times throughout the week and enjoys his time there seeing students the most. He's especially good with kids who are really having a tough time and seems to sense that they might need a little extra snuggle here and there. Randy Gawel is Walt's chauffeur and constant companion, but as you might suspect, folks are generally far happier to see Walt the Golden Retriever than they are the superintendent.



Finn is a two-year-old mixed-breed pup from Alabama. He came to the Lund family in October 2022 after a tumultuous start at life. His favorite activities include sleeping on the couch, chewing his treasured bone, running around with his canine sister, Charlotte, in their yard, and being a Bright Spot Therapy Dog at Blue Mountain Union School in Wells River, Vermont. He helps calm frustrated, sad, and anxious students, provides a non-judgmental listening ear, provides breaks from the stressors of a typical school day, and makes the K-12 school an overall better place to work and learn. He is a very smart boy and loves showing off his skills. He has learned a few commands in Spanish.





Happy visits the Northampton VA to meet our Veterans and the wonderful staff there. She knows when we are going to be visiting and there is an eager spring in her step and extra wags of her tail when we arrive. Happy loves giving kisses and especially enjoys playing roll the ball with the Veterans. It is our great privilege to visit with the brave men and women who have served our nation. We salute you!



Hank is a three-and-a-half-year-old black Labrador Retriever. Hank visits the East Longmeadow Public Library monthly to be read to by children with books of their choice. The exercise of reading to a dog helps improve reading skills. He also visits the University of Massachusetts to provide comfort during the anxious examtimes, and has participated with 5 other therapy teams for the Tim Tebow Prom Night Out for disabled people. Hank was born in New Hampshire to Boonefield Labradors. Boonefield Labrador Breeders specialize in breeding therapy dogs and have donated over 40 puppies to police and school departments throughout the northeast. When he is not working, Hank loves the snow, swimming, squeaker balls, and food!



Freddie is a one-and-a-half-year-old mini Goldendoodle whose specialty is working with elementary aged children. He has been joining his partner, Jessica, at work at Shutesbury and Leverett Elementary Schools since October 2023. Recently, he began a monthly Reading Buddies program at the M. N. Spear Memorial Library in Shutesbury, Massachusetts and looks forward to meeting friends at other local libraries, too. Freddie is full of puppy love and energy (all 18 pounds of hin!) and has worked hard to learn the commands of "hug" (head on a shoulder of a student) and "snuggle" (head on a lap). He is looking forward to his summer vacation where he'll be available to volunteer more in our local communities!



Rae is one-year-old mini Goldendoodle and has a personality that fits being a therapy dog perfectly. She loves to meet and greet people and dogs. We are just starting our adventures in volunteering; so far, Rae has shared her smile and wags at colleges and care facilities and we are open to wherever someone needs us.





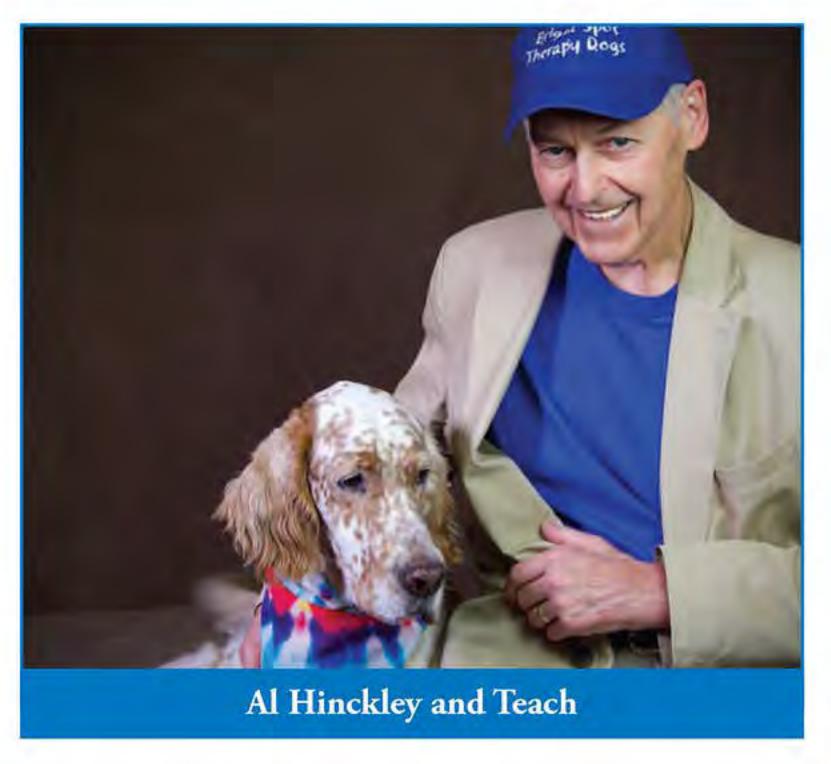
Junie is a one-year-old German Shepherd from Vermont. She came to the Knisley family in January of 2023 as a puppy. Her favorite activities include playing games with her dog brother, Cache, going for car rides, playing with her favorite cat, Biscuit, being involved in everything everyone does at all possible times (How could we possibly do it without her?), and being a Bright Spot Therapy Dog at Blue Mountain Union School in Wells River, Vermont. Junie is just starting her therapy dog career and is excited for what the future holds!



Sake is a nine-year-old Black Lab we adopted when she was one-and-a-half years-old. She loves being a therapy dog in my classroom on Mondays and Thursdays at Algonquin Regional High School in Northborough, Massachusetts. She picks up students' pencils, phones, glasses, or anything else they drop (sometimes on purpose). She shares her giant dog bed with kids who need a little snuggle time and walks the aisles looking for kids who need her to sleep at their feet to offer support. Students from every program in the school know when Sake is "in the house" and come to say hello and bring her treats. She can be seen trotting through the hallways between classes saying hello to everyone she meets and seeking out the teachers who keep a secret stash of dog biscuits in their desks. She participated in a college stress relief event at the University of Massachusetts and hopes to do many more in the future.



Tripp is a two-and-a-half-year-old mini Goldendoodle. His greatest love in life is making people happy. Most of the time, he even looks like he is smiling. His favorite place to visit is the Hampden Senior Center in Massachusetts. He enjoys the blood pressure clinic, pool, quilting, acrylic painting, and especially lifting the spirits of those who work so hard developing these programs. He now also has his AKC Therapy Dog Title. He is everybody's Bright Spot.

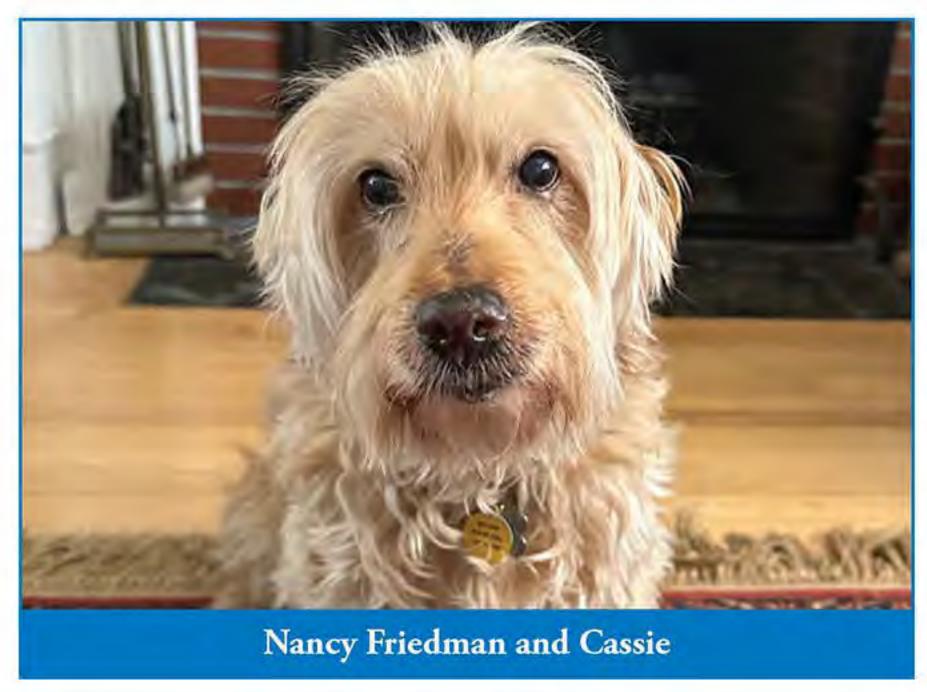


Upon my retirement two years ago, Teach and I became certified as a Bright Spot Volunteer Therapy Dog Team. Teach is a veteran therapy dog, which he demonstrated at multiple events at the University of Massachusetts during high anxiety exam times. Students flocked to interact with him, and he is always low key, with an air of equanimity. We have now moved to South Carolina where we are making visits to a local Retreat and interacting with patients there in the Hospice and Memory Care Unit. Patients are always happy to see him and interact, often recalling their own pets whom they no longer can see. These types of interactions are therapeutic for us all.





Karma visits East Village Place in East Longmeadow, Massachusetts every week. At this senior living community, she makes her rounds through the building gathering smiles, hugs, and pets from the residents. She loves to visit some people in their rooms and see others in the general areas. Her easy-going, mellow personality makes everyone happy to see her.



Found wandering on the hot summer streets of Houston in 2010, Cassie was mercifully rescued by Shaggy Dog Rescue. This Benji lookalike was carefully and lovingly nursed back to health and vigor over the next year in Springfield, Massachusetts, and then found a loving home. Since Cassie's owner had training with her previous dog, Pepe, in Minnesota with a program called Reading Buddies, she thought Cassie would be a perfect successor because of her gentle and calm demeanor. Cassie had just passed the AKC's Canine Good Citizen program and when introduced into the reading program with elementary school children, she became a star. Cassie and Nancy joined Bright Spot Therapy Dogs. First and second graders loved sitting on the floor and reading to Cassie (except for the times when Cassie fell asleep on their page). Twice a week, Cassie visits a large urban elementary school and delights senior citizens on her visits to several assisted living centers.

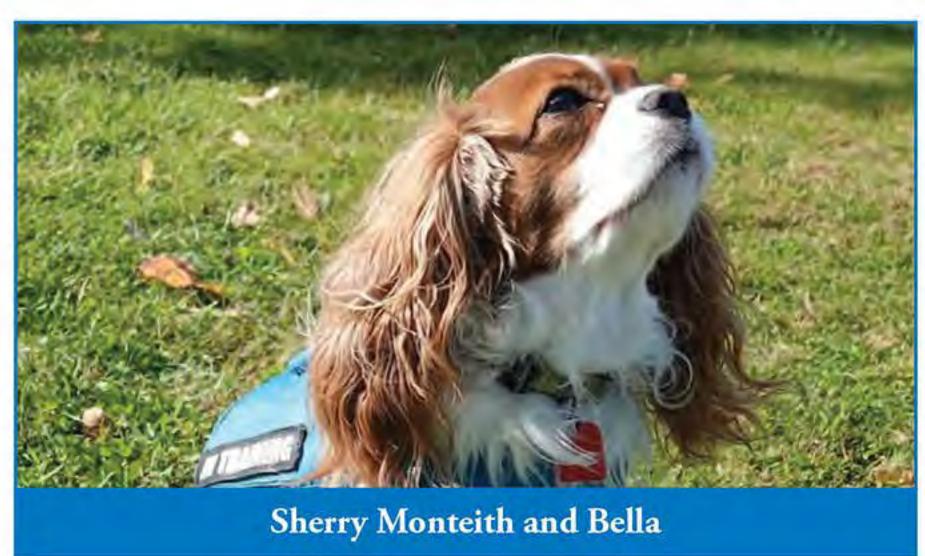


Willie is an Australian Shepherd and he will turn six this June. He has been a Bright Spot since he was old enough to apply for certification and absolutely loves his job. For an Australian Shepherd, he is very calm and unflappable - and very handsome. He is not much of a barker and loves being with people. He loves visiting at Bradley International Airport in Hartford most of all. He especially enjoys frequenting our local Starbucks after his stint at the airport and sees many local friends there. He is a wonderful teammate and I love visiting with him and sharing his happy attitude towards life.

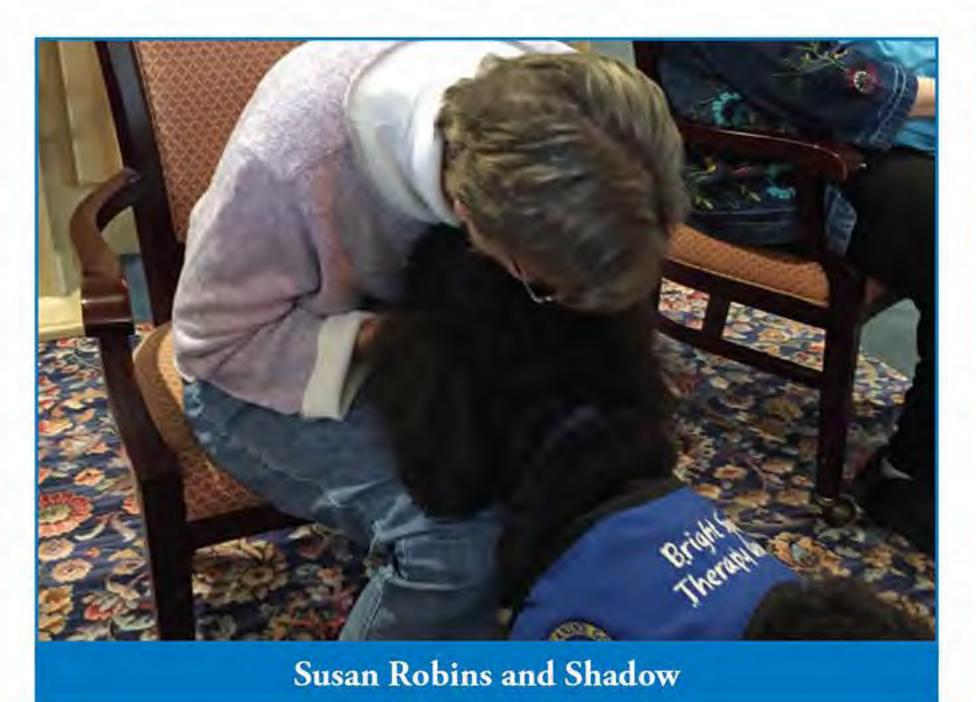


Walter loves his visits at Charlene Manor in Greenfield, Massachusetts. He is starting to remember which nurses and residents particularly look forward to seeing him, and he seeks them out with an enthusiastic wag and a smile. If someone is needing comfort during a difficult moment, he seems to know it's time to sit down for some quiet pats. He loves his new job!

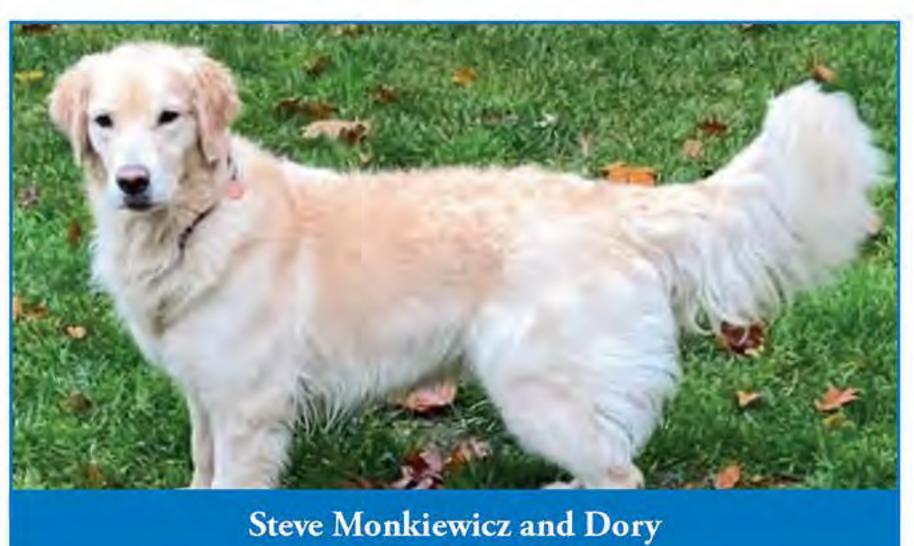




Bella is just getting started working in the community with survivors of the mass shooting that took place in Lewiston, Maine on October 25, 2023. She and I are volunteering our time to work in the evenings at the Resiliency Center supporting first responders, families, and children who have lost loved ones. Bella worked with me in private practice from 2019-2022. Now we are waiting for clearance to begin working at McMahon Elementary School. Bella loves all people - small, big, and in-between. She gives the best hugs and can sense when someone is feeling sad or anxious. She is always willing to offer caring support to those she visits and holds space for those who need her warmth and friendly wag of her tail. We are looking forward to offering our services as therapists within the community of people who are resilient and healing together.



For more than eleven years, Shadow and I have been providing companionship and support to hundreds of older adults living in assisted living and memory care communities in Greater Boston. Since he was a puppy, Shadow has been drawn to people with walkers and wheelchairs (especially because he loves to nibble any crumbs that may have fallen from breakfast)! It is so rewarding to see the joy that Shadow's visits bring to seniors who suffer from dementia, Parkinson's disease, and other debilitating illnesses. We are grateful to Bright Spot Therapy Dogs for enhancing both of our lives - and the lives of so many seniors.



Dory knows when we arrive at a college or university campus for midterm or final stress relief events, Bradley International Airport in Hartford, or The Veterans' Home in Holyoke, Massachusetts that she's there to help someone get through a stressful situation or deal with anxiety. Dory and I have had many heartwarming encounters with students, travelers, and Veterans. She seems to know intuitively whether they need her to lay her head in their lap, lend a friendly paw, or roll over so they can give her a belly rub. Once, she even lied down next to a woman who had fallen at Bradley and kissed her on the nose! Our goal for every visit is to create at least one bright spot in someone's life. Dory has always exceeded our goal; I'm just the guy at the other end of the leash following her lead.



Betty is an eight-year-old Labradoodle. Along with spending three days each week working at the Melican Middle School in Northborough, Massachusetts, she also enjoys attending college events with her canine sister, Sophie. College students enjoy interacting with both dogs together, telling them about their stress and about how much they miss their own dogs. These

college visits provide a nice change of pace for Betty and much-needed

support for students and staff.

Thank You to Our Donors 2023 Annual Report of Giving

We extend our deepest appreciation to our donors, foundations, and sponsors. Your generous support enables us to continue providing comfort and caring 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 memory of Trevor
- Joel Hersh

 In memory of Lela Beth Male

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 In honor of Rita Stanisiewski
- Bryan and Leslie Lorber
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 In memory of Michael J. Frain
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 In memory of Lili's Bright Spot Therapy Dog
 service and in honor of her beautiful life

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In honor of Rita Stanisiewski

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In honor of Michelle Karb

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Fiona and Kevin Russell, Right Angle, Inc.



Donations reported here run from January 1, 2023 through December 31, 2023. All donations received after December 31, 2023 will be reported in the 2025 issue of Bright Spot News.

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In memory of Cooper

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In memory of Brinkley

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In memory of ZoomZoom

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In memory of Brinkley

• Ron and Linda Rancourt

In memory of Mekko and Nikki

• Diane and William Roeder

In memory of Zoe

• Nancy Ronan

In memory of Gunner

• Nancy Ronan

In memory of Taylor

Why I Give by Diane Gould

ach year I make a donation to Bright Spot Therapy Dogs because Bright Spot has always been an important part of my life and my charitable giving strategy. As one of the original Board Members when Bright Spot was founded by Cynthia Hinckley in 2004, I understood the need and importance of the mission of providing comfort and caring through the human-canine bond.

I was fortunate and blessed when a Cavalier King Charles Spaniel named Trevor came into my life in 2006. Even though he was a puppy, I knew he would be a wonderful therapy dog someday. He was the sweetest and calmest puppy I had ever met! When he was fully trained and ready to begin his therapy work, we started as a team at the Meekins Library in Williamsburg and expanded our volunteer work to Cooley Dickinson Hospital in Northampton. He was loved by the children at the library and by the patients and staff at the hospital. In fact, Trevor was named "Volunteer of the Month" at Cooley Dickinson Hospital. I saw first-hand how Trevor truly made a difference and brought joy and happiness to each and every person he came in contact with.

Sadly, Trevor passed away on May 16, 2018 at the age of twelve and a half. In memory of Trevor and the five-year anniversary of his passing, I decided to make a generous donation to Bright Spot to assist in their ongoing work. Donating to Bright Spot Therapy Dogs is my way of keeping the memory of Trevor alive while supporting the invaluable work that Bright Spot does throughout the year. It has been an honor and privilege to be part of Bright Spot and to see how it has grown from six therapy dogs supporting one facility in 2004 to nearly 270 therapy dogs supporting over 300 facilities in 2024!



• Irene Rule

In memory of Scarlett

• Brian and Sheila Schick

In memory of Clementine

• Shirley Stevens

In memory of Kirby

• Ami Weber

In memory of Augie

Bright Spot Therapy Dogs

P.O. Box 282 West Brookfield, MA 01585





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_
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