

The Good Dog Calendar

Celebrating our best friends
whose big hearts help us heal

2021

Photography by Stetson Gleave



Good Dogs to the rescue!

When Covid hit this year, Good Dog was forced to suspend in-person visits. Our 500 teams – dogs together with humans, working as volunteers throughout Greater New York – began sheltering at home.

We all recognized the awful irony.

Massive emotional and physical trauma devastating our community. Healing more urgently needed than ever. But in-person therapy dog visits, potentially inadvertent, lethal virus spreaders, had to stop.

It was the first time in our 22-year history that The Good Dog Foundation suspended its mission to help adults and children heal from trauma using Animal Assisted Intervention. The pandemic also left us with terrible financial losses, as we cancelled training classes and our annual gala.

But, we marshaled our resources.

- We cut every cost we could without furloughing staff.
- We reached out to hospital, educational and nursing home partners to find out how we might safely help.
- As a result of that outreach, we implemented virtual therapy dog visits, using Zoom.
- And, we provided online training to teach our volunteers how to “push” the healing magic of the human-animal bond right through computer screens to help those in need, among them, frontline health workers, students, and the elderly.

Good Dog volunteers, dog and human, are a strong lot.

They are selected carefully from thousands of applicants. Those accepted undergo four weeks of classroom training. There, dogs and human handlers continuously prove an ability to work together in challenging environments, including with fragile people struggling with disease and disability.

But, strength has limits.

Not only were our volunteers grappling with frustration, unable to do the in-person therapy dog work they trained for, they were struggling with all the personal hurdles from the pandemic and from our national upheaval, just like everyone else.

Our wonderful staff stepped in to help, reaching out with email and, on occasion, phone calls, keeping our teams apprised of the latest NIH and other expert guidance on pets and Covid. We encouraged our teams to make home videos with their dogs, and we shared those videos with our hospital partners in a program called “Love Letters From Pups.”

But more than anything, it was the therapy dog-family members of our human volunteers who saved the day. With dogs and human family members locked down together 24/7, relationships deepened, miracles happened.

And so, this 2021 Good Dog Calendar is an homage to our best friends: one dozen photos and stories reflecting the good character, empathy, and excellence that exemplify all Good Dog teams.

As you navigate 2021, we hope the stories of dogs giving their all to their human family members – and vice versa – motivate and uplift you.

I wish you and yours a truly happy, safe and blessed New Year. May 2021 shine!



A handwritten signature in black ink that reads "Rachel McPherson".

Rachel McPherson
Founder and President

A man and a woman are sitting on a dark couch, smiling and hugging a small black and white dog. The man is on the left, wearing a dark sweater over a blue collared shirt. The woman is on the right, wearing a black top. The dog is sitting in front of them, looking towards the camera with its tongue out. The background is dark, and the lighting is focused on the subjects.

Annual Appeal

This Calendar is the centerpiece of Good Dog's Annual Appeal. Our goal is to raise \$100,000.

Your support will help us continue to provide virtual therapy dog services to those in need. It will enable vital scientific research on human animal interaction. And, most importantly, your support will help us prepare for the tidal wave of in-person therapy dog interventions expected when it's safe to visit again.

Please make a generous tax-deductible gift today:
www.thegooddogfoundation.org/donate

In return, we pledge to continue developing and implementing the very best practices in the field of Animal Assisted Intervention.



The Good Dog Foundation is a 501(c)(3) nonprofit charitable organization. We welcome your comments at INFO@thegooddogfoundation.org

An essential worker named Oliver.

How am I navigating through these unprecedented times? It's simple. His name is Ollie. He is my essential worker, my plus-one every day, everywhere. Oh, and he is absolutely loving outdoor dining.

Some say Ollie descends from royalty because of his regal stance. Others say he embodies the spirit of a human because of his uncanny ability to talk with his eyes. What I know, Ollie always understands when love is needed. He gives it freely and doesn't expect much in return. Perhaps just a half a Stella & Chewy patty...and he's good.

Ollie's ability to give was nurtured and fine-tuned while training with The Good Dog Foundation.

When Covid hit, and we could no longer do therapy visits, we quickly pivoted to focus on family. Specifically, grandparents. As their favorite grand fur-baby, Ollie was welcomed into their circle. Grandma's cognitive decline causes severe depression and mood swings. Ollie has mastered his technique. He moves in close, lowers his head and drops it on her lap. No drug can replace the calm he brings her. Old age can be so hard, but Grandpa's pain lightens when Ollie is around. Words cannot describe what he brings to them both, and to me.

Ollie has always been a special dog. Now, in a pandemic, I am able to genuinely recognize the power of a Good Dog.

Stacy & Ollie

Team since Sep. 2019

Great Pyrenees/Retriever mix

📷 @ollie_centralparkdog

January 2021


December 2020

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February 2021

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14 National Dress Up Your Pet Day	15	16
17	18 Martin Luther King Jr. Day	19	20	21	22	23
24	25	26	27	28	29	30
31						



Therapy dog work may have saved my life this year.

A year ago last fall, Saffy and I started visiting Phelps Hospital in Westchester. As most medical facilities do, a thorough medical background was required. I went to my doctor for antibody verification and a few vaccinations. While there, I decided to do my annual check-up and blood-work, which revealed a slight white cell deficit, which then led my doctor to order a few more tests.

On Christmas Eve, I became a patient at Memorial Sloan Kettering with the diagnosis of Mantle Cell Lymphoma, more than likely a result of time at Ground Zero, where I did search and rescue. I immediately began chemotherapy.

During treatment, Saffy was by my side, and on my off-treatment days, we were back together at Phelps, ironically, in the Cancer Infusion Unit. That's when it really hit home. I knew just what those patients were feeling and how much it meant to have a sweet dog offering comfort during the most uncomfortable of times, and how lucky I am to have Saffy with me all the time.

The pandemic has changed our routine quite a bit. We've been training to compete in Nose Work, a sport where dogs identify scents using only their nose. And, we are so looking forward to getting back to therapy dog work.

By the way, I had an autologous stem cell transplant in July, and as of October 2nd, I'm in complete remission.

Dave & Saffy

Team since Feb. 2019

Rhodesian Ridgeback

 facebook.com/thandi.humeston

February 2021

January 2021

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March 2021

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
					Chinese New Year	
14	15	16	17	18	19	20
Valentine's Day	President's Day					National Love Your Pet Day
21	22	23	24	25	26	27
28	1	2	3	4	5	6

He did not understand why people weren't petting him.

At first, when the pandemic began, I tried to keep it as normal as possible, taking Riley to the park, though he didn't understand why people weren't petting him. Then, they closed the dog park, and Riley knew something was up. Before Covid, we'd communicate by looking at each other. Now, he's more vocal, barking if he wants to play, whining for me to pick him up on the bed. Since they reopened the dog parks, it's better. People are not so afraid to pet him.

Riley and I have stayed busy with therapy dog teamwork. We use Google Meets to be with students with special needs at Manhattan School for Career Development. The smiles and happy reactions I see make me feel connected, even though we are working remotely.

My brother got a dog this year, and a lot of my friends started getting dogs. I think people realize that having a dog enhances family life and human life. Dogs make people better, happier. I never feel lonely, I rarely get angry. Riley just keeps me a certain way. And, it helps that he is ridiculously cute and sweet.

Robert & Riley

Team since Mar. 2019

Poodle

Google Meets: @doggyfoodfam



March 2021

February 2021

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April 2021

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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7	8	9	10	11	12	13
					National K9 Veterans Day	
14	15	16	17	18	19	20
			St. Patrick's Day			
21	22	23	24	25	26	27
		National Puppy Day				Passover Begins
28	29	30	31	1	2	3



A spirit-guided animal.

On April 11th, Mingming and I flew to Chicago to visit my parents. My father was in perfect health at the time. But by April 13th he was in home hospice after suffering a stroke. Mingming was quiet and subdued during this time. She somehow knew my father was dying and slept next to him every day. During his final moments, my father placed his hand on Mingming.

In the days after my father's passing, Mingming shifted her focus to my mother, who was grieving and suffering from short term memory loss. She didn't want to talk to anyone, except for Mingming, who would roll on her back so my mother could massage her belly. Mingming was signaling "I trust you." And, my mother was trusting Mingming right back. She has made a tremendous impact on my mother's quality of life.

Mingming is truly a spirit-guided animal. I believe she communicates messages of peace, love, and comfort from God. She takes these messages and delivers them to us just when we need them the most.

Lily & Mingming

Team since July 2011

Shih Tzu

📷 @shaolan88

April 2021

March 2021

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May 2021

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 April Fools' Day	2	3
4 Easter Sunday Passover Ends	5	6	7	8	9	10 National Hug Your Dog Day
11	12 Ramadan Begins	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

The first day of my husband's new job was March 14th.

Last year, my husband was laid off from his job. It had never happened before. The fear of his being out of work with bills to pay put a dark cloud over our family. Then, after a year of being unemployed, my husband got a great new job. We were all so excited and felt that better days were ahead.

The first day of his new job was March 14th. The world was about to go into full lockdown. Fear and anxiety kicked back into overdrive because of the macro situation of Covid-19 and the micro situation of starting a new job in such a strange time.

Stress was all over my husband's face. He developed a nervous tick, shaking his leg when particularly anxious or uneasy.

If anyone knows our adorable Westie, Elton, they know that while he may have been a gift for me, he is truly attached to my husband. Sensing the stress, Elton was right there, running under the desk to sit by my husband and calm him, not leaving his side.

In time, the shaking went away, in part, because of Elton being there – as he is every day, hopping into bed with us at night, where he falls asleep at the top of the bed, stretched out over my husband's head.



Lorraine & Sir Elton John

Team since Feb. 2017

West Highland White Terrier

📷 @lorraine163

May 2021

April 2021

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June 2021

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27	28	29	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5 Cinco de Mayo	6	7	8
9	10	11 Ramadan Ends	12	13	14	15
Mother's Day 16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	Memorial Day 31					



Maybe a dog is a sort of god.

Mamie and I enjoy our therapy dog visits. I am always amazed that she knows exactly how much attention each person we visit needs, she is so perceptive.

Once, on a visit to Ronald McDonald House, a gentleman approached us. He looked like a tough guy – leather vest, gold chains, arms tattooed. He petted Mamie, then got down on one knee to hug her. Soon, he was lying on the floor crying, holding Mamie. He said he was the father of an infant in critical condition, and that, other than the birth of his child, being with Mamie was the best thing that happened to him in years.

Right now, we're unable to do our usual therapy dog visits due to Covid.

So, Mamie is giving all her attention to my wife and me. She can tell we're suffering, though we've not been infected. Sheltering at home would be intolerable without her. On our walks before bedtime, Mamie comes down the landing, gets very close right next to me, and gives me a lick and a paw. She's telling me everything is going to be OK.

At times like this, I think people get the spelling wrong. Maybe a dog is a sort of god.

Steve & Mamie

Team since Dec. 2017

Golden Retriever

June 2021

May 2021

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July 2021

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
Father's Day						
27	28	29	30			

I would have said I thoroughly appreciated what Ralph does. But I was wrong.

Ralph and I had been volunteering at Mount Sinai for five-and-a-half years, when the pandemic shut down New York City, suspending our visits. Up to then, I would have said I thoroughly appreciated what Ralph does, but I was wrong.

I was very sick in late February and early March – not sure if it was COVID – but certainly as miserable as I've ever been. I don't think I truly understood what Ralph accomplishes at Mount Sinai until I spent three weeks in bed with him curled up next to me, making me feel safe, calming me as I coughed convulsively for hours.

While I know how much patients are missing us during this time. I'm even more aware of what a loss it is to hospital staff. I hate that we can't be there, even briefly, to ease their burden.

Though Ralph isn't at his regular therapy dog "job," he and virtually every dog in our neighborhood (and probably every urban neighborhood) have spent the last eight months being therapy animals, not just for their families, but for their wider communities.

At a time when we can't hug people outside our own household, we certainly can get vicarious satisfaction watching our dogs play, jumping on each other, snouts in each other's faces, without any thought of social distance, knowing this won't last forever.



Anne & Ralph
Team since March 2014
Bichon Mix
@aecnyc300

July 2021


June 2021

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August 2021

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Independence Day						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						National Mutt Day

A man and a woman are smiling and holding a small, fluffy black and white dog. The man is on the left, wearing a dark sweater over a blue collared shirt. The woman is on the right, wearing a dark top. The dog is in the center, looking towards the camera with its tongue out. The background is dark and out of focus.

We found ourselves stuck... at the end of the world.

When the pandemic intensified in March, we found ourselves stuck quite literally at the end of the world. And that meant that Cece was stuck too – but in a place where her therapy dog services turned out to be essential.

Her two-week trip to the grand-pawrents' house became a six-week stay, as borders closed and much of the U.S. went into lockdown. Uncertainty and fear peaked. The stress on Cece's grand-pawrents was particularly high – being high-risk in an area where Covid was surging and our ability to repatriate in question. Thank goodness for Cece. As therapy dog in residence, she worked her fluffy little tail off to help them manage an unimaginable situation – making sure they never felt alone, constantly at their side with playful games to raise spirits, belly rubs and chin scratches to provide moments of calm, walk and dinner schedules giving a sense of structure, an outlet to funnel energy and take their minds off fear.

Now, safely reunited with us, Cece is back at her therapy work, making virtual visits to seniors with dementia and to college students. Camera-friendly tricks taught by The Good Dog Foundation have been crowd pleasers. A particular favorite of the college set is when Cece is asked yes-no questions and cheekily responds: “Meh.”

Gregg, Laura & Cece

Team since Feb. 2017

Havanese

📷 @ceceinstamoner

August 2021

July 2021

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September 2021

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25	26	27	28	29	30	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 Islamic New Year	11	12	13	14
15	16	17	18	19	20	21
22	23 International Dog Day	24	25	26	27	28
29	30	31	1	2	3	4

I am a 2nd grade teacher in Brooklyn where I live with Truffles, my Good Dog.

When school switched over to remote learning in March, I was soothed by the thought of working from home each day with Truffles. She was eager to spend every waking (and napping) moment with me, as I learned to conduct lessons online.

The students in my class delighted in seeing Truffles as my "assistant" and constantly asked to spend more time with her at the end of our Zoom lessons. We were all living in crisis mode, so my priority was to keep my students feeling connected to one another and to create some semblance of normalcy, all of which Truffles' daily appearances on Zoom were able to do. After lessons, my students joyfully watched her chase toys through my apartment and asked that I read "the puppy book" for the umpteenth time.

Without Truffles, I would not have been able to find peace during such a truly difficult time. I feel forever grateful for her unconditional love.

Catherine & Truffles

Team since Feb. 2013

Labrador Retriever/Terrier mix

📷 @catd621



September 2021

August 2021

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October 2021

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24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6 Labor Day Rosh Hashana Begins	7	8 Rosh Hashana Ends	9	10 Ganesha Chaturthi	11
12	13	14	15 Yom Kippur Begins	16 Yom Kippur Ends	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2



The way he looks at you with love from across the room, it makes getting through these months so much easier.

We joke that Catch has taken social distancing harder than anyone in my family! He adores being out and about, meeting people, making friends.

Before the pandemic, Catch and I loved our therapy dog teamwork with the elderly who lack interaction with animals and, sometimes, people. That can have a negative impact on mood and cognition. Catch is incredibly good at reading emotions. If I'm sad, he'll suddenly appear to nuzzle my hand. He's great at putting you at ease. Working with Catch to make seniors happy, give them something new, break up their day, and potentially help them live longer, healthier lives, is a great honor.

Our proudest moments now are using technology to do therapy dog visits virtually.

My heart swells every time someone exclaims in delight when they see Catch's face on screen, especially when I know the person has not seen family or friends for some time (like those in nursing homes). Catch knows too, and it definitely adds a spring to his step on screen.

Before Covid, I'd go home and tell my husband about Catch's Good Dog visits. Though he believed in the power of therapy dogs, it's been so moving to have him witness for himself, from the next room, the joy people have being with Catch online. It brought tears to his eyes seeing this magic in action.

Catch brings pure happiness and a sense of normalcy to our otherwise crazy world.

Catherine & Catch

Team since Oct. 2018

Shetland Sheepdog

📷 @life_of_catch

October 2021

September 2021

November 2021

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10	11 Columbus Day	12	13	14	15	16
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24	25	26	27	28	29	30
Halloween 31						

Amidst the darkness, light has found a way to shine through.

In July, Georgie and I went to visit my parents in the Boston suburbs, expecting to stay about a week. We ended up staying until October, the longest stretch of time I've lived with my parents in nearly 20 years. I never thought I'd live with them again — and my parents never thought so either — so we cherished the gift these difficult times had given us.

My dad had been experiencing health issues since March, and, to my surprise and delight, Georgie got to work her therapy dog magic on him day and night. Every morning Georgie would run downstairs from my bedroom, make a left at the bottom of the staircase, and head straight for my parents' bedroom, bounding onto the bed to snuggle with my dad. At night, dad would call her name, and Georgie would dutifully follow him into the bedroom, ending the day the way she began it, snuggling. And whenever dad came home and sat in his favorite chair, Georgie would spring onto his lap, kissing him like she hadn't seen him in ages — even if he'd been gone only a few minutes.

My mom is not a “dog person” but loved her time with Georgie and beamed at the joy Georgie inspired in dad, helping him forget the challenges of his health issues.

This year has been full of unforeseen moments, not all negative. The pandemic brought me to my parents' home, and it brought Georgie to my dad when he needed her most, doing something I didn't anticipate: being his therapy dog. I'll be forever grateful for the unexpected time the four of us got to spend with each other.



Lee & Georgie

Team since Feb. 2019

Havanese

November 2021

October 2021

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December 2021

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31	1 National Cook For Your Pets Day	2 Election Day	3	4 Diwali	5	6
7	8	9	10	11 Veterans Day	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Thanksgiving Day	26	27
28 Chanukah Begins	29	30	1	2	3	4



Hope is gentle, but a powerful thing.

Earlier this year, I was working on exercises with Cashew to correct attachment behaviors. We've always had a special bond, but as he's aged, I found Cashew's anxiety increasing when I wasn't in his line of sight. In some ways, this made me feel guilty, like I didn't need him as much as he did me.

Then the lockdown started and I began working remotely. My previous routine with Cashew evaporated overnight. Suddenly, I had access to him 24/7. As days passed void of in-person interaction with friends and colleagues, I turned more to Cashew, rousing him from daytime naps or scooping him up to feel his soft, warm fur in my lap. I felt an overwhelming need to have him close.

That yearning for closeness extended to a few others in my life. The pandemic had swiftly put life's priorities into laser focus. I felt a longing for my heart's closest inner circle. I realized my desire to hold Cashew close was representative of those other relationships in my life. I felt so much gratitude rediscovering my nucleus of support and love, and knew that moving forward we could face anything with each other's shared strength.

Hope is gentle but a powerful thing. It will take us through this pandemic and beyond. And sometimes the dawning of that hope comes in the smallest packages. I know I will always depend on Cashew as he does me.

Natalie & Cashew

Team since May 2019

Pomeranian

📷 @pomshew

December 2021

November 2021

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January 2021

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6 Chanukah Ends	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 New Year's Eve	1 Christmas Day

2022

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Become a Therapy Team Today

The Good Dog Foundation welcomes friendly dogs of all breeds and backgrounds who are at least one year old. All you need is a loving and social dog capable of learning good manners, a commitment to helping people, and the time to volunteer.

Visit our website (www.thegooddogfoundation.org/volunteer) and complete a pre-screen application for an evaluation.

Acknowledgement

We so appreciate the support of Stephen Meringoff and his family, who made publishing this edition of The Good Dog Calendar possible.

