



Spring 2016

**5K Road Race & Health and Fitness Fair
to Benefit the MVMA Charities, Inc.**



Saturday, June 4, 2016

MetroWest YMCA Outdoor Center

Hopkinton, MA 01748

The Race Features:

- * Timed 5K walk/run for individuals (with or without dogs) and teams
- * Cross country course (soft surface over fields and through woods)
- * Prizes for 1st, 2nd, 3rd individual and overall male/female, team, and dog!
- * Veterinary care if needed

The Health and Fitness Fair Features:

- * Family-friendly (free!) fun
- * Exhibits from top veterinary providers
- * Canine Demonstrations



For more information visit www.metrowestk95k.com

The MVMA Charities, Inc. Board of Directors Welcomes Constance McCashin, MA, MSW, LICSW



Ms. McCashin began her career at age five, appearing in the iconic *The Howdy Doody Show*. She studied English in college and lived in New York City following graduation. She continued to act but also found a strong interest and connection to therapy. She moved to Hollywood and found work in series, pilots, TV movies, and commercials. She spent nine years playing

"Laura Avery" on *Knots Landing*, one of the longest running series in TV history, and also spent two seasons on the Golden Globe-winning comedy *Brooklyn Bridge*.

Despite her successful acting career, therapy continued to call to her and she earned her Masters in psychology while filming episodes and raising two young children. She moved to Boston and obtained her Masters in Social Work from Simmons College. She worked at the counseling center at Brandeis University while simultaneously teaching in their theater department. Currently, Ms. McCashin practices as an independent licensed social worker, focusing on the areas of depression, anxiety, eating disorders, body image issues, PTSD, and addiction.

Ms. McCashin is a long-time animal lover and supporter of animal welfare organizations. She has been an active supporter of The Lange Foundation and its horse rescue operation, St. Bonnie's Sanctuary, in Los Angeles, as well as Old Friends Equine, a race horse rescue in Georgetown, KY. And Constance isn't alone in her support of animal welfare. Her son is also an active supporter of The Amanda Foundation and his 12 year-old Shiba is a Katrina rescue.

The MVMA Charities, Inc. Board of Directors is excited to welcome Ms. McCashin to the team!

Stray Animal Fund

2016 Q1 Analysis

Number of Towns: 4

Number of Animals: 23

Total Amount Requested: \$4,920.00

Success Story: Sam



Lowell Animal Control responded to a domestic call where a 14 year-old grandson attacked his 76 year-old great grandfather. The grandfather owned a dog, Sam. Sam got in between the attacker and saved his owner's life. Sam endured 5 stab wounds and a large laceration across the top of his neck. Sam was rushed to Linwood Animal Hospital where they treated all his wounds and gave him lots of love and attention. Unfortunately, like many domestics, although Sam's owner (the grandfather) originally agreed to have no contact with the suspect, he changed his mind and surrendered Sam. Happily for Sam, he went to ARL Boston, became the star of their play group,

and was adopted.

Read more [success stories](#) on our website!

Please Keep the MVMA Charities, Inc. in Your 2016 Giving Plan

Your gift *of any size* will help fund urgent veterinary care of abandoned and unowned animals through our **Stray Animal Fund** and disaster preparedness and response through our **Emergency and Disaster Program**.

Easy: **Donate online** in one installment or monthly recurring gifts OR mail in **this form**.

Effective: 100% of your donation funds our programs, not overhead costs.

Essential: Help protect the lives of animals in Massachusetts.



THANK YOU!!

MVMA Charities, Inc. Board of Directors

President - Suzanne Starr, DVM, CCRP - **Paws in Motion, Veterinary Rehabilitation Center**

Treasurer - David Schwarz, DVM - **Ashland Animal Hospital**

Clerk - Debbie Gehrke, DVM - **Pet Partners**

Director - Seymour Bigman, DVM - retired

Director - Dierdre Collins, MSFS, RFC - **Harbor Strategies Group**

Director - Emanuel Maciel, ACO - **City of New Bedford, Animal Control**

Director - Constance McCashin, MA, MSW, LICSW - **Clinical Social Worker**

Director - David McGrath, DVM - **Wignall Animal Hospital**

For further information please contact:

MVMA Charities Inc.

508-460-9333

To learn more about the MVMA Charities, Inc. [click here](#).

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