



Douglas B. Spoehr

February 26, 1950 - February 11, 2026

Douglas B. Spoehr, 75, passed away on February 11, 2026, at Brigham and Women's Hospital in Boston, Massachusetts, surrounded by the family he loved so deeply.

Doug was born in Evanston, Illinois, to David and Barbara Spoehr. He often described his life as blessed and full of wealth, not measured in material things, but in what he valued most: a beautiful family, a strong upbringing, a rewarding career, and enduring relationships.

Doug enjoyed telling stories of his childhood. He had fond memories of his family, travel, summer camps, mischief with his siblings, and time with his maternal grandmother. He played on the high school football team for three years and was devastated not to receive a letter for his varsity sweater his junior year. After stepping away from organized sports, he took a chance by trying something new, singing and acting, grew his hair long, and was cast as Big Deal in the high school production of West Side Story. That experience became the highlight of his senior year and a lifelong lesson that from crisis can come growth and from adversity can come strength.

He graduated from New Trier High School in Winnetka, Illinois, and earned his undergraduate degree from Kansas University. After college, he spent two years traveling the country, exploring independence and adventure. His

travels took him across the United States before he attended Tulane University Graduate School of Social Work.

Doug moved to the Berkshires in 1978 after marrying Nanette Corrao Spoehr. He built a career he was proud of in mental health and integrated health care, beginning at Berkshire Mental Health (now the Brien Center) as a clinician. He later became Clinical Director and then Director of Berkshire Healthworks, with responsibility for the dental clinic, and roles in substance abuse, psychiatry, and grant writing. He was proud of his part in helping launch their integrated health program. His professional life reflected his dedication to helping others, collaboration, and excellence.

Doug's family was his greatest pride. He is survived by his wife, Nanette, his daughters, Elisabeth Lamoureaux (Eric) and Gillian Procopio (Paul), and their families. He was immensely proud of his daughters and all they have accomplished, and he cherished the close relationships he shared with his sons-in-law. Being Papa to Camden and Alaina Lamoureaux and to Nico and Gavin Procopio was one of the greatest joys of his life. He delighted in their stories, their milestones, in holding their hands, and in the simple privilege of watching them grow. Doug is also survived by his brother, Steve Spoehr, and his wife, Leigh; his sister, Virginia Miller; nieces Sarah, Erica, and Lauren; nephews David and Alec; their families; Nanette's extended family; and several close friends.

Doug showed love in tangible ways. He cooked, listened, and asked thoughtful questions. Known for his breakfasts, sage advice, and steady support, he was a critical thinker who deeply cared for his family. He appreciated life's simple pleasures, a strong cup of coffee, a quiet sunset, and a well-prepared meal shared with loved ones, and he will be remembered for living fully and taking joy in each of these moments.

He loved skiing, swimming, hiking, fishing, and traveling. He was also an exceptional gardener and took great pride in the landscape he had created in the backyard. One of his greatest joys was the family's annual vacation to Sanibel Island, a tradition they cherished for over 40 years, where they enjoyed the sun, sand, and time to refuel after the long winter. Doug was a lifelong sports fan, following Kansas University basketball, the Red Sox, and the Patriots.

After retiring, Doug embraced new chapters with determination. He became a certified ski patroller at Jiminy Peak and also worked as a ski instructor at Bousquet Mountain. He enjoyed time on Lake Onota in his pontoon boat and volunteered with the Lake Onota Preservation Association. He took daily hikes in Kennedy Park with his loyal companion, Baxter, finding peace on the trails he loved.

In 2023, Doug was diagnosed with interstitial lung disease, an illness that impacted the active lifestyle he cherished and ultimately led to his passing. This past year, he also faced esophageal cancer with courage. Even as his world narrowed physically, he approached his final chapter with resilience, dignity, and quiet strength. He remained grateful, even then, for what he would still describe as a blessed and abundant life.

His legacy is in the hearts and lives he touched.

Funeral Notice:

A celebration of life will be held in the spring.

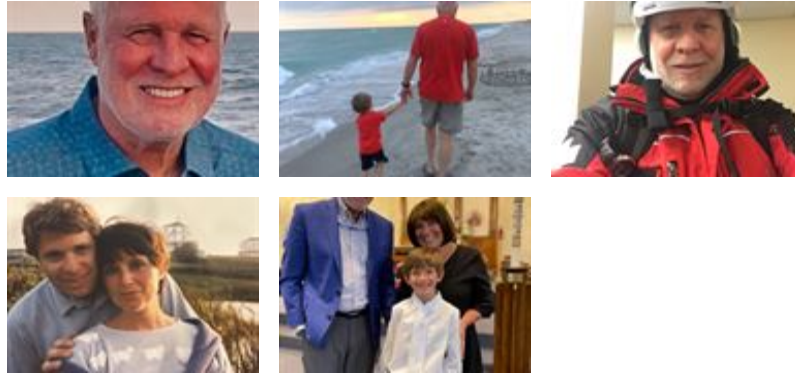
In lieu of flowers, donations may be made in Doug's memory to the Kennedy Park Fund for trail maintenance and upkeep, or to the Phelps Cancer Center

Patient Assistance Fund, in care of the Dwyer Funeral Home.

Tribute Wall



“ 161 files added to the album LifeTributes



Dwyer Funeral Home Inc. - March 26 at 04:06 PM

BE

“ Dear Nanette and family,
I am so very sorry for the loss you are all experiencing. Life is truly a journey that we take without really knowing where it will lead. But, with open hearts and love for one another, I hope you know how much others care. Sending prayers for peace and comfort in the days ahead. Hold the beautiful memories you have made together firmly in your hearts. Know that heaven has a new angel to watch over you. RIP Doug.
Sincerely,
BeckyKnox



BeckyKnox - February 21 at 01:42 PM

NS

Thank you, Becky.

Nanette Spoehr - April 02 at 08:44 AM

PO

“ *Pete & Linda Ochs lit a candle in memory of Douglas Spoehr*



Pete & Linda Ochs - February 21 at 11:36 AM

VR

“ *Dear Nanette and family.
I worked with Doug for many years at BMC.
I was a psychiatric nurse.
We worked together through Jones 2 and later the Partial Hospitalization Program.
We also worked for a short time together in the psychiatric research program.
Doug was intelligent, compassionate, funny, and always a mentor to me.
He also taught me some computer skills that I was sorely lacking.
I'm pleased to have a photograph that he took in Venice.
It hangs on my living room wall.
He and I spent many mornings together in the Partial program preparing groups for the day.
He was a great group leader.
I'm so sorry about your loss.
It is the loss of a wonderful man!! Vicki Robare*

Vicki Robare - February 21 at 08:59 AM

LF

My sincerest sympathy. Leah Ferro

Leah Ferro - March 22 at 03:08 PM



“ *I knew Doug from his volunteership with the Lake Onota Preservation Association. He was a fellow board member, head of an effort to keep zebra mussels out of the lake, and volunteer on many of our water sampling trips. Doug was always very kind, thoughtful, and wise. I enjoyed working with him and getting to know him. I send my deepest condolences to his family and friends.*

Karen Murray - February 21 at 07:12 AM

PH

“ *Dear Nanette and Family,*

My heart is broken for you as I read your email, Nanette, Seeing the collection your daughter put together makes me feel I know him somehow though it has been too many years since I have seen you and met Doug only one time all those years ago. Memories keep us warm. I will be in touch, but just wanted to post deepest and heartfelt condolences in response to this sad and unexpected news. Sending much Love and Hugs. May God Bless you all and bring comfort and Grace. You, Doug and family are in my prayers.

Patricia Hall - February 18 at 09:43 AM

PH

“ *Patricia Hall lit a candle in memory of Douglas Spoehr*



Patricia Hall - February 18 at 09:35 AM

DR

“ *Nanette, please accept my deepest sympathy for you and your family. Although I have not seen you at the Y in a long time Tracy and I speak if you often with affection. Praying for your husband and family. My deepest sympathy, Donna Rouette*

Donna Rouette - February 15 at 10:02 AM

LO

“ *Dear Nanette & Family,*

We are deeply saddened to learn of Doug's recent illnesses and his passing. Such a devastating loss for all who knew him. Doug and I (Linda) worked together at Berkshire HealthWorks for 29 years. Lots of memories and stories from that time. May all your wonderful memories of your life together and the love of your family and friends help you through the difficult times ahead. Please accept our deepest sympathies.

*Love,
Pete & Linda Ochs*

Linda Ochs - February 14 at 02:36 PM