

Quarterly Update: Winter 2011

December 21, 2011

Dear friends,

This quarter was big for a few reasons. On October 5, I spoke for the first time about my personal life-changing experience, renewal and recovery at Brooksby Village in Peabody, MA. The presentation is now available on YouTube - another first this quarter! Our channel on YouTube is "marymacmissions." Please check it out!

Another biggie this quarter was the realization of a vision I and Karl have held since we moved to our home in 2009. We made seven gardens on our property wheelchair accessible. The 0.1 mile MargFMac Front Garden Loop now takes guests using wheelchairs, walkers, and baby strollers along the Cut Flower Garden, Fruit and Veggie Garden, Orchard Avenue, Ornamental Tree and Shrub Garden, Raspberry Patch, Cedar Grove and Tunnel, and Koi Pond.

Please read the full update to learn more about our recent developments. Thanks for your continued interest and support!

Wishing you and yours a very happy and healthy holiday season,
~ Mary

Mary E. MacDonald, M.A.
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local: 202 Haverhill Rd., Topsfield, MA 01983
global: marymacmissions.com

marymac missions, a social enterprise, mission statement:

Champions for caregivers and adults living with extended illness, we: meet people where they are (locally, financially, physically, mentally, emotionally, socially, spiritually); provide positive experiences, strategies, practices, coping methods and skills through the cycle of health, illness, loss, recovery and renewal; raise public awareness and facilitate community alliances between individuals, families, businesses and community organizations to reach, include and care for care givers and receivers who become marginalized because of the systemic effects of illness; lead and participate in research that aims to understand the effectiveness of care giver and receiver health programs; support research that aims to illuminate and eliminate the root causes of disease; and adapt to best serve current care giver and receiver needs.

marymac missions' values: Creative, Accessible, Sustainable

Mary Speaks

Brooksby Village Chapel Presentation

Sr. Nancy Rowen, a Catholic chaplain at Brooksby Village in Peabody, MA, asked Mary to present on the topic, "Rest.Stop.Ranch." Mary led the program participants in a "Quick Check" breathing break and a "Letting Go" meditation. She told the story of her life-changing experience, recovery and renewal that led to the founding of Marymac Missions LLC and the creation of the website, Rest.Stop.Ranch. She demonstrated the main features of the website and described the social enterprise business model. A Q+A session after the presentation affirmed the power of the relaxation techniques and the empathy of participants for families affected by Alzheimer's/ Dementia. The program lasted sixty minutes.

Marymac Missions' YouTube Channel

Become a Subscriber!

Marymac Missions now has a YouTube channel "marymacmissions." Three playlists on the channel include: Mary Speaks, Mary and Margaret, and Accessible Garden Design. The channel has received 901 views since its creation (10/14/2011) and uploaded videos have received 924 views. Current analytics show that the majority of viewers are in the U.S., are women 45-65 years old (~ 60%), and men 45-65 years old (~ 40%).

Meeting People Where They Are: 6 Channels

Mobile & Online Programs

Meeting People Where They Are: Globally

Our mobile and online programs are accessible 24/7 via smart phones, home and work computers. Free online registration allows users to access all site content. Free subscription is available via email and RSS. Online programs currently reach subscribers in the U.S., Canada, New Zealand and Pakistan.

The Rest.Stop.Ranch Morning Report

The Rest.Stop.Ranch Morning Report is an eco-spirituality blog that offers original nature photographs and reflections 2-3 times weekly. The Morning Report has received feedback that *it helps people: slow down* for a moment or two, *focus on the natural world*, *feel supported* in their personal emotional journeys, *smile*, and *appreciate natural beauty*. "Looking at your website lowers my blood pressure." Read/Subscribe at: rest-stop-ranch.com.

The Me Moments Collection

An online library of two-, five-, and ten-minute guided relaxation breaks offers users the ability to browse and listen to breathing, meditation, restorative experiences, and musical interludes any time, day or night. Online registration is free at: rest-stop-ranch.com

The Rest.Stop.Weekly

The Rest.Stop.Weekly is in a process of re-imagining and re-creation. It is expected that 2012 on-site group participants will help define what type of weekly support is needed.

Online Shop

Rest.Stop.Ranch Gift Shop: Rest.Stop.Shop

"Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey" journal and pocket guide, a portable "Restore and Reconnect! Yoga Kit" and "Express It! Portable Art Kit" are currently offered at the gift shop. Available at: rest-stop-ranch.com.

On-site Programs

Meeting People Where They Are: Locally

Mary will offer a three-hour "Seven Sustainable Skills for the Long-Term Care Journey" program for family caregivers at Genesis Spiritual Life and Conference Center, Westfield, MA, April 22, from 1:30-4:30pm. Learn more and register for this program at <http://www.genesiscenter.us>. Additional 2012 on-site programs will be posted at rest-stop-ranch.com.

Print & e-Publications

e-Guides, Poster, Pocket Guide, Journal

Publications provide wellness education to long-term family caregivers and receivers, professional caregivers, and spiritual care professionals.

Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey pocket guide and journal. Available at: rest-stop-ranch.com.

Rest.Stop.Ranch Guides

1-3 page papers educate caregivers on topics of self and partner care through and beyond the caregiving journey. Read/Download at: rest-stop-ranch.com.

Ruah Musica Poster

The website, ruahmusica.com, offers resources on the topic of spirituality, music and ritual in the context of dementia care. The free poster, "Sacred Sounds in Sacred Spaces: Use of Music in the Spiritual Care Visit as Applied in Dementia Care" is available. Read/Download at: ruahmusica.com.

Products

Wellness Education Products

Our products facilitate physical, mental, social, emotional and spiritual understanding and wellness, self-expression, and communication with loved ones throughout the long-term care journey and beyond it.

Restore and Reconnect! Yoga Kit

A portable yoga kit, lovingly handmade North of Boston, includes our guide, "Me and We Moments: Tips for connecting with yourself and others while navigating family illness," embroidered "Rest.Stop." fleece lap blanket, and lavender and flax seed aromatherapy eye pillow. Available at rest-stop-ranch.com.

Express It! Portable Art Kit

This adorable art kit includes our "Express It! Portable Art Kit Companion Guide," a watercolor field box with paints and brush, watercolor notebook, and a practical carry strap. Available at rest-stop-ranch.com.

Place

Rest.Stop.Ranch at 202 Haverhill Rd., Topsfield, MA, USA

Rest.Stop.Ranch is the home of Karl R. Ackerman and Mary E. MacDonald. On December 17, Karl and Mary celebrated the completion of the wheelchair accessible gardens with a Holiday Walk & Wheel. Fifty guests helped to bless and celebrate the MargFMac Front Garden Loop (now providing universal access to the Cut Flower Garden, Fruit and Veggie Garden, Orchard Avenue, Ornamental Tree and Shrub Garden, Raspberry Patch, Cedar Grove and Tunnel, and Koi Pond). Over 2,500 holiday lights decorated the gardens while holiday music played in the background.

Mary met with the Topsfield Board of Health on December 8 to discuss offering small group wellness programs at the home starting in 2012. Viability research was requested and is being completed.

Management

Mary E. MacDonald M.A. is the founder and CEO of Marymac Missions LLC. She leads the development of Marymac Missions with the help of strategic partners and community members locally and globally. Prior to founding Marymac Missions she had an eight-year career designing the user experience for software, financial, and educational organizations in the Greater Boston area. Mary completed Boston College's Leadership for Change program, a year-long management training program that focuses on leadership and change at individual, organizational, societal, global and sustainable levels. She is a Certified Yoga Teacher, Life Coach, and Group Leader. Mary holds a M.A. in Pastoral Ministry from Boston College and she graduated Phi Beta Kappa from the University of Rochester with a B.A. in Psychology and German.

Sustainable Business Leader Program

Mary is participating in the Sustainable Business Leader Program offered by the Greater Boston Sustainable Business Network. The program works with business owners to inventory current sustainability practices and recommend sustainable operational improvements.

Operations**Health & Wellness Mission Partners**

Mary is working with the Alzheimer Association of MA/NH and the Association for Frontotemporal Dementias to develop a sustainable model of partnership with these organizations.

Local Service & Supply Mission Partners

Watershed Online Media, a small web design and development business in Amesbury, MA, develops Marymac Missions' websites and online presence. Feedblitz, an online content distributor based in Sudbury, MA, distributes Marymac Missions and Rest.Stop.Ranch publications. Rest.Stop.Ranch caregiver resources are developed by Mary in collaboration with: Edith Heyck and Marc Lisle in Amesbury, MA (graphic design); Deby's Sewing, Georgetown, MA (stitching); Crafter's Quarters, Amesbury, MA (embroidery); Packaging Specialties, Newburyport, MA, (eco-friendly packaging); Coastal Printing Inc., Salisbury, MA (eco-friendly printing).