

Mary's Roots: A Creative Vitae

Mary E. MacDonald, M.A.

Color Key: Major Influences

significant

greater

greatest

recent influences

Self-Published:

- Twinkle Toes Knows: Refrigerator Door Art & Action (Self-Care Star), 2013
- Early Gardens at Rest.Stop.Ranch, 2012
- Take Care of Yourself: A Star and Seven Sustainable Skills for the Long-Term Care Journey (Pocket Guide & Journal), 2011
- My Doable Self-Care Plan: A Playbook for Long-Term Caregivers, 2011
- Sacred Sounds in Sacred Spaces: Use of Music in the Spiritual Care Visit (Master's Thesis), 1999

Certified:

- Life Coach & Group Leader, 2011
 - Fowler Wainright Institute
- Leadership for Change, 2011
 - Boston College, Chestnut Hill, MA
- Entrepreneur Training Program, 2008
 - Northern Essex Community College, Center for Corporate & Community Education
- Website Design & Development, 2002
 - Boston University Corporate Education

Member:

- Massachusetts Lifespan Respite Coalition, since 2012
- Aging and Disability Resource Consortium of the Greater North Shore, since 2012
- Spiritual Directors International, since 2012
- Topsfield Cultural Council, since 2012
- North Shore Alzheimer's Partners, since 2010
- Sustainable Business Network of Greater Boston, since 2010

Places Shape a Person:

- Cambridge, Somerville, Boston, Nahant, Stow, North Chelmsford, MA, 1997-2007
- Collegeville, MN, 1997
- Lawrence, KS, 1996-1997
- Seattle, WA, 1995-1996
- Bregenz, Austria, 1994
- Marburg, Germany, 1990
- Central, Northern & Western NY, 1972-1994

Significant Life Events:

- Critical-Care-Related-PTSD, 2009-present
- FTD-Related-Acute-Stress-Disorder, 2007-2008
- Dementia-Care-of-Mom, 2003-2008
- Cardiac-Care-of-Dad, 1973-2013
- Scoliosis & Spinal Fusion, 1983-1987

Parents:

- Joe MacDonald, d. 2013, heart disease
- Margaret Fraser, d. 2008, brain disease

Clans & Lands: Fraser, MacDonald

- Seneca Falls and Ogdensburg, NY
- Antigonish, Nova Scotia, Canada
- Scotland, Ireland, England

early influences

Professional Experience:

- Speaking, Training, Retreat Leader, 2010 - present
 - Marymac Missions LLC, Topsfield, MA
- Web Design & Project Management, 2000-2007
 - Fidelity Investments, Marlboro, MA
 - Boston College, Chestnut Hill, MA
 - RSA Security, Bedford, MA
- Research & Social Work, 1994-1999
 - Seattle Mental Health Center, Seattle, WA
 - Highland Hospital, Rochester, NY
 - Mount Hope Family Center, Rochester, NY

Yoga Teacher Training & Certifications, at Kripalu Center for Yoga & Health

- Angela Farmer,
 - Roots & Wings Yoga, 2013
- Sudha Carolyn Lundeen,
 - Restorative Yoga, 2011
- Megha Nancy Buttenheim,
 - Yoga Dance for Special Populations, 2010
 - Yoga Dance, 2010
 - 200 Hour Yoga Teacher Training, 2010
- Devarshi Steven Hartman,
 - 200 Hour Yoga Teacher Training, 2010
- Lakshmi Voelker,
 - Chair Yoga, 2010

Education:

- M.A. Pastoral Ministry, 1999
 - Boston College, Chestnut Hill, MA
 - Clinical Pastoral Education, 1 unit
- B.A. Psychology & German, 1994
 - University of Rochester, Rochester, NY
 - Phi Beta Kappa
- High School Diploma with Honors, 1990
 - North Syracuse Central Schools

Music Ministry (piano, flute, voice):

- LaSalette Faith Community, Topsfield, MA, 2013-present
- St. Zepherin Parish, Wayland, MA, 1997-1999
- St. Augustine Parish, South Boston, MA, 1997-1999
- St. John the Evangelist, Lawrence, KS, 1997
- St. Mark Catholic Church, Seattle, WA, 1996
- Newman Center, University of Rochester, NY, 1990-1994
- St. Rose of Lima, North Syracuse, NY, 1986-1990

Expressive Arts:

- creative writing, 1988-present
- art studies, 1982-present
- dance studies, 1977-present
- music therapy studies, KU, 1996
- drama studies, SU, 1986-1988
- voice performance, 1986-1994
- flute performance, 1981-1990
- piano performance, 1979-1989

Faith: catholic - means 'universal' Spiritual Studies & Experiences:

- LaSalette Faith Community, Topsfield, MA
- Spirituality of the Sacred Heart
- Assisi Pilgrimage, Saints Francis & Clare, 2012
- Centering Prayer, Cistercian, Benedictine Spirituality
- Ecumenism, Judaism, Native American Spirituality, Buddhism, Hinduism