

CURRICULUM VITAE

BIOGRAPHICAL

Name: Mary E. MacDonald, M.A.
 Birth date: May 5, 1972
 Birthplace: Syracuse, NY, USA
 Citizenship: USA
 Business Address: MaryMac Missions LLC
 202 Haverhill Road
 Topsfield, MA 01983
 Phone: 978-887-4202
 E-mail: mary@marymacmissions.com

EDUCATION AND TRAINING

1997-1999 Boston College, M.A. Pastoral Ministry
 1990-1994 University of Rochester, B.A. (magna cum laude), Psychology and German

Clinical Pastoral Education

2016 - 2017 Unit 4, Clinical Pastoral Education, 400 hours, completed
 Havenwood Heritage Heights (CCRC for age 62+ adults), Concord, NH
 Clinical Placements: Secure Dementia-Care Unit,
 Skilled Nursing & Rehab,
 Independent & Assisted Living
 Clinical Supervisor: Rev. Michelle DeCoste, M.Div

2016 Unit 3, Clinical Pastoral Education, 400 hours, completed
 Holy Family Hospital, Methuen, MA
 Mary Immaculate Nursing & Rehab Center, Lawrence, MA
 Clinical Placements: Skilled Nursing & Rehab,
 Maternity, Emergency Medicine
 Clinical Supervisor: Claudia Blanchette, SND, Ph.D.

2015 Unit 2, Clinical Pastoral Education, 400 hours, completed
 Holy Family Hospital, Methuen, MA
 Holy Family Hospital at Merrimack Valley, Haverhill, MA
 Clinical Placements: Secure Geriatric Psychiatry Unit,
 Secure Adult Psychiatry Unit, Adult Medical
 Clinical Supervisor: Claudia Blanchette, SND, Ph.D.

1998-1999 Unit 1, Clinical Pastoral Education, 400 hours, completed
 St. Elizabeth's Medical Center, Brighton, MA
 Clinical Placements: Cardiac Intensive Care Unit,
 Respiratory Intensive Care Unit, Dialysis Unit
 Clinical Supervisor: Rev. Robert Caprio, OFM

Leadership Training

- 2017 Salem State University
Business Management Skills Certificate Program
- 2010 - 2014 Salem State University Enterprise Center
Emerging CEO Group Participant
- 2011 Fowler Wainwright International Institute of Professional Coaching
Certified Group Leader
- 2011 Fowler Wainwright International Institute of Professional Coaching
Certified Professional Coach
- 2010 - 2011 Boston College Carroll School of Management
Certificate, Leadership for Change Program
- 2008 Northern Essex Community College
Certificate, Entrepreneur Training Program

Yoga Teacher Training

- 2011 Kripalu Center for Yoga and Health Professional Training
Certified Restorative Yoga Teacher, 19.5 hrs
- 2010 Kripalu Center for Yoga and Health Professional Training
Certified Yoga Teacher, 200 hrs
- 2010 Kripalu Center for Yoga and Health Professional Training
Certified Let Your Yoga Dance Instructor, 136 hrs
- 2010 Kripalu Center for Yoga and Health Professional Training
Certified Let Your Yoga Dance for Special Populations Instructor, 40.5 hrs
- 2010 Kripalu Center for Yoga and Health Professional Training
Certified Lakshmi Voelker Chair Yoga Instructor, 25 hrs

Graduate Studies

- 2002-2003 Boston University School of Corporate Education
Certificate, Web Design & Development
- 1997 Saint John's University (Collegeville, MN)
Theology (Wisdom Literature) graduate studies
- 1996-1997 University of Kansas
Music Therapy and Health Psychology graduate studies

- 1994 University of Rochester Medical School
Psychoneuroimmunology graduate studies
- 1994 University of Illinois & Southern Illinois University Carbondale
Study Abroad Program, Bregenz, Austria (5 months)
- 1991 University of Rochester
Study Abroad Program, Marburg, Germany (1 month)

Private Studies

- 1990 - 1993 University of Rochester Eastman School of Music
Private studies: Classical Voice & Guitar
- 1986 - 1990 Private studies: Classical Voice, Patti Thompson, Syracuse, NY
- 1983 - 1990 Private studies: Classical Flute, Kathy Ferguson, East Syracuse, NY
- 1988 - 1989 Private studies: Jazz Piano, Paula McKenna, Syracuse, NY
- 1978 - 1989 Private studies: Classical Piano, Carol Flower, Fayetteville, NY

PROFESSIONAL MEMBERSHIPS

- 2015 - present member, Percolator Memory Café Network (MA State & National)
- 2012 - present member, Spiritual Directors International
- 2012 - present member, Massachusetts Lifespan Respite Coalition
- 2012 - present member, Aging and Disability Resource Consortium of the Greater North Shore
- 2012 - present member, Topsfield Cultural Council
- 2011- present member, North Shore Alzheimer's Partnership
- 2010 - present member, Sustainable Business Network of Greater Boston
Certified Sustainable Business Leader (April, 2012 through present)
- 2010 - present member, Social Enterprise Alliance, Massachusetts Chapter
- 2010 member, Creative Economy Association of the North Shore
- 2002 - 2007 member, Usability Professional's Association

HONORS

1994 Phi Beta Kappa, University of Rochester

SERVICE AWARDS, CONTRACTS & GRANTS (Principal)

2018 Inclusive Memory Café, Program Funding, Massachusetts Department of Developmental Services, \$4,000.
2017 Inclusive Memory Café, Program Funding, Massachusetts Department of Developmental Services, \$4,000.
2016 Inclusive Memory Café, Seed Funding, Massachusetts Department of Developmental Services, \$12,280.

SERVICE AWARDS, COMMUNITY

2016 Award received from Daughters of the American Revolution, Brigadier General James Brickett-Old Newbury Chapter, on December 11, 2016, at John Greenleaf Whittier Homestead in Haverhill, MA.

BOOKS, FEATURED IN...

2016 "The Alzheimer's and Memory Café: How to Start and Succeed with Your Own Café," by Jytte Fogh Lokvig, Ph.D. (featured on pages 57-59).

CLINICAL EXPERIENCE (Individual and Group Support for Long-Term Caregivers)

INDIVIDUAL SUPPORT

2010-present Offered year-round, at Rest.Stop.Ranch, 202 Haverhill Road, Topsfield, MA
By appointment. Listening, wellness education & coaching, self-care skill training.

2-HOUR INDIVIDUAL GUIDED RESPITE RETREATS

2016-present Offered year-round, at Rest.Stop.Ranch, 202 Haverhill Road, Topsfield, MA
By appointment. Program offers 30 minutes listening, 60 minutes of PEACE (structured or unstructured time, inside or outside), followed by 30 minutes listening, evaluation, and planning next-steps for self-care.

GROUP SUPPORT for DEMENTIA CAREGIVERS UNDER AGE 65

2017 Offered year-round, at Rest.Stop.Ranch, 202 Haverhill Road, Topsfield, MA
Meets 2nd and 4th Thursdays of the Month; for "Younger Onset" caregivers (under age 65, caring for a loved one with dementia, under age 65).
Co-sponsored by Alzheimer's Association MA/NH.

GROUP SUPPORT for LONG-TERM CAREGIVERS

2017 Caregiver Peer Group Consulting & Training Workshops (6/8/17, 7/24/17)
"A Star with Heart: Self-Care Program for Caregivers"
Havenwood Heritage Heights, a CCRC, in Concord, NH.

2017 8-week Series “A Star with Heart: Self-Care Program for Caregivers”
Pilot Program was offered once-a-week, over 8 weeks, on two campuses at Havenwood Heritage Heights, a CCRC, in Concord, NH. Caregivers over age 62 participated in a weekly group support & educational meeting (90-minutes).

MEMORY CAFE PROGRAM

April 1, 2017 - Most Saturdays, 10am - 12pm, A Weekly Invitation
October 31, 2017 For Friends with Memory-Loss & Care-Partners
Rest.Stop.Ranch, 202 Haverhill Road, Topsfield, MA

WHEELCHAIR-ACCESSIBLE GARDENS, PROGRAMS & EVENTS MANAGED

April 1, 2017 - Sunday Strolls, 11am - 2pm, A Monthly Invitation
October 31, 2017 For Friends with Wheels or Memory-Loss & Care-Partners
Rest.Stop.Ranch, 202 Haverhill Road, Topsfield, MA

April 17, 2016 - Sunday Strolls and Memory Café, 11am - 2pm, A Monthly Invitation
October 9, 2016 For Friends with Wheels or Memory-Loss & Care-Partners
Rest.Stop.Ranch, 202 Haverhill Road, Topsfield, MA

April 12, 2015 - Sunday Strolls, 11am - 2pm, A Monthly Invitation
October 11, 2015 For Friends with Wheels or Memory-Loss & Care-Partners
Memory Café offered concurrently, started Mother’s Day, 5/10/15
Rest.Stop.Ranch, 202 Haverhill Road, Topsfield, MA

May 11, 2014 - Sunday Strolls, 11am - 2pm, A Monthly Invitation
October 12, 2014 For Friends with Wheels & Care-Partners
Rest.Stop.Ranch, 202 Haverhill Road, Topsfield, MA

May 12, 2013 - Sunday Strolls, 11am - 2pm, A Monthly Invitation
October 13, 2013 For Friends with Wheels & Care-Partners
Rest.Stop.Ranch, 202 Haverhill Road, Topsfield, MA

December 15, 2012 Second Annual Holiday Walk & Wheel Celebration, 3-8pm,
Rest.Stop.Ranch, 202 Haverhill Road, Topsfield, MA

December 17, 2011 First Annual Holiday Walk & Wheel Celebration, 3-6pm,
Rest.Stop.Ranch, 202 Haverhill Road, Topsfield, MA

SPEAKING/PRESENTATIONS

June 22, 2017 Senior Care Inc., Gloucester, MA, USA
One of Four Featured Speakers, Vendor Showcase
MacDonald, M. “Rest.Stop.Ranch Programs for Long-Term Care-Givers, -
Receivers, and Survivors” 15-min. onsite presentation

- June 20, 2017 Avita Memory Care Community, Newburyport, MA, USA
Featured Speaker for North Shore Alzheimer's Partners Monthly Meeting
MacDonald, M. "Rest.Stop.Ranch Programs for Long-Term Care-Givers, -
Receivers, and Survivors" 45-min. onsite presentation
- June 10, 2017 Topsfield Strawberry Festival, Topsfield, MA, USA
MacDonald, M. Outreach & Education: Rest.Stop.Ranch table
- March 18, 2017 Grow Spring! EXPO, Topsfield, MA, USA
MacDonald, M. "Memory Café" 5-minute talks & interactive sessions (play with
puppets); Tradeshow Exhibit: MaryMac Missions LLC show table:
guests learn & experience "Dementia-Care Musical Theatre," integrating
horticultural, art, music, dance, drama, and play therapies; Table-top Sensory
Garden; Take-home Flower Fun; Bird & Fish Tales; Drums & Dancing; Memory
Café Education.
- November 20, 2016 Topsfield Congregational Church, Topsfield, MA, USA
Featured Speaker, Adult Education Series
MacDonald, M. "Rest.Stop.Ranch Programs for Long-Term Care-Givers, -
Receivers, and Survivors" 60-min. onsite presentation
- June 16, 2016 Seasons of Danvers Memory-Care Facility, Danvers, MA, USA
Featured Speaker, at Seasons of Danvers Caregiver Café
MacDonald, M. "Take Care of Yourself: A Star and Seven Sustainable
Skills for Dementia-Caregivers," 60-min. onsite presentation
- June 8, 2016 Massachusetts Memory Café Percolator Network
at Jewish Family & Children's Services, Waltham, MA, USA
Featured Speaker, at Quarterly Meeting
MacDonald, M. "Rest.Stop.Ranch Memory Café," 20-min. onsite presentation
- April 19, 2016 Caregiving Innovations: A New Merrimack Valley Care Support Initiative
at Memorial Hall Library, Andover, MA, USA
Panel Speaker, "Respite Revisited"
- March 9, 2016 Massachusetts Memory Café Percolator Network
Memory Café Workshop for New Memory Café Organizers
at Jewish Family & Children's Services, Waltham, MA, USA
Panel Speaker, "Rest.Stop.Ranch Memory Café"
- March 1, 2016 Massachusetts Lifespan Respite Coalition
Recorded at the Belmont Media Center, Belmont, MA, USA
Panel Speaker, "Crafting Service Innovations: A Meeting with
Caregiving Movers and Shakers"

- May 16, 2013 Alzheimer's Association, Syracuse, NY, USA
Keynote Speaker, DEMENTIACARE Conference 2013
MacDonald, M. "Take Care of Yourself: A Star and Seven Sustainable Skills for Dementia-Caregivers," 75-minute onsite presentation
- April 28, 2013 St. Paul's Episcopal Church, North Andover, MA, USA
MacDonald, M. "Take Care of Yourself: A Star and Seven Sustainable Skills for Dementia-Caregivers," 75-minute onsite presentation
- April 18, 2013 St. Michael's Catholic Church, North Andover, MA, USA
MacDonald, M. "Take Care of Yourself: A Star and Seven Sustainable Skills for Dementia-Caregivers," 75-minute onsite presentation
- February 19, 2013 Sunrise at Gardner Park Senior Living Facility, Peabody, MA, USA
Featured Speaker for North Shore Alzheimer's Partners Monthly Meeting
MacDonald, M. "Compassion Fatigue & Satisfaction: How to Stay Well While Caring Long-Term in the Family or on the Job" 45-minute onsite presentation
- January 15, 2013 Mass Lifespan Respite Coalition, Waltham, MA, USA
Featured Speaker for the Coalition's Monthly Meeting
MacDonald, M. "Marymac Missions: Services born of Story" 45-minute presentation onsite, online and by phone
- September 20, 2012 North of Boston Council on Aging Directors Monthly Meeting, at Rest.Stop.Ranch Respite Retreat Center, Topsfield, MA, USA
MacDonald, M. "Marymac Missions: Global Services Launched, Local Services Emerging" 60-minute onsite presentation
- September 11, 2012 Elder Service Providers Network Monthly Meeting, Norwood, MA, USA
MacDonald, M. "Take Care of Yourself: Seven Sustainable Skills for Elder Service Providers," 60-minute onsite presentation
- June 23, 2012 Body, Mind & Spirit Festival, Marblehead, MA, USA
MacDonald, M. "Take Care of Yourself" 10-minute talk, 20-minute workshop; Tradeshow Exhibit: Marymac Missions LLC show table
- October 5, 2011 Brooksby Village, Continuing Care Retirement Campus, Peabody, MA, USA
MacDonald, M. "Rest.Stop.Ranch" 60-minute onsite presentation
- May 17, 2011 North Shore Senior Providers, Beverly, MA, USA
MacDonald, M. "A Shared Concern, A Need to Innovate: The birth of Marymac Missions, a social enterprise" 20-minute presentation

- January, 2011 SolAmor Hospice, Middleton, MA, USA
MacDonald, M. “Tips for Visiting a Person Living with Dementia and Their Family” 60-minute presentation
- October 4-6, 2010 Topsfield Fair Green Pavilion, Topsfield, MA, USA
MacDonald, M. Tradeshow Exhibit: Marymac Missions LLC show table
- April 28, 2010 Social Enterprise Summit and World Forum, Social Enterprise Showcase, San Francisco, CA, USA
MacDonald, M. Tradeshow Exhibit: Marymac Missions LLC show table
- August 23-27, 2008 Alzheimer’s Association Dementia Care Conference
MacDonald, M. Sacred Sounds in Sacred Spaces: Use of Music in the Spiritual Care Visit as Applied in Dementia Care (poster presentation, presented online)
- May, 1999 St. Elizabeth’s Hospital, Brighton, MA, USA
MacDonald, M. Sacred Sounds in Sacred Spaces: The use of music in the spiritual care visit, MA thesis performance presentation

TEACHING EXPERIENCE: ON-SITE PROGRAMS

- July 10, 2017 Rest.Stop.Ranch Respite Retreat Center, Topsfield, MA, USA
 “Respite Retreat for Family Caregivers”
 Caregiver Practice Group from Havenwood Heritage Heights, Concord, NH
 3.5-hour Retreat (Group Share, Silent Practices in the Outdoors, Picnic Lunch)
- February 27, 2013 Rolling Ridge Retreat Center, North Andover, MA, USA
 “Respite Retreat for Family Caregivers”
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 1/2 Day Retreat.
- January 9, 2013 Grove Manor Estates, Braintree, MA, USA
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 60 Minute Workshop for Senior Providers.
- September 25, 2012 Norfolk Adult Day Health Center, Norwood, MA, USA
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 60 Minute Workshop for Family Caregivers.
- June 15, 2012 Labor Day Weekend Family Conference, Moultonborough, NH, USA
 “Music Ministry at Home with Family & Friends,” 75 Minute Workshop.
- June 15, 2012 Goddess Evening, Danvers, MA, USA
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 20 Minute Private Learn & Experience Sessions.

- May 24,28, 2012 LaCittadella Retreat Center, Assisi, Italy
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 30-minute Contemplative Practice Programs for Spiritual Directors International Assisi Pilgrimage.
- April 26, 2012 Dooley Skilled Nursing Center, Atchison, KS, USA
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 30 Minute Workshops for Professional Caregivers.
- April 25, 2012 Dooley Skilled Nursing Center, Atchison, KS, USA
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 90 Minute Workshop for Family Caregivers.
- April 24, 2012 St. Ann’s Parish Center, Effingham, KS, USA
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 90 Minute Workshop for Family Caregivers.
- April 9, 2012 Brooksby Village, Peabody, MA, USA
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 60 Minute Workshop for Family Caregivers.
- March 21-May 16, 2012 Rest.Stop.Ranch, Topsfield, MA, USA
 “Mid-week Meditation with Mary” 60 Minute meditation class teaches how to rest, stop, sit, and let-go of to-dos, worries and anxieties.
- Feb. 27, 2012 Trask Adult Day Health Center, Peabody, MA, USA
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 60 Minute Workshop for Family Caregivers.
- Feb. 21- April 3, 2012 Rest.Stop.Ranch, Topsfield, MA, USA
 “Ashes to Easter Book Group” 90-minute, 8-week series; book group discussion explored the theme of resurrection in the context of current personal practice, contemporary social issues, and scripture.
- May 21, 2011 Glastonbury Abbey, Hingham, MA, USA
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 1/2 Day Retreat.
- May 12, 2011 A Higher Balance Healing Center, Salem, MA, USA
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 1/2 Day Retreat.
- March 31, 2011 Mount St. Scholastica, Atchison, KS, USA
 “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey,” 90 Minute Workshop.

TEACHING EXPERIENCE: MOBILE/ONLINE PROGRAMS

- 2012-present **MacDonald**, M. “MaryMac Missions’ Monthly News” e-newsletter focuses on content for family dementia-caregivers across the USA and internationally.
- 2011-present **MacDonald**, M. “marymacmissions” YouTube Channel offers over fifty educational videos via the playlists: Mary Speaks, Mary Teaches, Mary & Margaret, and Accessible Garden Design. Launched October 14, 2011.
- 2010-present **MacDonald**, M. “marymacmissions.com/news” blog features social-justice themes related to long-term-caregiving journey (trauma recovery and renewal, dementia-care conference take-aways for the home-bound, estate management, organizational development while caregiving, etc.), serves as an ongoing witness to the effects of unpaid family dementia-caregiving.
- 2009-present **MacDonald**, M. “Rest.Stop.Ranch Morning Report;” an eco-spirituality blog, offers original nature photographs and reflections 2-3 times weekly. Launched December, 2009. Available at rest-stop-ranch.com
- 2010-2014 **MacDonald**, M. “Rest.Stop.Weekly” and “Me Moments Collection” online wellness programs developed for unpaid family caregivers offered 2 min. breathing, 5 min. guided meditation, 10 min. restorative yoga experience and music meditations via audio podcasts. Launched September 21, 2010, World Alzheimer’s Day, at rest-stop-ranch.com.
- November 7, 2012 **MacDonald**, M. “Take the Time for a 2-, 5- or 10-minute Me Moment!” 30-minute webinar hosted by Janet Edmunson. Available at janetedmunson.com.

PUBLICATIONS: BOOKS (self-published)

MacDonald, M. “Early Gardens at Rest.Stop.Ranch”, Photobook Documentary, 100 pages, marymac missions, 2012.

MacDonald, M. “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey”, Journal, 100 pages, marymac missions, 2011.

MacDonald, M. “My Doable Self-Care Plan: A Playbook for Long-Term Caregivers”, Four-week vision/action planner, 100 pages, marymac missions, 2011.

PUBLICATIONS: POCKET GUIDES (self-published)

MacDonald, M. “Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey”, marymac missions, 2011.

MacDonald, M. “Me and We Moments: Tips for Connecting with Self and Others While Navigating a Family Illness,” marymac missions, 2011.

MacDonald, M. “Express It! Portable Art Kit Companion Guide,” marymac missions, 2011.

PUBLICATIONS: WHITEPAPERS/GUIDES (self-published)

MacDonald, M. How to Claim Your Me Moment: Caregiver communication tips for positive self-talk and family-talk, rest-stop-ranch.com, 2010.

MacDonald, M. How to Claim Your We Moment: Caregiver and caregiver partner communication tips for connecting, rest-stop-ranch.com, 2010.

MacDonald, M. Rest.Stop.Ranch Morning Report: The background and benefits of a grounding practice, rest-stop-ranch.com, 2010.

PUBLICATIONS: UNPUBLISHED PAPERS

MacDonald, M. Sacred Sounds in Sacred Spaces: The use of music in the spiritual care visit, MA Thesis Paper, Boston College, 1999.

PROGRAMS AUTHORED AND/OR RECORDED

MacDonald, M. “Music Ministry at Home with Family & Friends,” a 90-minute program teaches practical ways to pray with music in the setting of personal prayer, family or small group prayer, and prayer at the bedside of the sick or dying. 2012

MacDonald, M. “Rest.Stop.Programs: Seven Sustainable Skills: Rest.Stop.Breathe; Rest.Stop.Receive; Rest.Stop.Restore; Rest.Stop.Renew; Rest.Stop.Retreat; Rest.Stop.Reconnect; Rest.Stop.Recreate;” seven wellness programs developed for family and professional long term caregivers feature an introduction to wellness strategies, methods, and skills (Breathing, Meditation, Restorative Yoga, Nutrition, Sacred Space Creation, Therapeutic Journaling, Partner Yoga, Expressive Arts Therapies). 2010.

MacDonald, M. “Rest.Stop.Programs: Rest.Stop.Breathe;” a wellness program developed for family and professional caregivers features an introduction to breathing techniques. 2010.

MacDonald, M. “Rest.Stop.Programs: Rest.Stop.Receive;” a wellness program developed for family and professional caregivers features an introduction to meditation techniques. 2010.

MacDonald, M. “Rest.Stop.Programs: Rest.Stop.Restore;” a wellness program developed for family and professional caregivers features an introduction to restorative yoga techniques. 2010.

MacDonald, M. “Rest.Stop.Programs: Rest.Stop.Renew;” a wellness program developed for family and professional caregivers features an introduction to basic nutrition principles and strategies to improve water intake and improve eating habits for “on-the-go/long-distance” nutrition. 2010.

MacDonald, M. “Rest.Stop.Programs: Rest.Stop.Retreat;” a wellness program developed for family and professional caregivers features an introduction to sacred space creation techniques, tools, and strategies to assist the caregiver in finding space and time for self-care even when caregiving 24/7 and/or living in temporary housing. 2010.

MacDonald, M. “Rest.Stop.Programs: Rest.Stop.Reconnect;” a wellness program developed for family and professional caregivers features an introduction to therapeutic journaling, visual journaling, partner yoga techniques and tools to assist the caregiver in reconnecting with self and other (spouse, friend, or family member). Non-verbal tools for connecting using partner yoga and expressive arts techniques are emphasized. 2010.

MacDonald, M. “Rest.Stop.Programs: Rest.Stop.Recreate;” a wellness program developed for family and professional caregivers features an introduction to therapeutic expressive arts techniques and tools to assist the caregiver in expressing their personal joy and joy experienced with a partner or small group. Self-care practice and discipline is promoted with partner care (care of the caregiver and his/her partner) and community care (care of the caregiver in a celebratory community context). 2010.

MacDonald, M. “Rest.Stop.Sustain;” a wellness program developed for active family and professional caregivers features an introduction to seven sustainable skills (Breathe, Receive, Restore, Renew, Retreat, Reconnect, Recreate) that can be used in the home or office. 2010.

MacDonald, M. “Rest.Stop.Recovery & Renewal;” a wellness program developed for family caregivers who are no longer active caregivers, features an introduction to seven sustainable skills (Breathe, Receive, Restore, Renew, Retreat, Reconnect, Recreate) that can be integrated into a personal recovery & renewal wellness plan and routine. 2010.

MacDonald, M. “Rest.Stop.Restorative Chair Yoga;” a wellness program developed for family and professional caregivers features an introduction to restorative chair postures that can be used anywhere one sits. 2010.

EDUCATIONAL PRODUCTS DESIGNED & DEVELOPED

MacDonald, M. “Twinkle Toes Knows: Refrigerator Door Art & Action Star,” a re-usable dry-erase sheet and marker used to support a weekly intentional self-care practice. First distributed as a teaching support material as part of the keynote presentation “Take Care of Yourself: A Star and Seven Sustainable Skills for the Long-Term Care Journey,” Alzheimer’s Association DEMENTIACARE Conference, Syracuse, NY, May 16, 2013.

MacDonald, M. “Caregiver Care Package” containing: yummy fleece lap blanket, aromatherapy weighted eye pillow, “Me and We Moments: tips for connecting with self and others while navigating family illness” yoga instruction guide. Developed sustainably and locally North of Boston. First sold at the Topsfield Fair Green Pavilion, October 4-6, 2010.

WEBSITES AUTHORED (copy-writing and illustrations)

MacDonald, M. rest-stop-ranch.com, re-design launched September, 2014.

MacDonald, M. marymacmissions.com, re-design launched July, 2014.

MacDonald, M. YouTube “marymacmissions” Channel, launched October, 2011.

MacDonald, M. ruahmusica.com, re-launched March, 2011.

MacDonald, M. marymacmissions.com, re-launched November, 2010.

MacDonald, M. rest-stop-ranch.com, launched September, 2010.

MacDonald, M. marymacmusic.com, re-launched May, 2010.

MacDonald, M. marymacmissions.com, launched April, 2010.

WEBSITES AUTHORED, DESIGNED, & DEVELOPED

MacDonald, M. ruahmusica.com, spirituality & music site, launched 2008.

MacDonald, M. marymacdonald.us, personal portal & blog, launched 2005, decommissioned 2010.

MacDonald, M. mmacdesign.com, information architecture design portfolio, launched 2003, decommissioned 2010.

MacDonald, M. clowns-n-cowboys.com, personal site, launched 2003, decommissioned 2010.

MacDonald, M. marymacmusic.com, professional music site, launched 2003.

WHEELCHAIR-ACCESSIBLE GARDENS, DESIGNED & DEVELOPED

MacDonald, M. and Ackerman, K. Rest.Stop.Ranch Accessible Garden Phase 2: MargFMac Front Garden Loop (0.1 mile), 202 Haverhill Road, Topsfield, MA; 2011.

MacDonald, M. and Ackerman, K. Rest.Stop.Ranch Accessible Garden Phase 1: Accessible Home, 202 Haverhill Road, Topsfield, MA; 2009-2010.

ORGANIZATIONS FOUNDED

2010 MaryMac Missions LLC,
incorporated in the State of Massachusetts
a social enterprise

2003 M.MAC DESIGN dba founded as a
user experience design consultancy

TRADEMARKS CREATED & OWNED

2017 “Memory Café in the Garden”

2011 “marymacmusic”

2010 “marymac missions”

2010 “Quality of life each day of life”

2010 "Rest.Stop.Ranch"

SERVICE & RESEARCH: HEALTHCARE

- 2009 - Present Foundress, Owner, and CEO
MaryMac Missions LLC, Topsfield, MA
- 2003 - 2013 Unpaid Family Care Manager (Frontotemporal Degeneration)
Home and Facilities Care, Syracuse, NY and Boston, MA
- 1999 Intern at Health Law Advocates Inc., Boston, MA
- 1995-1996 Admissions Counselor and Therapeutic Classroom Supervisor,
Seattle Mental Health, Seattle, WA; Participant, CHANNEL Program,
a year-long development program for young adults sponsored by the
Archdiocese of Seattle
- 1994-1995 Research Assistant to Anthony L. Suchman M.D., Highland Hospital,
Rochester, NY; Research Topic: Doctor-Patient Relationship
(psycho-social study)
- 1994 Research Assistant to Seth D. Pollack, Doctoral Candidate, under the supervision
of Dante Cicchetti, PhD, Mount Hope Family Center, Rochester, NY;
Research Topic: Effects of Abuse in Child Emotional Development
(brain-based study)

CONSULTING: USER EXPERIENCE DESIGN

- 2006-2007 Fidelity Investments E-Business Design,
Design Lead & Web Project Manager, Marlboro, MA
- 2004-2005 Boston College Institute of Religious Education and Pastoral Ministry,
Design Lead & Web Project Manager, Chestnut Hill, MA
- 2004 Spotfire Software,
Information Architect, Cambridge, MA
- 2001-2002 RSA Security, Worldwide Sales,
Information Architect, Bedford, MA

SALES: FINANCIAL SERVICES & TECHNOLOGY

- 2000 - 2001 RSA Security, Inside Sales, Bedford, MA
- 1999 - 2000 Fidelity Investments, Congress St. Investor Center, Boston, MA

MINISTRY: MUSIC (PIANO, FLUTE & VOICE)

2012 - 2015 LaSalette Faith Community, Topsfield, MA

2010 - 2011 Ruah Musica music meditation podcasts (ruahmusica.com)

2009 St. Patrick's Parish, Lawrence, MA

2003 - 2004 Ecclesia Ministries, Boston, MA
St. Joseph Catholic Church, Lincoln, MA

2000 - 2002 St. Stephen's Episcopal Church, Boston, MA

1997 - 1999 St. Zepherin Parish, Wayland, MA
St. Augustine Parish, South Boston, MA
St. Brigid Parish, South Boston, MA
Glastonbury Abbey Benedictine Monastery, Hingham, MA

1996 - 1997 Mount St. Scholastica Benedictine Monastery, Atchison, KS
Emmaus House, University of Kansas, Lawrence, KS

1995 - 1996 St. Patrick Catholic Church, Seattle, WA
St. Benedict Church, Seattle, WA
St. Catherine of Siena Church, Seattle, WA

1990 - 1994 University of Rochester, Rochester, NY
Newman Community, Protestant Chapel Community

1986 - 1990 St. Rose of Lima Parish, North Syracuse, NY