

Development



Rest ■ Stop ■ Ranch[®]
Respite Retreat Center
& *Accessible gardens*

202 Haverhill Road, Topsfield, MA 01983
rest-stop-ranch.com ■ 978-887-4202

Portfolio

Our Vision

We are developing our private wheelchair-accessible gardens for the enjoyment and therapeutic benefit of people in our community affected by chronic illness and disability.

Our Vision in Action Since 2009...

2017 We offer year-round caregiver support, and seasonal garden programs, April - October.

2016 We received seed-funding from MA DDS for our inclusive Memory Café in the Garden.

2015 We expanded the monthly program to include a Memory Café.

2013 We started a Sunday Stroll program once-a-month, providing better garden access for people using wheelchairs, walkers, & strollers.

2012 We began sharing our wheelchair-accessible gardens with friends with disabilities and their caregivers.

2011 We added the wheelchair-accessible MargFMac Front Garden Loop (0.1 mile).

2010 We built seven unique
2009 garden areas.



Our 5-Year Goal by May 2022...

- 2022** Our seasonal garden programs, April - October, include access to three wheelchair-accessible gardens:
 - The MargFMac Front Garden Loop (0.1 mile)
 - The Secret Garden Perimeter Path (315 feet)
 - The Cottage Garden Perimeter Path (335 feet)

- 2021** We are close to our May 2022 goal ~ By the end of 2021, we've developed wheelchair-access to the three gardens.

- 2020** We have reached the financial goal of raising \$100,000 to fund the three wheelchair-accessible gardens.

- 2019** Rest.Stop.Ranch Accessible Gardens: Ten-year birthday! Ten-year birthday book published.

Rest ■ Stop ■ Ranch[®]
Accessible gardens

By spring of 2022 we aim to offer (3) wheelchair-accessible gardens.

Our 2-Year Fundraising Goal is \$100,000.

The MargFMac Front Garden Loop	\$50,000.
<ul style="list-style-type: none"> • grade adjustment (0.1 mile) • low-maintenance hard-top (0.1 mile) 	
The Secret Garden	\$25,000.
<ul style="list-style-type: none"> • perimeter path (x feet) 	
The Cottage Garden	\$15,000.
<ul style="list-style-type: none"> • perimeter path (y feet) 	
TOTAL	\$100,000.

DONATE

online:
www.gofundme.com/accessible-gardens-north-of-boston

online: rest-stop-ranch.com or marymacmissions.com (through PayPal)

by check: payable to "MaryMac Missions"

mail to:
 Rest.Stop.Ranch Accessible Gardens,
 202 Haverhill Road, Topsfield, MA 01983

Rest ■ Stop ■ Ranch[®]
Accessible gardens

Donate Your Time
Become a volunteer...

Donate Plants or Money
We accept plant and financial donations...

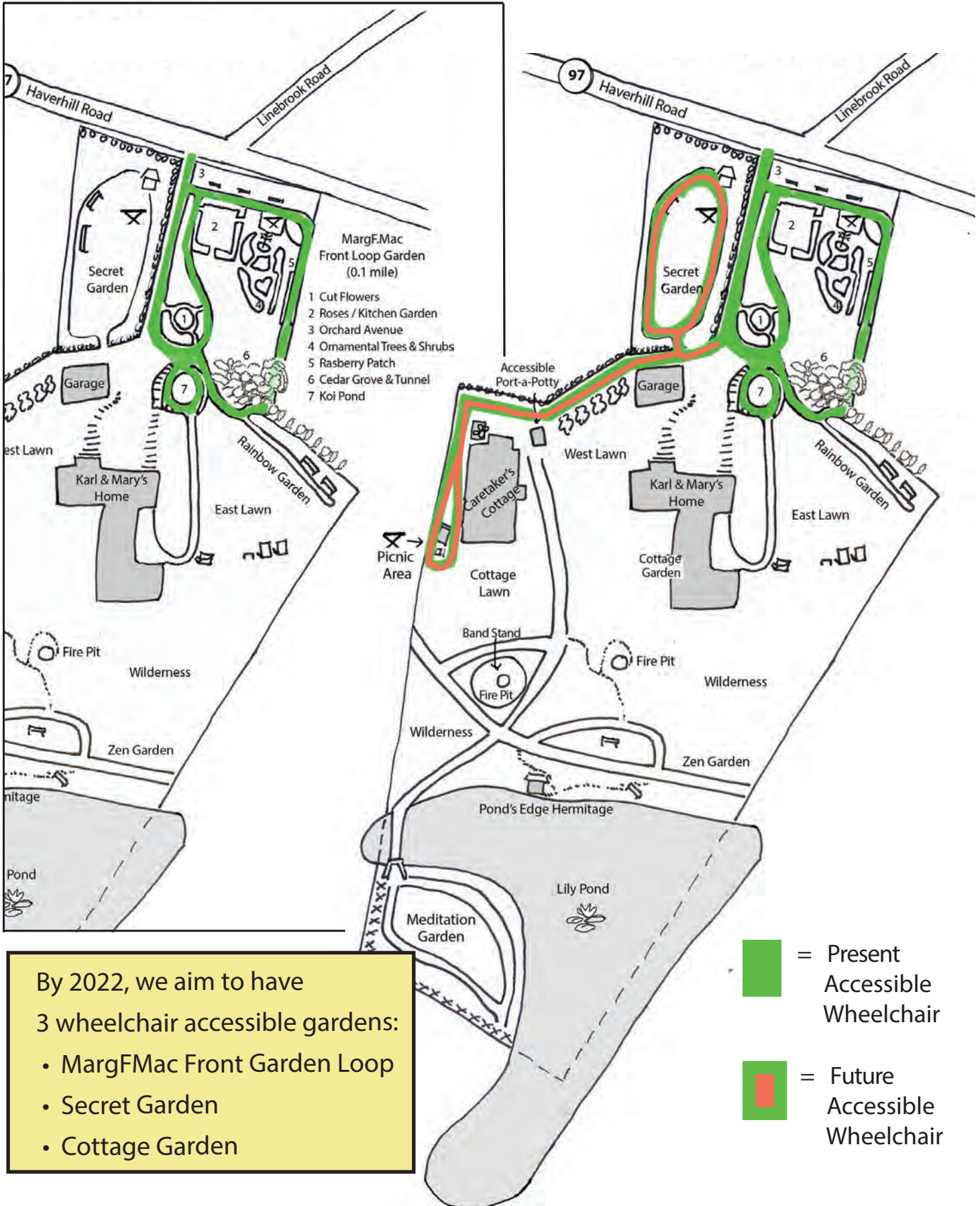
Memorial Gifts
Remember a loved one...



[2017 Fundraising Rack Card]

Our Present 2017

Our Future 2022



Media Coverage

<http://www.nshoremag.com/reststopranch-develops-private-gardens-for-therapeutic-benefit/>

northshore

THE BEST OF THE NORTH OF BOSTON

Rest.Stop.Ranch Develops Private Gardens for Therapeutic Benefit

A Topsfield couple offers accessible garden experiences for people living with long-term illness and their care-partners.
BY CAROLINA WORRELL



From left to right: Karl R. Ackerman and Mary E. MacDonald, John and Collette Hanlon admire the Narcissus blooms.
PHOTO BY SCOTT EISEN

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“Our private gardens offer a breath of fresh air and a temporary escape from long-term-care burdens.”
~ Mary E. MacDonald



Mary E. MacDonald and Karl R. Ackerman.
PHOTO BY SCOTT EISEN

community | spotlight



Rest. Stop. Ranch.

Respite for
Long-Term Caregivers

by Anne Broyles photos by Adrien Blisson

Margaret Fraser MacDonald was diagnosed with frontotemporal degeneration in 2006. Her daughter, Mary MacDonald; Mary's husband, Karl Ackerman; and Margaret's husband, Joseph, cared for her until she died in 2008 at age 67. "I was disabled and nearly killed by my dementia-care experience," Mary says. She suffered from post-traumatic stress disorder and vowed to make a difference in the lives of other caregivers and families impacted by long-term illness and disability.

Eighty percent of dementia care is provided by family members at home, and more than 60 percent of developmentally disabled persons are cared for at home, according to Mary. She and Karl knew all too well the emotional strain, exhaustion and loneliness that such caregivers sometimes feel.

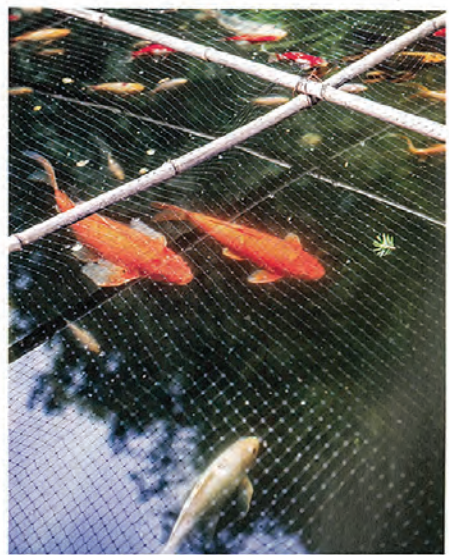
Mary founded MaryMac Missions LLC in 2010 "as a survivor's mission and a social enterprise, to be a safe and legal foundation from which practical solutions might be born," she says.

64 | July | August 2016

merrimack valley magazine



Opposite page: Mary MacDonald, founder of MaryMac Missions LLC with her husband Karl. This page: The MacDonalds have turned their Topsfield home into a retreat with gardens, handicapped-accessible paths and even a koi pond.



July | August 2016 65

Year-round Services at the Caretaker's Cottage

Individual Support

By Appointment

For care-partners, age 8-88+. Meet with Mary one-on-one, for a supportive spiritual-care session.



Carmela Coughlan, 2/29/2016

My two-hour retreat at Rest.Stop.Ranch refreshed and restored my body and spirit. Doable, in the midst of my full life; tailored to my unique needs; utterly life-giving! Thank you!

~ Carmela Coughlan of Westford, MA

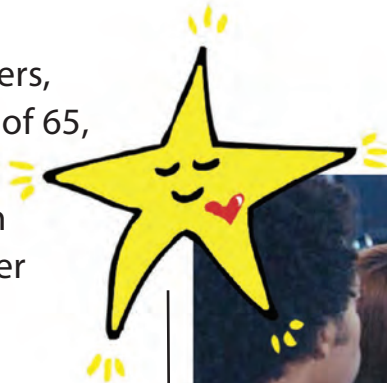
Many, many thanks for the opportunity for healing and respite you created on Monday. It was a profound experience. You are bringing such light into this world, especially for us caregivers.

~ Gale Lyman of Amesbury, MA

Group Support

Meets twice monthly.

For care-partners, under the age of 65, caring for a loved one with dementia under the age of 65.



"I got so much out of our time last week. Thank you. Learning about real tools to use and having a connection with others was so helpful. I've been telling my friends — it felt like a massage!"

~ Michelle Jones of Concord, NH

Seasonal Services in Our Accessible Gardens

Memory Café

Most Saturdays, 10am-12pm.

For friends with dementia, and their carepartners.



Bob Yntema of Ipswich with daughter, Jeanne Maurand, of Hamilton, MA, 7/10/16 & 9/11/16

"I like to see dad respond again. At [the facility] I noticed he was unresponsive. That's when I knew we had to get out. Just seeing him check his watch [he was concerned about the event's end-time] is a great sign." ~ Jeanne Maurand of Hamilton, MA



Sunday Stroll

Once-a-month, 11am-2pm.

For independent wheelchair-users, and people using wheelchairs or strollers, and accompanied by a care-partner.

*"Thank you very much!"
~ Eileen Doherty of Gloucester, MA
NE ARC Gloucester House*



Eileen Doherty, Guilina Finezzo & Abi Geraghey, 8/26/17

Memorial Contributions Support Festivals

starting in 2017

Accessible Lilac Fest

in loving memory of Roman Chrystycz



Accessible Lilac Fest

2017 ~ Year 1

Twenty-six lilac plants are accessible.



Shown above: Pocahontas, Early-season Bloom, Cottage Garden

Wheelchair-accessible:
Joe Mac Lilac Line and Cottage Road (8 plants)

Walking-accessible:
Secret Garden, Cottage Garden, West & East Lawns
(18 plants)

[2017 Festival Program: Accessible Lilacs]

Accessible Rose Rodeo

in loving memory of Margaret Fraser MacDonald



Shown above: John Davis hardy Canadian rose ~ the first to bloom!

Accessible Rose Rodeo ~ 2017 ~ Year 1
Fifty-two rose plants are accessible.

Wheelchair-accessible:
The MargFMac Front Garden Loop ~ (30 plants)

Walking-accessible:
The MargFMac Front Garden Loop ~ (7 plants)
Caretaker's Cottage ~ (9 plants)
Garage Garden ~ (5 plants)
East Lawn ~ (1 plant)

[2017 Festival Program: Accessible Roses]

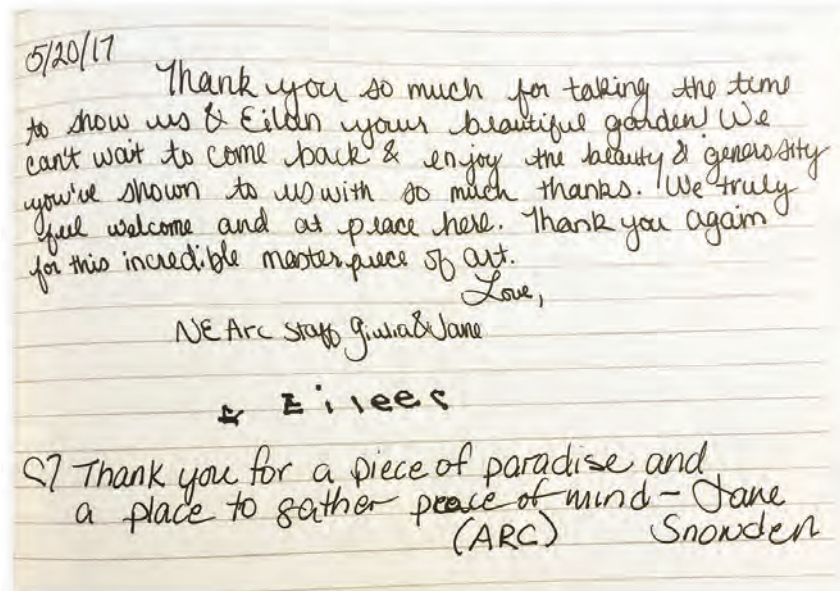
Every guest is offered:

- a nametag (first names).
- a garden printed program.
- an opportunity to sign the guest book.

These practices promote our guests feeling included, normalized, validated, empowered and dignified.

Guestbook Selections

2017



Spring Lilacs
Eileen Doherty, 5/20/2017

"What a beautiful gift of love.
Thank you for sharing your vision."
~ Collette and John M. Hanlon of Rowley, MA

"Absolutely FABULOUS! Thank you so much for sharing & providing a unique, beautiful, caring environment. Your neighbor & friend,"
~ Darcy Fulton of Topsfield, MA



Collette & John M. Hanlon, 4/30/2017

"Dear Mary & Karl, on this beautiful day of days I so appreciate the love you have poured into this healing adventure! You are teachers & are showing us, along with your plant allies, a better way of Being. In Gratitude & In Love,"
~ Patty Chrystycz of Beverly, MA

Guestbook Selections

2016

"I am so impressed by Mary and Karl's story. After touring their Rest.Stop.Ranch in Topsfield, I am committed to spreading the word throughout my district about this amazing resource. It is truly a hidden jewel!"

*~ Senator Joan B. Lovely of Salem, MA
Second Essex District, State House, Boston, MA*

"What I liked most was the intimacy with the plantings. Being a wheelchair user, it was never a less-than experience."

*~ Marianne DiBlasi of Winchester, MA
Mass Lifespan Respite Coalition*

"What an inspiration! Thank you! I feel the healing happening here on so many levels. I am restored!"

*~ Emily Kearns of North Andover, MA
Mass Lifespan Respite Coalition*

*"Magical. Amazing. I am so inspired, leaving here with a mission ideas running through my head." ~ Stacey Hammerlind of Newton, MA
Mass Lifespan Respite Coalition*

"Thank you for allowing me to come and look at the garden and participate in the mission to enable people in wheelchairs to enjoy the garden."

*~ Dave Gunzburger of Tewksbury, MA
Next Day Access*

2015



Pedro Morales with daughter Darcy Morales-Zullo, 10/11/15

"Weeks later, I'm still basking in the glow of sitting in your gardens. Just to sit on a bench! It was a lovely respite for us..."

*~ Darcy Morales-Zullo,
of West Newton, MA*

Guestbook Selections

2014



Laura, Joyce & Lynne
enjoy a respite outing, 7/23/2014

"After 10+ years of maintaining a life with early onset dementia, Joyce was more alert than I have seen her in very long time. What a joy to see her enjoy the garden and our company."

~ Lynne Marchetti of Topsfield, MA
with mother-in-law Joyce of Wenham, MA

2013

"Mary & Karl – visionaries and implementation experts."

~ Carol & Richard Wysopal, Georgetown, MA



Residents & Staff
NE ARC Burlington House, 10/13/2013

9.8.13 Marty Rodweller
Mary & Karl - What a wonderful peaceful
spot you have created! It is a beautiful space.
Thank you for sharing it with us.
10.13.13 beautiful garden. Thanks for the invitation. We
love to come back in Springtime.
10/13/13 LINDA I LOVE IT THANK
YOU
10/13/13 The Burlington House Thanks you for such a
wonderful, positive experience. What you have created
is a work of beauty, and we would love to
come back in the Spring. It will be wonderful
to see what everything looks like in full bloom
in the Spring. Thank You very much from the
staff & the residents of The Burlington House.
10/13/13 Absolutely Beautiful Thank you for this
wonderful experience.
-Chais
BAH (Brian Hillard from Burlington House)