



FIELD NOTES FROM THE FARM – AUGUST 2021

OPENING LETTER

Change happens everywhere and to everything as time passes. Without change we would all be stuck in pre-historic times with Pebbles and Bam-Bam (I'm dating myself) as our children. As we all know, change does not happen without help. That help comes in many forms. There are changes that happen on a molecular level as well as on a catastrophic and meteorological level. There are also changes that happen somewhere in between, with the help of brains, brawn, goodwill, and grace. I am a firm believer that change is sometimes hard to recognize but once in view can be handled, accepted, and celebrated!

If you have driven by Inn Along the Way during your summer travels, you may have noticed a few changes since the last time you passed by. If you have not had that opportunity, I will hope to list a few of them in the following paragraphs as well as recognizing how these changes were handled, accepted and are being, or will be celebrated – all with gratitude!

VOLUNTEERS IN THE FIELD

Recognizing volunteers – This part of FIELD NOTES FROM THE FARM is always fun for me because there are so many volunteers, doing so much behind the scenes. I have met only a few of these amazing people and have bounced off others in passing. In this section we get to meet these gifted people and read their story together. The featured volunteer, Zina Glazebrook, is one that is devoted, dedicated and with a delicious sense of aesthetics. Most recently Zina was seen cleaning construction debris from every item and every shelf in our kitchen. She then meticulously placed each item in the perfect location – keeping the essence of a farm kitchen. You will probably see a touch of Zina wherever you might wander at IAW. She is a constant promoter of who we are and what we hope to achieve. We thank her and know she loves tasteful, beautiful, and purposeful change!

Zina Glazebrook

In September of 2013, having fled a very hyper distant suburb of New York City, known as The Hamptons, for the beauty and community of Maine, I found myself dog sitting on a small farm in Pemaquid. The family had left for London with one of their three dogs, leaving the other two to various dog sitters, one of them being me. I stayed for two years.



Just after settling in with my two dogs (now a pack of four) a neighbor showed up with zucchini muffins, sun gold tomatoes and a dinner invite. She was fun, kind, and

loved her four dogs as much as I loved my pack. Does that sound like someone you know? Or someone you have met? Has she offered you water, a clementine, a ride to town, or a book to read from the back of her car or van? Yes – she turned out to be Sherry Flint, the founder of Inn Along the Way. I wrestled with how I could be of service to her and her efforts and simply signed myself up to help. I volunteered to get the word out, fund raise, and be of service when I could. Sherry and her team were able to purchase the farm by Christmas of 2015.

Now 7 years on, the Inn will soon open with four guest rooms and baths, a commercial kitchen, and a variety of marvelous donations which keep IAW thriving. There are periodic barn sales, open mic events, grief support groups, and “Lunches for the Bunches” - all becoming staples of the IAW calendar. The twelve rental cottages are about seven years away. COVID 19 was tough for IAW to get through and deeply affected the Inn’s ability to fund raise as effectively as in previous years. Please think of IAW as a gift to our community, a guide for the elders we love and hold dear, as well as a great place to go walking with yourself, your family, your friends, or your dogs.... great birding too!

Our volunteers are the “C” in change. Without them IAW would never be what it is today or what we have in store for it to be tomorrow. They accept and celebrate the change every day by just showing up to work, calling, writing, creating, talking, crying, laughing, and getting dirty while recognizing the responsibility they have to their/our community. Below is a quick list of just a few of those who work together for the benefit of all. Many a “Thank You!” go to...

- All those individuals who worked endlessly to organize, price, and sell items in our first yard sale of the year. Without the amazing leadership and



dedication of Tracy Verney, and John and Rachel Gallagher we would never have thought of scheduling

a second one in September - or have been so successful with our first!

- Our volunteer coordinators who work hard to keep everyone busy while tracking and reporting hours.
- The landscape committee who recently met for the first time to discuss ideas for plantings and trees in our new parking lot and entrance.
- The Garden Committee volunteers who plant, water, weed and harvest the produce of IAW.
- All the volunteers who have helped to paint, clean, peel, sand and maintain the farmhouse throughout all circumstances.
- The Communication Committee. They are the team of creators, writers and editors who keep us all informed.
- Our committee of carpenters who have created our new entrance and deck.
- Our Board of Directors
- The grounds crew who mow and mow and mow!
- Resounding applause to all of those who make “Open Mic Night” such a success. Thank you Sylvia Tavares, John Couch, John Monterisi, The Rusty Hinges and all the musicians, song writers and artists who gave of their time and talent to raise awareness and financial support for IAW.... they ROCK!!
- Dr. Steven Kress has been a huge supporter with his time given to lead many bird walks at IAW. The sightings are fun and the information he brings is invaluable.

There are never enough “thank yous” or enough space in this newsletter for all those who deserve to be thanked or recognized. Please know and believe that you are the ones who make the changes and who bring our Mission to the community. **THANK YOU!!!**

WHERE THE SEED IS PLANTED

A seed from the past - Change has happened at 741 Main Street, Damariscotta Maine. Working tirelessly, seven generations of the same family altered the land and maintained the farmhouse to benefit themselves as well as the community in which they lived. With that in mind Sherry Flint offered to write a piece explaining how acquiring this land and continuing to make changes fits the Mission of IAW as well as honoring the history of the family and community.

Sherry Flint

To locate the perfect property for IAW we spent two and a half years driving the back roads and main thoroughfares of this beautiful mid-coast region of Maine. Low and behold we found what we were looking for right in our own back yard!

Soon after receiving our non-profit status in July of 2014, board member, Tracy Verney, tapped me on the shoulder and told me of a property belonging to dear friends. She had known about it for some time, she explained, but had

not been at liberty to tell us about it before this as the Gallagher family had been in discussion on whether to sell their beloved Chapman family farm, or not. The years spent looking at properties provided ample opportunity to refine a 'most wanted' checklist. The land needed to have easy winter access, it could not be in too precious of a neighborhood, but needed to be near amenities, have walkable land, and given what it would be used for it had to have soul and an ingredient which is hard to name, but the thread of which runs throughout ~ a vista to draw oneself out and beyond themselves. As much as we wanted it to be otherwise, our checklist eliminated many properties, one after the other. Until one glorious autumn day when Inn Along the Way's Board of Directors fanned out onto the 31-acre Chapman farm. With checklist in hand, we unanimously saw this particular property, as the future home for our communities.

Change has happened since our purchase of Chapman Farm, but change doesn't always come quickly. It takes a long time to say 'good-bye' to a heritage; and it takes a long time to build a house into a community's home. We've built upon the foundation that was laid by the seven generations of Chapmans who went before us. Family, land, and community shepherd and steward us, growing us into more than we were before.... We hold dear the dreams of both Madeline and David Chapman, as well as ours for Inn Along the Way.

Seeds of today – The seed of *SURPRISE* has been planted!! We continue to plan and plant our seeds of today but without knowing when they may take root and change the look of our garden. Please keep that in mind as you continue to check our website for new information and *SURPRISES* that we know are about to sprout.

Our next CONVERSATION CIRCLE will be held on Sunday, Aug. 29th from 3:00 – 5:00pm. We will be discussing Cross Cultural Perspectives on Aging and Death. Please go to www.innalongtheway.org for more information about this event as it becomes available. All are welcome!

SPROUTINGS AND GROWTH

Building progress & news – Mike Stevens continues to enhance the farmhouse with his impeccable craftsmanship. He has recently built a desk/counter in the main entrance. You are now welcomed to the house and greeted with only the finest an Inn has to offer. He is also working with John Gallagher to rebuild and make safe, the banister that will lead us to the second floor of the Inn. Many thanks to both men for their time and talent!

There is new siding going up around the farmhouse every day. As the old clapboard is torn off and the structure is exposed, we are amazed at the width of boards that

create the original skeleton. Old being replaced or covered by new is a visible change that cannot be denied. We celebrate the survival of the farmhouse with the future for IAW!

Nourishment for Growth – In the past few weeks we have been very fortunate to receive the nutrition needed for continued development and change.

- ✓ We are extremely happy and grateful to have received a grant from the Bessie D. Brooks Trusts. These funds will be used to purchase No Touch thermometers as well as furnishings for meals that IAW provides for others.
- ✓ Funds from The John Andrews Fund Grant were awarded to us by the Second Congregational Church in Damariscotta. With this kind and generous award, we were able to install the flooring in our respite rooms.
- ✓ Every month of the year Rising Tide – our local food co-op – recognizes 501c3 organizations with a .5%



contribution of all sales made on Weds of that month. IAW was selected as the recipient of this generous donation for the month of July. We thank them for their generosity and continued philanthropy throughout our greater community. We not only benefitted from their financial generosity but were encouraged to sit outside of the building to answer questions and give information about IAW to any who were interested.

CULTIVATING THE FARM

Information & Dates – There is always something being planned or “about to happen” at IAW. I encourage you to go to our website at www.innalongtheway.org and check our calendar for events that may not be listed below. Things are always changing...

- **GARDEN COMMITTEE** – Wednesdays 8:00 – 10:00am. All are welcome to join our Garden Committee as they weed and care for our luscious vegetable garden.
- **GREIF AND RESILIENCE** - Wednesdays 3:00 – 4:00pm Greif and Resilience meetings, at this point, are via Zoom. We will also be starting an in-person group with start date to be determined. Please contact us at info@innalongtheway.org or call 207 751-6261 if you are interested in joining.
- **LUNCH WITH THE BUNCH** - Tuesdays - 11:00 – 1:00pm (To be re-evaluated with any new COVID requirements) Beginning August 10th Lunch with the Bunch will start again! We invite the community to join us in our barn, every Tuesday, for a delicious gathering of food, friends, and fun. Currently, we ask all unvaccinated people to please wear a face mask.
- **SINGING CIRCLE** – Tuesdays – 1:00pm (To be re-evaluated with any new COVID requirements). Please join the group on August 10th. If you enjoy singing, we will enjoy having you!! Being in tune is not necessary but looking forward to fun is a prerequisite.
- **YARD SALE** - Saturday, September 11th, 8:00am – 3:00pm. We hope to see you at our second summer YARD SALE of 2021!
- **KAY TOBLER LISS** - Saturday, August 15th, 3:00pm. This Lincoln County author will be reading from her novel *The Last Resort* in our barn at IAW. For more information about the author and her work please read the attached article from LCN. <https://lcme.com/currentnews/jefferson-writer-publishes-first-novel/>
- **AGING IN THE RIGHT PLACE FORUM** – Thursday, Sept. 23rd. 9:00am – 3:00pm. Please see attached poster for more information about this exciting and interesting opportunity. Please call 207 751-6261 to let us know that you plan on attending.

WAYS OF GIVING – We are abundantly grateful for the gifts of time and energy that are given to us every day of every week. I am a believer of “What goes around, comes around.” But sometimes, without knowing what is needed it is hard for the helper to understand what is needed...

Our Wish list includes –

- Donation of or funding for Memorial Trees to be planted in Honor or in Memory of a loved one.
- Two Vacuums – one for the barn and one for the house.

- Vegetable Garden fencing to help prevent our wildlife from enjoying the produce we grow.

CLOSING THE BARN DOOR

Everything continues to give, to grow and to change – no matter the age. This is abundantly apparent at IAW. My wish for all in our communities is to recognize, accept and celebrate those changes as gracefully as this old farm continues to recognize, accept, and celebrate the changes that are thrust upon her. Thank you, Chapman Farm!!

“It is impossible for you to go on as you were before, so you must go on as you never have.”

Cheryl Strayed

Respectfully submitted.

Alida Zimmerman

Aging in the Right Place Forum



Aging in the Right Place Forum

will focus on, *The Speedbumps of Aging: How Do We Welcome the Transitions of Life*, and will address the difficulties we encounter during the various transitions of aging and how to cope with the change of life.

Some of our presenters include:

- **Juanita Roushdy**—Juanita will touch on the transitions in her life from moving to another country at an early age, marriage, professional life, volunteering, to two retirements—all in preparation of her finding the right place to age
- **Kimberly Mondonedo, CFP**—Kimberly will speak about finding financial health in order to age in the right place
- **Patricia Oh, PhD, LMSW**—Patricia contributed a chapter, *Designing Age-Friendly Environments as a Strategy for Enhancing Social Connectedness*, to the recently published *Social Isolation of Older Adults: Strategies to Bolster Health and Well-Being*.
- **Gayle Holden**—Gayle started lecturing about downsizing when she moved from her home of 27 years and then helped her parents downsize after being in their home for 40 years. She learned that downsizing is an emotional journey and in order to get to the actual packing, we have to unpack our feelings.

September 23, 2021

9:00 a.m. — 3:00 p.m.

Inn Along the Way

741 Main Street, Damariscotta