



FIELD NOTES FROM THE FARM MAY 2023

Believe you can
And you're halfway there!
Theodore Roosevelt

WELCOME MAY!

NEW BOARD MEMBERS ANNE RUNDLE & PAM WILEY

Anne Rundle MS, RN is a retired public health nurse, having recently worked for Maine CDC. She is also a wellness instructor and has taught yoga, meditation and stress management for 15 years. Anne has spent summers on Pemaquid beach since the 60's, and she and her husband Peter recently relocated to her childhood home in New Harbor.

Pam Wiley was born and raised in a small town in CT and most recently spent the last decade working for a Boston consulting firm that managed construction projects for non-profits. She and her husband have now relocated to Edgecomb and feels very lucky in that she also considers the vision of IAW to be a perfect fit with her longstanding interests and values. We look forward to having Pam's expert help in identifying the best contractor for our affordable housing.

HANDICAP RAMP

Have you recently been involved in an accident or had surgery that makes it necessary for you to use a ramp (temporarily) to get in and out of your home? If so, contact Sherry for more information.

VOLUNTEER APPRECIATION BRUNCH

We mentioned it last month, but we want to MAKE SURE you **mark your calendars!** We are planning our annual Volunteer Appreciation Brunch on Saturday, August 26th from 10-1. If you have any ideas or questions, please contact Sherry. We'll be announcing the 2023 winner of the John Gallagher Award...just sayin'!



GARDEN COMMITTEE

Our gardeners, led by Sharon Abair, have already started prepping and planting! All newbies are welcome to join in on Wednesday mornings. You'll see them out there with their tools in hand!

"CLIPBOARD" CHORES

There is a clipboard in the office with an ongoing list of things that need to be done around the farm – for information about anything on the clipboard, call 207-682-0118.

WELCOME TO OUR "DIRECTOR OF BELONGING"

Danielle Filosa is a California native who found her way to Midcoast in 2020. She lives in New Harbor and discovered Inn Along the Way while flipping through the Lincoln County News. She was immediately intrigued by the mission and vision and wanted to find out more. Three years later, she is honored to take the



Director of Belonging position. She is an individual who thrives on the importance of human connection and artistic creation. She is excited to help build and support the community at Inn Along the Way.

THANK YOU

We appreciate everyone who answers the call to step up and fill in when needed. We couldn't keep moving forward without you!

THANK YOU TO ALL OF YOU WHO VOTED!

You voted and made a difference in the Bangor Savings Bank's "Community Matters More" program. We received SECOND place! First place went to the Community Energy Assistance Program and Third place went to CLC YMCA! Thank you!!!!

IAW ADDRESS

**PLEASE USE OUR
741 MAIN STREET, DAMARISCOTTA
ADDRESS ONLY!**

WAYS OF GIVING

If you would like to make a financial donation, there are numerous ways to accomplish that. All gifts – large and small – make a difference.

For more information, go to:

www.innalongtheway.org/contribute

We are continuing to host grief and caregivers support groups. For more information or to sign up, call Sherry, at 207-751-6261, or contact us at info@innalongtheway.org.

For more information please check out our website: www.innalongtheway.org.

HERE'S WHAT'S HAPPENING AROUND IAW:

- ◇ LUNCHES WITH THE BUNCHES...
Wednesdays from 11:30 to 1
- ◇ CIRCLE OF CARE...
Every other Monday (May 8 & 22) – from 1:30 to 2:30
- ◇ GRIEF & RESILIENCE...
Every other Wednesday (May 3, 17 & 31) – from 10:30 to 11:30
- ◇ BECOMING MORTAL...
Every other Wednesday (May 10 & 24) from 1 to 3
- ◇ SINGING CIRCLE...
Thursdays (May 11 & 25; June 8 & 22) from 1 to 3
- ◇ PLANT SALE...
Saturday, June 10 from 8:30 to 11:30 sponsored by Old Bristol Garden Club
- ◇ OPEN MIC...
Saturday, June 3 from 1:30 to 4:30
- ◇ BARNYARD SALE...
Saturday, June 24 & August 5 from 8 to 2
[NOTE: SEE DONATION LIST BELOW](#)
- ◇ BIRD WALK...
Our annual walk with Dr. Stephen Kress will be June 27 at 7 AM
- ◇ THOSE AMONG US...
Our time with Bill Liam Child was great – keep an eye out for future meetings
- ◇ VOLUNTEER APPRECIATION BRUNCH...
August 26 from 10 to 1

Things DO change, so we encourage you to check our website for more information including dates and times of additional activities at Inn Along the Way. Go to: www.innalongtheway.org/, then click on "UPDATES," then select "Calendar."

As always, everyone is invited to join in and participate in any or all of the activities here!

Comments and suggestions can be sent to: info@innalongtheway.org.

We look forward to hearing from you.

Respectfully,
MaryAnn Look

DONATION LIST FOR BARNYARD SALE

Accepting

- 👍 Furniture
- 👍 Dishes
- 👍 Housewares
- 👍 Small Working Appliances
- 👍 Home Decorating
- 👍 Area Rugs
- 👍 Lights
- 👍 Art
- 👍 Jewelry
- 👍 Pet Items
 - Furry & Feathers
- 👍 Towels
- 👍 Children Items
 - No Car Seats
- 👍 Sports Items
 - Exercise Bikes
- 👍 Tools and Hand Tools
- 👍 Marine Items
- 👍 Garden Items

Not Accepting

- 👎 Books
- 👎 CD & DVD's
- 👎 Clothing
- 👎 Electronics
- 👎 Computers & Printers
- 👎 Treadmills & Ellipticals
- 👎 Rowing Machines
- 👎 Mattresses and Box Springs
- 👎 Bedding
- 👎 Medical Devices
- 👎 Large Appliances
- 👎 Baby Car Seats

Places that accept some or all of these:

- ✓ Skidomphia Used Book Store
- ✓ Miles Rummage
- ✓ Goodwill
- ✓ Staples (computers & printers)

Thank You For Your Generous Donations