

Innisfree

VILLAGE VOICE
WINTER 2015

*Jim and Carolyn
sing "Take me out to
the ball game" at the
Orioles game.*

Another Chapter in the Story

What's the first thing someone asks you when you are introduced? Almost always it is some variation of, "What do you



*With Willie in the
weavery 35 years ago*

do?" For most of the adult decades of my life I've had quite a compelling place to describe when answering. Though I have come and gone from the village, had brief stints as a Region Ten residential caregiver, an activities director at the ARC, and a genetic counselor at UVA, I have always maintained a connection with Innisfree. Since 1976 I've been a volunteer, the head of the weavery, the first Village Coordinator, a

Board Member, a Training Coordinator, and twice the Executive Director. For nearly 40 years I've found my place in this remarkable village. I've been able to answer the question, "What do you do?" by describing lifesharing and by telling about my home, work, community all wrapped into one.

The thread that has tied me to Innisfree through these



many different roles has been the relationships, my friendships—connections to fellow volunteers, to housemates and weavers, to parents and families. There are people I met in early decades like Marny and Marita, Linda and Lee, and those I've met since the turn of the century like Emily and Elizabeth. There are decades of friends in between and those who became mentors, too, like Heinz and Phyllis.

The texture of life has been enhanced by living, working side-by-side. Sato gave me the metaphor—community living is the sandpaper that smoothes our rough edges, improves us, challenges us. Joe Coleman taught me an appreciation for this land. Annie offered me friendship in that very first year. Tom and Sherry, Mark and Barbara provided never

wavering support. And each of you has contributed to the rich fabric of my Innisfree life.

Later this year, I will make another change in my long list of Innisfree roles. I will retire as Executive Director. I expect to become a neighborly elder, a forever friend of the village. We have begun the search for the next



*Carolyn, Luisa and Sina dressed in stripes
for the 4th of July 2014*

Continued on next page



Wearing a different hat in 1977, Carolyn and Philip worked together in the bakery.

Director and expect there to be good overlap and time for training and sharing and storytelling. Innisfree's growth has always been a team effort. Our work station heads and Nancy, Wes and Monika provide over 140 years of being-at-Innisfree history. They will be the core of on-going continuity in the administration of the village. Miriam, with more than thirty of those years, will keep us all woven together. The current Volunteers (and those who come



Phyllis and Carolyn

next year and the next) will continue to be the exceptional people who keep our Innisfree family life humming. Assured about Innisfree's future, it is with excitement I look forward to my next role...being a great neighbor, available at the other end of the phone when not exploring our national parks!

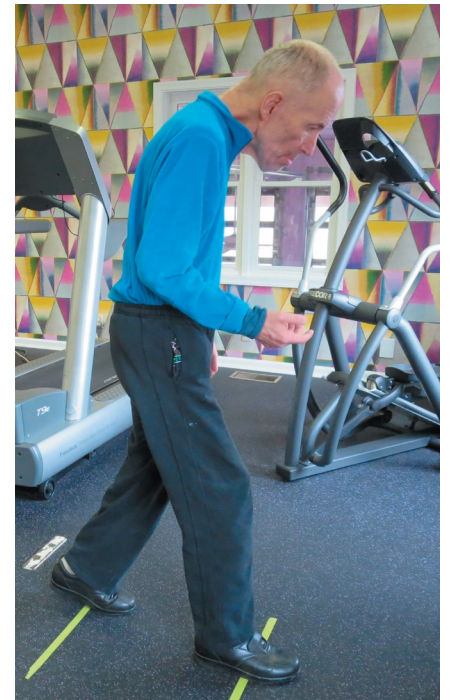


Community members from the '70s Heinz, Annie, and Lori celebrate at the 40th anniversary.

Daily Fitness at Innisfree

The Innisfree Fitness program is going and growing strong. Jeanmarie Badar is building from the reliable foundation created by Iz Zak over the last 20 years. She has worked with our work station leaders to create a schedule that allows more individualized programming and has brought in more coworkers to benefit from the workouts.

Each coworker has a written workout and exercise record.



Tom takes big steps with Gillian.

All are working toward specific goals and some are using the smart board to participate in tracking their progress. In addition, Jeanmarie has been hired by some families to work individually as a personal



*Special Olympics
Skiing at
Wintergreen*

trainer with a few coworkers who appreciate and are best guided in a private

program two decades ago, for supporting it for many, many years and for opening the doors to their fitness facility right next door to Innisfree. Stay tuned for updates on Fitness at Innisfree and on the Fried Center for the Advancement of Potential (FCAP) over the next year.



*Philip works
with Jeanmarie
on strengthening.*

*Jeanmarie
guides and
encourages Bee.*



*Iz and Leigh
Longtime Innisfree Neighbors and Friends*

Iz Zak has answered your calls to the Innisfree Office for years. He managed our database of donors. He has led our fitness program and organized our participation in Special Olympics for two decades! This year he is sharpening his focus and will be coordinating Innisfree's Special Olympics presence, assuring all can bowl, swim, ski, play soccer, basketball and tennis. We are so grateful for his continuing involvement and presence. Thank you, Iz.

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to join the adventure.



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Year in, year out, it is the day-to-day good works of life at Innisfree that must continue in order to fulfill our mission. Lifesharing at Innisfree is going strong because of the financial support of our friends, old and new listed below. We extend our sincere thank you to our loyal benefactors.

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