



Mission Statement

Innisfree, a voluntary community with adults with intellectual disabilities, is dedicated to providing a life-sharing home and work environment in an atmosphere of beauty, warmth, and respectfulness. All community members are valued, and all are encouraged to explore and contribute to a meaningful and challenging life.

Expressing Ourselves through Art, Music, and Pottery

*A perfect day for Maypole dancers
at Mayfair 2010*

The therapeutic work of our community is central to our Innisfree lives. While weaving, baking, cooking, gardening, and woodworking are integral to a personal sense of wellbeing for community members, in art, music, and pottery we further explore our creativity and expand our self-esteem. Volunteers and Expressive Therapists work together to provide weekly classes in art, music, and pottery. Each of these mediums offers an opportunity to stretch personal talents and to challenge our abilities to work cooperatively in a group. There are moments as part of the whole class, as when the Art Class built, painted, and performed together as a dragon at Mayfair. And there are times to perform in the limelight as when Elizabeth sang onstage with Cathy Bollinger, our music therapist, at the Sprout Film Festival in Charlottesville. Having a chance to shine as an individual and learning the intricacies of being part of the team are both goals of our Expressive Therapies program.



The Village Art Class project, a papier-mâché dragon, made its entrance at our Mayfair celebration



Cathy Bollinger, music therapist, and Elizabeth perform at the opening of the Sprout Film Festival. Proceeds from this year's festival went to support Cathy's project producing a DVD called, "My Turn, Your Turn," a visual and interactive resource for teaching social skills.



Art Adventure

By Chris Haske

In the Village, we meet every Tuesday to “make art.” Sometimes we talk, and sometimes we break into song. Everyone contributes what they can. When we finish and step back, the result is always surprising.



In art class, we get a lot of inspiration from the seasons. So on one cold, wintery day, we made snowflakes. We folded paper and cut some good old-fashioned paper snowflakes. Once we got the hang of it, we got more ambitious and the snowflakes started to get big, as big as the tires on the tractor. Everyone approached the task differently. Stephen cut his snowflakes with gusto and abandon, and the resulting snowflakes showed his energy. Brett’s snowflakes reflected his care and precision. Some people required help while others were completely independent. Elizabeth was so proud of



her snowflake, she wanted to share it with everyone. As a group, we decided to put our snowflakes up in the Community Center in a celebration of winter.

Ideas from projects come from any and all community members, like gardener Leigh Thomas. Back in January, she had just shoveled the snow from the walkway in front of the Community Center when she stopped to tell me about her dragon idea. She imagined a great dragon, a symbol of renewal, coming to Innisfree. She imagined that the dragon would be big and vibrant and made through collaboration by all at Innisfree. I got excited.



“The Earth” as seen by Village artists...

As spring arrived at Innisfree, a dragon came to life in art class.

Sometimes in art class, everyone makes their own individual artwork like with the snowflakes. Other times, we work collaboratively like we did with the dragon. Jobs are delegated, and everyone contributes in their own way to help realize the whole. We all worked together doing the papier-mâché and painting. Everyone’s contribution and personality are reflected in the end product. It just ends up that way. We can’t help it.



Town Talk

Innisfree’s Charlene enjoys a weekly art class. Lead by Patricia, she has been meeting. Patricia has a master’s in Art Therapy from Vermont. She works to encourage coworkers, making Town coworkers a challenging project. Their creativity works teaches many lessons.

*Working with clay is
therapeutic for all of us!*

Pottery Potential

By Becky Garrity

From the moment I get into the car to drive out to beautiful Innisfree, the stresses of life fall away. I know I am completely accepted and embraced (often literally!) by the coworkers. Working with clay allows all of us to reconnect with our innate, creative self and contributes to the ability to thrive in life.

Clay has magical qualities as a forgiving substance which can be formed and reformed. This makes it a perfect therapeutic tool. Clay doesn't cry out or push back when pushed. Instead it allows and even encourages pinching, pulling, and tearing. This effort results in an endless variety of bits and pieces which may even have a purpose when they are fitted together.

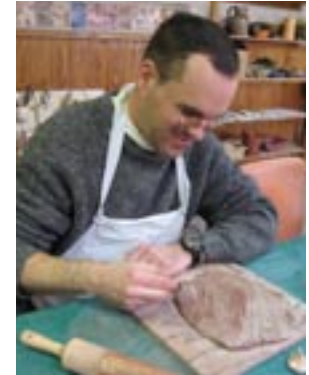
I was drawn to this medium by a relentless desire to play with clay. Over and over through the years, I found myself immersed in clay. First as an undergradu-



Becky helps Sally start a project.

ate and later as an apprentice to a master potter in Okinawa, Japan. Finally, in 1997, a window opened for me to commit to clay fulltime. I came to Innisfree just a year later. Ever since, I've balanced my work life between teaching, making and selling pottery.

In the Innisfree studio, we focus on fostering a creative and encouraging atmosphere so each one is empowered to apply his/her natural talents to the work at hand. Over time, coworkers approach clay with confidence and joy...and feel a part of something positive as a group and with each other. Much of our work revolves around joint projects, with each coworker adding a piece (a patterned slab, a coil, a small ball of clay, etc.). I often think of Innisfree's motto "together we can make it" because truly, we do just that in pottery.



Ellie and Patricia chuckle as they work together.



Ideas blossom into lasting projects. Jane is working on tiles to surround the entry to our village Trading Post.

ent

ottestville dwellers
art experience, too.
Moore, this group
g together since 1987.
aster's degree in Art
ermont College. She
age creative expression and personal growth for
ng sure all laugh and have good fun in the process.
s made personal masks this year, one of their most
ects. They supported and encouraged each other as
was unleashed. With Patricia's leadership, each project
ssons!



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Lions and Tigers and Bears, Oh My!

Music Magic

Cathy Bollinger has been Innisfree's music therapist since her oldest son was tiny. She started coming to Innisfree in 1988, not too long after receiving her graduate degree from Hahnemann University (now known as Drexel) in Creative Arts therapy. Falling into music was easy for Cathy. As a young girl, she discovered guitar at summer camp and was so excited to be given one of her own when she was in eighth grade. Her career is a direct result of those early experiences. That and being mentored by Zane Apprey, a music therapist who was a great inspiration to Cathy.



Cathy loves her work at Innisfree. She works on many concepts during her classes—taking turns and sharing, self-esteem, and positive participation with others in the group. Most importantly, she assures a joyful musical experience. Cathy recently told us, "Wouldn't it be nice if the whole world appreciated people's differences the way you do at Innisfree?" One of our honorary community members, Cathy is a wonderful model of embracing difference and building on talents. We sing her praises.



Cathy has been leading our music therapy classes for over two decades.