

From: [Peter J. Berry](mailto:Peter.J.Berry)
To: [Lisa Tomyl](mailto:Lisa.Tomyl)
Subject: Fwd: Morrison Farm
Date: Thursday, October 06, 2016 2:02:29 PM

Peter J. Berry
39 Faulkner Hill Road
Acton, MA 01720
(508) 423-0467 (c)
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Pjberry@comcast.net

Begin forwarded message:

From: Franny Osman <frannyola@gmail.com>
Date: September 13, 2016 at 01:24:10 EDT
To: "Peter J. Berry" <pjberry@comcast.net>
Subject: Re: Morrison Farm

Peter, this reminds me to ask you if it is your address people should send their comments on Morrison. That is what I have been telling people. Green Acton was asking.

On Mon, Sep 12, 2016 at 12:33 PM, Peter J. Berry <pjberry@comcast.net> wrote:

Hi Cathy: What kind of licenses, if any, would this require from state or local authorities?
Is this considered recreation or therapy, especially if it is eligible for Mass Health or Medicare insurance coverage?
Might CPA funding be appropriate? Historic for the building repair, or recreation?

What about insurance coverage? Would it fall under the state law exempting Town recreation programs from liability for injuries?

Steve, please add Cathy's email to the link to uses for Morrison Farm.

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On Sep 12, 2016, at 09:51, Catherine Fochtman <cfochtman@acton-ma.gov> wrote:

If there was Town and community support, I would be very interested in administering such a program at Morrison Farm. I have a Horticultural Therapy certificate from Horticultural Therapy Institute of Denver CO which has trained me to develop and administer horticultural therapy programs. Horticultural Therapy (HT) programs set goals and objectives for the participants in coordination with the participants' professional health/social caregivers, create activities to address the objectives, provide adaptive settings and tools to enable participants to practice the activities, and chart the outcomes to document goal achievement. HT programs are practiced in a wide variety of settings, including rehabilitation centers, health care, prison, elder care, farm and community garden settings. There are many HT vocational programs practiced around the country.

Bringing together people and plants to learn and grow is my passion. I run horticultural classes through the Recreation Department, administer the Town's Community Gardens and do presentations to the Acton Garden Club on horticultural topics. I've been running a successful Employee Lunchtime Garden Therapy group monthly at Town Hall since May 2015 (ask Lisa Tomy). I volunteer with the Acton Garden Club to offer a Garden Therapy activity to psychiatric patients at Emerson Hospital. I maintain a credential from Northeast Organic Farming Association (NOFA) as an AOLCP (Accredited Organic Land Care Professional).

What would be needed at Morrison Farm to effectively offer a day care program would include a handicap accessible community building with classrooms, gathering room, kitchen and restrooms, with sufficient parking; raised garden beds accessible to the building and parking area; and an outbuilding and greenhouse to support the agriculture and horticultural activities. The sources of funding that Pat listed would all need to be explored to sustain an operation of this kind, in addition to a Friends group/non-profit organization to spearhead fundraising.

Regards,

Cathy

Cathy Fochtman, CPRP, CPSI

Recreation Director

Town of Acton

Mailing Address: 472 Main St.

Office Address: 33 Nagog Park Dr.

Acton, MA 01720

[978-929-6640](tel:978-929-6640) office

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www.acton-ma.gov/recreation

From: Jabur J [<mailto:patjabor@hotmail.com>]

Sent: Sunday, September 11, 2016 8:32 AM

To: Franny Osman; Peter Berry; Catherine Fochtman

Cc: Commission on Disabilities

Subject: Re: Morrison Farm

Hi, my name is Patricia (Pat). I have nineteen years of experience working with individuals who have special needs, including developmental, physical disabilities and emotional/behavior challenges. I have taught children and adults with special needs one-on-one and one, and worked one year as a classroom elementary teacher.

I have been employed (Agencies) as a caregiver in a shared living program, in day programs, and was a program manager for a (Department of Mental Retardation)/Department of Developmental Services and Department of Mental Health program.

I really enjoy helping others. I have had close relationships with folks with special needs my entire life. I am able to connect and work well with many types of people. I am CPR and first aid certified; trained in Fire Drill (fire safety); have Deaf Blind Experience (Department of Developmental Services within the Commonwealth of Massachusetts Executive Office of Health and Human Services); and I am a Nursing Assistant (Diploma).

I work as a bus driver in Acton, MA during the week; work on a farm on Saturdays in Littleton, MA; and take care of my son who has a mental disability.

My experience has shown me how important a Farm Day Program can be in providing adults with disabilities meaningful work and the ability to enjoy group activities that lead to satisfying friendships and better behavior. A Farm Day Program's goal is to provide adults or seniors with developmental and intellectual disabilities or other cognitive disabilities a day program to maximize their abilities. Participants, or "growers," as they are called, are tasked

with farm chores, from feeding the animals to weeding the gardens. They learn a variety of home-life skills, such as cooking, baking, cleaning, planting fruits, vegetables, herb garden, and shopping. They also participate in activities and volunteer in the community.

The Morrison Farm is in a good location and can be of help to Acton residents who are adults or seniors with special needs.

There are many reasons why farms and ranches are becoming popular options for special needs families including: --The lifestyle is slower paced and more relaxing, making it easier for individuals with special needs to adapt to their surroundings.

--On a farm or ranch there a number of vocational activities and skills that individuals can learn. Adults with autism, Downs syndrome, cerebral palsy, visual impairments, or other cognitive disabilities can perform meaningful work, contribute, gain self worth and confidence, and

experience social interaction. --A farm can offer a perfect opportunity to create a sustainable business for individuals with special needs by selling their produce in the local markets.

Programs include:

- Therapeutic Gardening and Horticulture
- Animal-assisted Therapy
- Safety Skills
- Human Rights awareness
- Life Skills Instructions
- Nutrition
- Exercise
- Social Skills
- Cooking Skills

Animal-assisted therapy (AAT) is a type of therapy that involves animals as a form of treatment. The goal of a Day Program is to improve social, emotional, or cognitive functioning. Advocates state that animals can be useful for educational and motivational effectiveness for participants. Animals used in therapy include domesticated pets and farm animals.

Adult day program:

Adult day care programs are supportive services designed to meet the needs of adults with disabilities who have difficulty performing activities of daily living.

These programs provide for adults physical and emotional well-being through healthcare services, social and recreational activities.

By staying active during the day and returning home in the evening, adults keep a sense of independence and remain close to their families.

Participants may attend one day per week, every day of the week, or anywhere in between, whatever schedule is most appropriate for the individual and their family.

Adult day programs keep people with special needs busy throughout the morning and early afternoon. They return home in the evening more relaxed, and their family can enjoy some much needed personal time.

These day programs give the families peace of mind, knowing that their loved one is enjoying companionship and care which allows them to handle their daily commitments without worry or interruption. Most importantly, participation in an adult day program allows the senior to remain in the community, enabling their families to continue caring for them at home.

Participants in a farm adult day program learn new skills, better nutrition, exercise activities, gardening, horticulture, and independent living.

Adult day care programs offer day-time care for adults with disabilities in a comfortable group setting. Often serving as an alternative way to provide social and health services and meals in a safe, caring environment. Transportation assistance is also available.

Adult day programs help family caregivers maintain their balance by providing a safe, dignified place for their loved one spend the day, and by allowing the caregiver to continue work outside the home, attend to other household duties, or take a needed break.

Some programs are geared specifically toward elders; others also serve younger people who have some types of cognitive or physical limitations. Many programs are geared to serve individuals with memory loss, Alzheimer's disease, or other dementias.

Sources of Funds for Farm Day Programs:

- Fundraisers
- Donations
- Funds from State Medical Insurance and Medicare

- Volunteers

Thank You,

Pat D - [508-933-2356](tel:508-933-2356)

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From: Franny Osman <frannyola@gmail.com>
Sent: Wednesday, August 24, 2016 10:02 PM
To: patjabor@hotmail.com; Peter Berry (home); Catherine Fochtman
Subject: Morrison Farm

Hi, Patricia,

As we talked about the other day, the Morrison Farm on Concord Rd. has a house that the Town is trying to decide what to do with.

You had some very good ideas, based on your experience working at Gary's Farm Stand and in special education, about special needs kids and farmstand work.

Please share your ideas, however wild, with us. I have included the Director of Recreation in town, Cathy, and the chair of the Board of Selectmen, as the Board is looking for ideas about how to proceed with the house.

Peter and Cathy, Patricia is the excellent Rail Shuttle driver. She lives in Acton and has a son at AB.

Thanks again for thinking about this, Patricia. I liked hearing your perspective.

Franny