

MADISON FIELDS



A New Day Health and Wellness Project For COVID-19 First Responders and Frontline Workers

As our society faces the impact of a global health pandemic, it is no surprise that one out of every three citizens suffers from clinical anxiety or depression. Our Frontline Workers - doctors, nurses, grocery workers, delivery people, hospital support staff, and professional First Responders – are especially experiencing high and continuous levels of stress with all the physical and mental impact that COVID-19 brings to bear. In response to the COVID-19 crisis, Madison Fields is making available a healing environment and programs to these heroes because they were vital in helping us survive this pandemic.

Historic Madison Fields is a stunning 400-acre farm in western Montgomery County, and a perfect environment for people to rediscover their sense of wellbeing. At Madison Fields, a 501(c)(3) nonprofit organization and a premiere community-based agricultural and equine resource center we are committed to providing a safe, welcoming environment where visitors can reconnect with themselves, one another, and the natural world. First Responders and Frontline Workers can engage in quiet conversation or contemplation, participate in farm-centered activities like soap making, gardening and animal care, hike woodland trails and fish, participate in facilitated discussion sessions and begin to heal in a pastoral setting.

Initially imagined as a short-term project to address the COVID-19 crisis, our healthcare partners and Community Organizing Committee recognized the value of designing this program to serve this, and future, community needs. Not surprisingly, this project requires staffing and multiple additional resources in its initial phase **and** its ongoing operation. Our goal is to secure long-term sources of both public and private funding. A visionary gift, or gifts, will enable A New Day Health and Wellness Project to begin immediately to serve the needs of our First Responders and Frontline Workers.

When Can We Begin? Although we cannot determine an official start date for a full-scale program, we do plan to begin **now** with small groups, carefully observing State and County guidelines including social distancing, cleaning protocols and other recommended measures and protocols. Participants' initial experiences will provide important feedback to inform ongoing programming. An unfolding schedule of visits, experiences and partnerships will develop as officials deem it safe to expand the project.

Who Are Our Partners? Our partners and advisors include Every Mind, NAMI Montgomery County Government; Warrior Canine Connection; local, state and federal elected officials; and many healthcare, community and business leaders. Our professional partners are providing trained facilitators, sharing programs, identifying key areas of help and joining in raising funds to launch and expand services. Community volunteers are helping with logistics to show gratitude for the extraordinary actions of First Responders and Frontline Workers.

What Will We Do Together? Through our shared vision, we will help the First Responders, Frontline Workers and our communities discover ways to restore their sense of mental and physical wellness through numerous activities available at Madison Fields. At full scale, we have the capacity to serve as many as 400 visitors each week for as long as these resources are needed by our community. Veterans, seniors, caregivers and other vulnerable populations have already benefited from therapeutic and wellness opportunities at Madison Fields.

What does Madison Fields have to offer?

- **Wellness Circles and Facilitated Sessions:** Visitors have an opportunity to be oriented to the farm, share stories and meet with others with similar experiences. An historic farmhouse, a Bank Barn, a Milk Parlor, and five additional meeting spaces offer perfect settings for facilitated conversations or alone time for writing in journals or contemplation with plenty of space for social distancing.
- **Gardening:** Help grow and pick fresh produce from the one-acre garden, some of which will provide produce for regional food deserts and individuals whose access to fresh food has been interrupted by Covid-19.
- **Soap making:** People of all abilities enjoy the Soapery, making goats' milk soap from fresh milk from the small farm herd along with herbal fragrances and natural vegetable oils.
- **Equine therapy:** Equine assisted activities and therapy (EAAT) in a state-of-the art arena allow participants to enjoy one-on-one interactions with animals, including grooming and feeding of full-sized and miniature horses and donkeys.
- **Goats:** Feeding, petting, and watching a small herd of playful, loving, and mischievous goats provides much amusement to visitors.
- **Fishing:** A half-acre pond is stocked with several species of fish allowing visitors to put stress in neutral and let the healing begin, with a catch-and-release program.
- **Nature trails:** Rediscover the wonders of nature—including flora, fauna and natural springs —by strolling or hiking several miles of pedestrian trails winding through forests, and learning about the trees and non-domestic animals that live on the farm.
- **Vintage games:** Participate in traditional farm games like corn holes, ring toss, horseshoes, volleyball, and bocce, or competitive rocking chairs and board games on covered porches.
- **Tranquility Trail:** Wander on a trail devoted to self-discovery, tranquility and meditation.
- **Picnics:** Bring a lunch and discover the healing power of an old-fashioned picnic, with many picnic tables scattered throughout the farm.
- **Art:** Madison Fields abounds with ideal subjects for drawing and painting. Art supplies will be available.
- **Quilting:** Participate in quilting, long a staple of farm life, in the historic Madison Fields farmhouse.
- **Yoga:** Enjoy traditional, as well as “goat yoga” or “mini-horse yoga” sessions. Separate sessions are offered on specific days.

- **Therapy chickens:** Watch the antics of a flock at Madison Fields. The girls are very entertaining!
- **Music:** Volunteer artists are available to play for participants.
- **Music Therapy:** Professional Music Therapists (PMTs) conduct highly successful sessions and will often be available for wounded military veterans and others, proving that the power of music to heal is profound and lasting.
- **Family, group, and corporate health and wellness retreats:** With special scheduling, Madison Fields offers more than a dozen venues for groups to gather, socialize, and share stories.
- **Volunteer opportunities:** Madison Fields, a unique resource, provides many opportunities for volunteer service once, or for ongoing opportunities. They include painting, weeding, trailblazing, grooming trails, trash cleanup, building, cleaning, furniture refurbishing, animal care, and landscaping. By giving community members these distinct opportunities, Madison Fields believes that volunteering gives community members of all ages a chance to heal and refresh themselves while making improvements to the Agricultural Reserve.

Typical Session (Model 1) - Full-Day Session (Model 2) - Specialized Session (Model 3)
(Registration online in advance)

Model 1: Typical Session (9:00AM-12:30PM / 1:00PM - 4:30 PM):

(Designed for individuals to register to come at times convenient for them in 3.5 hour blocks)

- Orientation/Introduction to Madison Fields and safety procedures and guidelines
- Introduction of each other in the session
- Session groups activities (see above) such as, for example:
 - Brushing a horse or donkey
 - Catch and release fishing
 - Visiting the goat herd or chicken coop

Model 2: Full-Day Session/Retreat (10AM - 3PM):

(Currently designed for groups of ten or less who wish to come together. As restrictions are lightened, groups can be larger.)

- For specialized groups, corporate or organizational retreats
- Program designed by group, corporation or organization in conjunction with Madison Fields

Model 3: Specialized Sessions (9:00AM-12:30PM / 1:00PM - 4:30PM):

(Currently designed for special groups, e.g., nurses, police, EMTs, firefighters, neighborhoods, companies, etc. of ten or less. As restrictions are lightened, groups can be larger.)

- Specialized Group conversations on how to cope through this period of change with trained facilitators
- Participation in elective activities (see above) on the farm, if desired

Currently, for more information, contact:

JaLynn Prince, Founder, President and Chairman

Madison House Autism Foundation and Madison Fields

Mobile: 240-602-6021 Email: jalynnprince@netscape.net