

McFable Farm

Where Animal Hugs are Free

Our Vision

At McFable Farm, we provide a welcoming sanctuary for individuals with special needs and personal challenges, fostering acceptance and empowerment through diverse programs and activities such as gardening, animal interactions, and creative arts. We emphasize the importance of family support, creating opportunities for bonding and shared experiences. We strive to promote healing, joy, and personal growth, inspiring transformative changes that empower everyone to thrive and feel a sense of belonging.

Our Story

McFable Farm is more than just a place; it is a welcoming space where people can connect, share their stories, and find strength in togetherness. Shortly after acquiring the farm, Michelle visited the local hospice care center and recognized that the farm could be more than just a hobby. It had the potential to offer a safe haven for individuals and their families dealing with end-of-life challenges, allowing them to relax and find joy.

With just a few phone calls, along with her lifelong passion for helping others and a commitment to supporting those facing emotional difficulties, Michelle transformed her hobby farm into a care farm. This space would not only serve hospice care patients but also anyone grappling with anxiety, depression, or feelings of hopelessness.

In March 2023, McFable Farm officially became a registered non-profit care farm, dedicated to providing the community with a refuge to set aside their worries for a while and participate in uplifting physical (Leck et al., 2013) and mental (Elings and Hassink, 2008; Iancu et al., 2014) self-care activities.

The transformation was fueled by Michelle's unwavering dedication and the support of like-minded volunteers who shared her vision. Together, they developed a range of programs tailored to meet the diverse needs of their visitors. From animal interactions, where gentle creatures provided comfort and companionship, to hands-on gardening opportunities that offered a peaceful escape, each activity was crafted with care and purpose.

The farm has now become a beacon of hope and healing, attracting individuals and families from all walks of life. Visitors find solace in the tranquil surroundings, where the gentle rustle of leaves and the soft murmur of farm life creates a backdrop for reflection and renewal.

Awards & Accomplishments

- Non-profit of the year: Madison County Chamber of Commerce - January, 30, 2025
- Received the Achieve Challenge award from Fareway in March 2024, a recognition bestowed upon us based on heartfelt nominations from high school students who acknowledged our significant impact on the community.
- Citizen of the Month: April 2023
- Tripled the number of farm participants from 2023 to 2024.

McFable Farm



Our Mission: To empower individuals facing anxiety, depression, and feelings of hopelessness by creating a safe, judgement-free environment for support and healing. We provide resources and tools that promote self-awareness, emotional intelligence, and coping strategies, helping individuals not only overcome their current struggles but also cultivate resilience and adaptability.



Farm Friends

We partner with local educators to coordinate on-site visits for special needs classrooms. This provides fresh air and non-traditional learning opportunities along with animal interactions for additional emotional bonding and support.

We hold 3-4 admission-free, sensory-friendly events at the farm each year for special needs members of our community and their families.



Community Support

We attend and/or participate in 5-10 community events each year. Past events have included Trunk-or-Treat, Chili Cookoff, Fall Crawl, Paint Madison County, Weekly Chamber Coffees, and the Festival of Lights.

We provide a retreat space for local businesses by opening our farm to company-organized events that provide animal interaction and opportunities for self-care and team building.



Respite & Healing

We partner with special needs organizations, hospice care centers, nursing facilities, and substance abuse support programs to provide a safe environment for these agencies to conduct their therapy sessions outside of an office environment. At the organization's request, we transport animals to their facility.

Who We Serve

Top Zip Code Served

50273

2024 Private Donations

\$4,825

207% Increase

Growth in # of Classes Reached

200%

Increase in # of

2024 Partnering Organizations

12

Increase in Partnering Organizations

200%

Sensory-Friendly Events Hosted

50%

2024 In-Kind Donations

\$6,850

22% Increase

Increase in Volunteers

150%

Sample of Partnering Organizations



Farm Bureau Agent
Scot Clark of Winterset



*This does not include all McFable Farm partners and sponsoring organizations!

Overview

9 Board Members

25 volunteers

\$30k annual budget

1,551 clients served in 2024

The Call to Action

At McFable Farm, we believe in the transformative power of our farm programs to support individuals facing various challenges. As we look toward 2025, we are committed to expanding our initiatives to serve even more people in need, offering:

- Sensory and interactive activities
- Opportunities that foster growth, resilience, and connection

However, we cannot achieve this vision without your help. Your generous donations will directly fund:

- The development of new programs
- Enhancements to our facilities
- Sustained client services

Join us in making a lasting impact. Together, we can cultivate hope and healing for our community.



JOIN US IN GROWING OUR CARE FARM TOGETHER, WE CAN MAKE A DIFFERENCE!

In 2025, we aim to raise \$130,000 to expand our care farm and enhance our programs. This funding will support key initiatives, cover operating costs, and improve marketing efforts. We're also launching a capital campaign for a dedicated building to run year-round programs. Your support is crucial in creating a safe, welcoming space for healing and community. Together, we can make a meaningful impact.

Programs & Curriculum

- 1
 - Needs-based and individualized curriculum & lesson supplies
 - Six (6) sensory-friendly events annually
 - Mobile visits at no cost to targeted clients (nursing home, hospice, etc.)

Animal Care & Associated Expenses

- 2
 - Animal Feed
 - Care Supplies
 - Vet Expenses

Expanding Our Reach

- 3
 - Educational Support Materials
 - Foundation for McFable Gift Shop
 - Enhancements to online presence

Sensory-Friendly Classroom & Animal Care Building

- 4
 - Creation of indoor learning environment
 - Indoor space for routine animal care

THE FUTURE WITH YOUR HELP

Thank you for being an essential part of our journey at the care farm! Your support truly makes a difference. Here's how you're helping us:

- **Enhancing Our Programs:** Your generosity allows us to improve and expand our offerings.
- **Assisting More Individuals:** Together, we're reaching out to more people in need.
- **Nurturing Hope:** We're creating a hopeful environment for our community.
- **Fostering Healing:** Your contributions help us support healing journeys.
- **Building a Brighter Future:** Together, we're making lasting changes for our special clients.

We are immensely grateful for your commitment to making a positive difference!



@McFableFarm



McFable Farm



@mcfablefarm



Testimonials

Students from Winterset High School

"Brushing the animals made me feel special. I like the animals loved me." Student Initials: GW

"I felt safe and Michelle made me feel included." Student Initials: PC

"I liked the bull! He was funny and acted like a kid!" Student Initials: JC

McFable Farm Board Members

As a board member of McFable Farm, I have witnessed firsthand the profound impact this place has on individuals. The animals here create a calming, peaceful environment that helps people relax, recenter, and embrace self-care. This farm offers more than just a space for healing—it's a community that supports resilience, mindfulness, and mental well-being. For me, it's personal. Looking back on my own struggles with postpartum mental health, I can't help but think how life-changing it would have been to have had a place like McFable Farm, where compassion, understanding, and the gentle presence of animals guide the way to recovery. I'm proud to be part of an organization that offers the very support I wish I'd had. Board Member: Amy Warnke

I am honored to be a board member of McFable Farm because of its deep commitment to both the special needs community and the well-being of animals. The farm's mission of providing "animal hugs for free" aligns with my belief in the power of animals to heal and bring joy. I've witnessed firsthand how McFable Farm has become an essential resource for individuals of all ages, from students at Winterset High School to members of our community facing personal challenges. Through outreach initiatives like hospice visits, nursing home events, and community festivals, McFable Farm is making a tangible difference. Being part of this organization allows me to contribute to something meaningful, where compassion for both people and animals thrives. Board Member: Laura Luckinbill



Client Recommendation

I am writing to share the impact that our McFable Farm visits have had on the students in our 7-12 special education class. Through our regular scheduled visits to the farm, our students have experienced growth in ways that are difficult to achieve within a traditional classroom setting.

The farm provides a calm, sensory-rich environment where students can connect with nature and animals, allowing them to engage in meaningful, hands-on activities that support their overall development. These visits have proven to be particularly beneficial for our students with special needs, offering them unique opportunities to learn, grow, and thrive.

The key benefits of McFable Farm visits include:

- 1. Enhanced Social-Emotional Development:** Working with animals has provided a natural and therapeutic way for students to reduce stress, manage anxiety, and learn empathy. Students practice responsibility and patience while caring for the animals, which translates to improved interpersonal relationships and emotional regulation in their daily lives.
- 2. Hands-On Learning Experiences:** The Farm setting allows students to apply academic concepts in real-world scenarios. Tasks like planting, caring for animals, and working with farm tools reinforce skills in math, science, and life skills, while engaging students in a way that is particularly effective for those with diverse learning needs.
- 3. Increased Independence and Confidence:** Many students have shown growth in their independence. By taking on responsibilities at the farm, such as feeding animals, students develop a sense of ownership and pride in their work, which boosts their self-confidence and ability to take on new challenges.
- 4. Improved Physical and Mental Well-Being:** The physical activity involved in farm work, combined with the calming influence of nature, has contributed to improved mental and physical health among our students. Time spent outdoors provides them with a much-needed break from the classroom environment, helping them return refreshed and focused.

The impact of this program extends beyond the students themselves. The connection between the school and the broader community has been strengthened. By engaging with the farm, our students are developing lifelong skills that promote confidence, responsibility, and emotional well-being.

I am truly grateful for the opportunity to incorporate these farm visits into our special education program. Thank you for your conservation of continued support for this valuable initiative.

Kendra Alexander

Special Education Director

Winterset Community School District



Client Testimony

Students from Winterset Community Schools

My name is Avery Gross. I am a sophomore at Winterset High school. I have been to the farm lots of times. My favorite animal is April the pony. **Our field trips out there are always a blast.** Student: Avery Gross

My name is Rose Mcgee. I am a 7th grader at Winterset junior high. My favorite animal was Lillie the goat. Our field trip was fun. My class went on a field trip to the farm at the beginning of the year. I also really liked seeing the sheep and holding the ducks. **I can't wait for our next visit.** Student: Rose McGee

Instructors from Winterset Community Schools

Working and connecting with McFable Farms has been amazing! Our students talk daily about the fun experience of working with Michelle and the animals in the fall. The experience and interaction with the farm and animals was something my students will remember forever! Special Ed Instructor: Riley Vaughn

Ways to Support this Program

To stay updated on our specific needs and see how you can help, be sure to follow us on Facebook. Every contribution, big or small, helps us create a nurturing environment for those we serve. Thank you for your support!

Monetary Donations

Your financial contributions are crucial and can be made directly through our website or by scanning the QR codes provided for PayPal and Venmo.

Recurring Donations

Your financial contributions are crucial to our mission, and there are easy ways to make a lasting impact! Consider setting up a recurring ACH donation, which allows you to give consistently and sustainably over time. This not only helps us plan our initiatives more effectively but also makes your generosity a part of your monthly routine.

Employer Match Incentives

Maximize your impact by taking advantage of your employer's matching gift program! Your financial contributions are vital to our mission, and with employer matching, you can double or even triple the difference you make.

In-Kind Donations

We gladly accept donations of supplies like animal feed, hay, and other essential items that significantly enhance our operations.

Beneficiary Designations

Think about designating McFable Farm as a beneficiary in your will or estate plan. This choice enables you to leave a lasting legacy that supports our mission while still ensuring the well-being of your loved ones.

IRA Charitable Distribution

Donors who are 70 ½ or older often are able to enjoy some additional tax advantages by making their gift to us directly from their IRA. This type of charitable gift directly from your IRA can be counted toward satisfying your required minimum distribution for the year, as long as certain rules are met.

Credit Card Cash Back

If you use a credit card that offers cash back rewards, consider donating your cash back to our care farm. It's an easy way to contribute without impacting your budget.

Donate Today

Michelle McNamara
Founder, McFable Farm
2695 Carver Rd,
Winterset, IA 50273

mcfablefarm@gmail.com
515-669-9355



More Info