



Garden Partners

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Fall Issue

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WE HAVE BEEN GROWING!

2006 has been a busy year for Garden Partners, with seven programs in 5 facilities, and another program site being added by January 2007.

Van Vista Assisted Living: In May we began our first program and watched the design of the rooftop garden become a reality. Thanks to the involvement of the residents, our staff member Julie Brown, Al's Fruit and Shrub, and Friends of the Carpenter, it is now a welcoming space. In July residents held a 'naming' contest and at a dedication ceremony revealed the new "Skyview Garden" to an excited group of staff, residents, volunteers, partners and dignitaries.

Says Julie Brown, "Skyview Garden' has all but burst out of its planter boxes! For the garden's first year we planted mostly annuals that thrive in full sun and considerable heat: tomatoes and peppers, marigolds, zinnias, petunias, nicotiana. When we were planning for the first season, we made sure that the plants would not interfere with the view. The results are awesome: A tenth-floor view of the Columbia and surrounding areas framed by a brilliant spectrum of carefully selected and tended flowers and shrubs."

"A good garden is reliant on dedicated maintenance," Julie continues. "The Skyview Garden clearly reflects the love and attention given by the garden group."

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Lila Brown, Van Vista Administrator dedicates the new Skyview Garden while residents share in the celebration.

OUR MISSION

is to enhance physical, mental, social and spiritual well-being through participation in meaningful activities within community settings, with a special focus on individuals whose opportunities may be limited by physical or mental challenges.

WISH LIST

By request, we have developed a WISH LIST, for those of you who would like to donate supplies, plants, soil, planters, benches, tools, equipment or other items.

Please visit our website to see our wish list, along with updates, recent research on Therapeutic Gardening, and information on Garden Partners' activities and how to make a monetary donation.

www.gardenpartners.org



WE'RE GROWING!

(Continued from page 1)

My hope is that it will become a regular destination for all who live at Van Vista, and for their friends and families.”

Lawrence Convalescent Center: We now have group activity sessions two times a week and an In-Room program once a week at LCC.

Sacred Heart Villa: We have made progress on the Courtyard Garden where the Gazebo is nearly finished and three of seven raised planters are ready for installation.

St. Andrews Care Center: We installed three raised planters just prior to growing season. This is quite an improvement over last year, when residents worked in planters accessed via an uneven lawn. Now, planters are right outside the building in a lovely courtyard that makes tending the garden or watching the flowers and birds an easy and safe experience.

Regency Park Assisted Living & Memory Care: Regency Park is a delight! Assisted Living garden group is well attended, having been established earlier this year. The residents got acquainted by telling where they were born, describing the environment, and following up with what type of plant reminds each of them of that place. We reminisced about sagebrush from Montana, horse chestnuts from Utah, poppies and avocado from California, and sugar maple from Vermont. Plants have a way of bringing us home again, a part of our identity and history that is easily shared with others.

When a dear resident and friend to many passed away, the group planted a beautiful container to help honor and remember her. All were glad to show their affection in this way.

In **Memory Care** we enjoy the peppermint, zinnias and mums. The plants and flowers help staff connect with residents through the senses, with fragrance, color, and tactile features. Sometimes the flowers go in a vase where we admire them, sometimes they get tucked behind our ears!



GROWING HERBS INDOORS

Autumn doesn't have to signal the end of fresh herbs for cooking. Just transplant some of your favorite herbs into pots and move them indoors. Successfully growing herbs indoors begins with selecting varieties that are suited to the conditions. Parsley, rosemary mint and thyme all do well. Place them where they will get about 6 hours of sunlight (parsley and mint require less) and fertilize about once a month. While herbs require less water during the winter they do appreciate an occasional misting because of the dry air indoors.

Volunteers Make Work Party a Success

Volunteers gathered on October 1st for a two-hour Fall Garden Clean-Up at Lawrence Convalescent Center. It was amazing what was accomplished in a few hours with an enthusiastic group of volunteers. The garden was quite 'weedy' and needed some attention. The team was able to trim and haul away debris. They also cleaned planters, transplanted overgrown plants, and groomed the rose garden. And they had fun in the process!

Linda Park, Program Assistant for Garden Partners, observed, "The garden at Lawrence sparkles after the fall-cleanup by Garden Partners' volunteers. The Green Thumbs group, drawing new faces that previously have not come to garden club, has planted winter vegetables and ornamentals. With the onset of fall, groups are enjoying activities based on the season of leaves and vibrant colors."

A big **"thank-you"** goes out to the following volunteers:

Julie Brown

Dave Johnson

Lauren Ball

Gordon Grotte

John Rowan

Jenny Bush

Mary Rowan

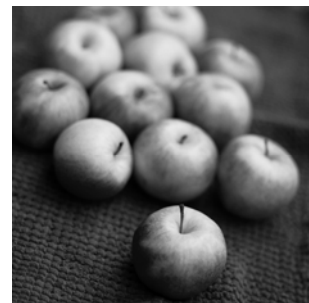


Research has shown that a view of trees may reduce recovery time in the hospital after surgery by almost a full day.

WANT TO JOIN GARDEN PARTNERS' VOLUNTEERS? MOST RESIDENTS NEED SOME HANDS-ON ASSISTANCE WITH GARDENING ACTIVITIES SUCH AS PLANTING SEEDS, PRUNING, WATERING, HARVESTING AND THE MAINTENANCE THAT MAKES A GARDEN BEAUTIFUL. IF YOU'D LIKE TO BE PART OF THAT PROCESS, WE'D LOVE TO HEAR FROM YOU. CALL US AT 503-288-1280, OR SEND AN EMAIL TO INFO@GARDENPARTNERS.ORG.

Use Your Garden Harvest! Yankee Gardener Apples and Sweet Potatoes

6 medium sweet potatoes (Yams)
 2 large tart apples or 3 medium
 3/4 cup orange juice
 1/4 cup brown sugar
 1/4 teaspoon ground ginger
 1/4 teaspoon ground cinnamon
 2 Tablespoons butter or margarine



Boil enough water to cover the potatoes. Add the potatoes and return to a boil; reduce heat. Cover and simmer 30 minutes or until tender. Cool slightly and remove the skins from the potatoes. Cut the potatoes into 1/4-inch slices. Core the apples and cut them into rings 1/4-inch thick.

Heat oven to 350°. Grease an 8" x 8" baking dish. Make a layer of the potatoes; then follow with a layer of the apples. Pour the orange juice over them. Mix the rest of the ingredients and sprinkle the mixture evenly over the apples. Spread the butter on top and cook, uncovered, for 30 minutes.

*In fall,
colors blend with
a chill in the air
to remind us that
all is changing.*

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Garden Partners Receives Its First Grant

**The Oregon Community Foundation Provides Funding From Its
Better Nursing Home Care Fund**

Garden Partners is the recipient of a \$4,721 grant from the Better Nursing Home Care Fund of The Oregon Community Foundation, for expansion of its therapeutic gardening programs in the Portland area. This is Garden Partners' first grant



Specifically, the grant provides funding to continue the In-Room pilot program we began at Lawrence Convalescent Center last February. It also funds a second day of the group program.

OCF encouraged Garden Partners to identify another local facility for an In-Room program where residents can benefit from a one-to-one therapeutic gardening experience. We have selected Cornerstone Care in SE Portland as the next site for this innovative program component. We expect to start the Cornerstone program by January 2007.