



# JCC/W MGA Therapeutic Gardening Program

From Its Beginnings in 1999  
Until Today



**THE**

**SEEDS**

**ARE**



**A MOBILE  
GARDEN CART**

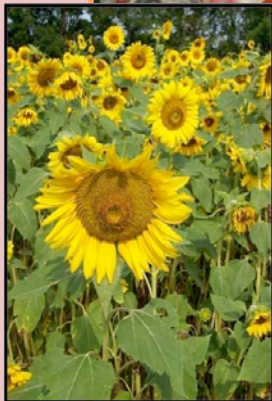
**PLANTED**

**A YELLOW  
NOTEBOOK**



**KNOWLEDGE OF  
HORTICULTURAL  
THERAPY**

# Invaluable Experience at a Private Workshop



- Research Activities and Techniques
- Design and Build Handi-planters Before Program Begins
- Facility Must Be Partner, Not Merely Recipient of Services
- Plan All Sessions Carefully
- Be Facilitators, Not Therapists
- Be Flexible in Plans & Techniques
- Re-adjust Activities as You Learn
- Enable Residents by Modeling and Assisting
- Sit to Converse; Use Eye Contact
- Listen Carefully and Respond
- Evaluate Immediately After Session
- Encourage Facility to Continue Program Independently

# Pilot Program Is a Learning Experience!

Session 1:  
Gardening  
in  
Courtyard  
Gazebo



Residents Left Us Outside--  
Alone!

Residents Enjoyed Touching  
and Smelling Plants!



Session 2: Garden Inside  
and Start "Buddy System"

Pilot program held at Woodhaven Assisted Living,  
Williamsburg Landing, Williamsburg, VA

Residents Loved Having  
Rosemary to Remember!

**Session 3: Herb of the Week—  
with handouts!**



**Session 4: An  
Entertaining Garden  
Video...**



Residents Promptly Fell  
Asleep!

**We Were Constantly Adding, Subtracting and Refining!**

## **We Announced that Session 7 Would be Our Last...**

**Session 5: Flower Arranging**



**We had doubts, but the residents loved to arrange flowers and share the results.**

**The Snack Proved the Star of the Session..and so we made it a regular attraction.**



**Session 6: Herbal Pendants---  
with a snack**

**..And The Residents Became Angry!**

## So We Devised an Addendum

### Session 7: A Garden Party

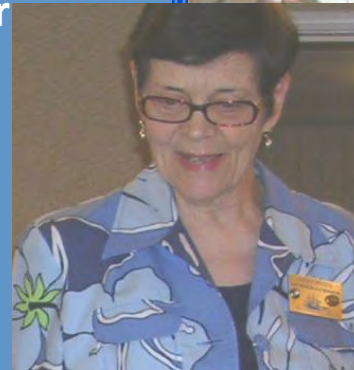


We listen carefully and the residents help us plan a way to continue.



### A Simplified Program for Residents with Severe Memory Problems...

Designed under the guidance of the director of that program...



Focusing on short activities involving the senses.

..and Also Created a New Program.

**This Continued to a Transition....**



**Williamsburg Landing  
built more handi-  
planters of their own.**

**Master Gardeners became advisors.**



**The Activity Director  
brought in Independent  
Residents and worked  
with them.**

**....of Independent Residents Leading  
the Program for over two Years.**

Our mentor told us—“Work with a variety of special-needs populations”—and we did.



**Memory-Impaired**



**Many  
Types of Assisted Living**





**A Pre-school Program for Special Needs**



**Convalescent Care**



## Respite Care Centers



## Nursing Homes





Moderately Retarded

Emotionally Disturbed



**The facilities we have served  
over the past ten years..**



**Morningside  
Assisted  
Living  
2005-2008**

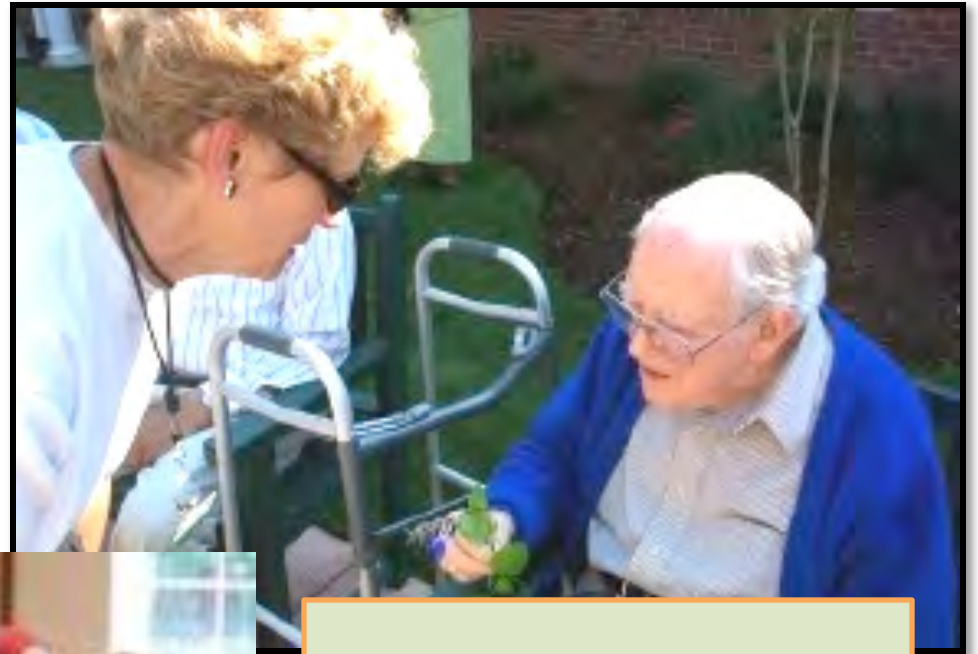
**2000-2001  
Woodhaven  
Assisted  
Living  
Williamsburg  
Landing  
2008-2010  
Independent  
Residents  
Assisting**



**Spring Arbor Assisted Living  
2009-2010**



**Woodhaven Memory-Enhanced  
2001-2002**



**Morningside Memory-Impaired  
2006**

**Spring House  
at Patriots'  
Colony  
Memory-  
Impaired**

**2004-2010  
Independent  
Residents  
Assisting**





**Dominion Village Assisted Living and  
Convalescent Home  
2002-2003**

**Genesis Convalescent Home  
2001**



**Tandem Health Care  
2004**

**Methodist Respite Care  
2003-2010  
W & M Students and Church Volunteers  
Assisting**



**Riverside  
Adult  
Day-care  
2004**



**Envoy  
Nursing  
And  
Convalescent  
Home  
2009**



**James River Caring Garden  
Pre-school Program  
Learning Disabilities  
2001-2002**

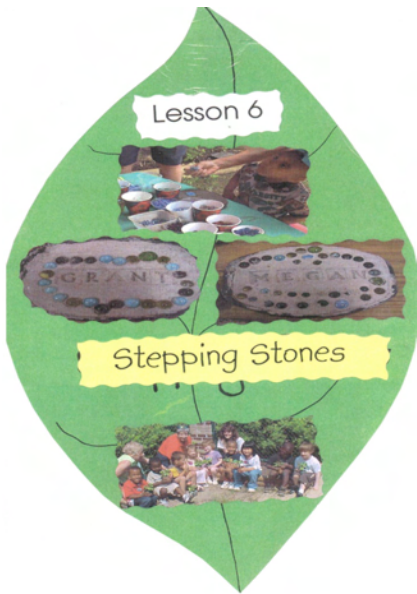


**Eastern  
State  
Hospital  
Mixed  
Disabilities  
2003-2004  
2006-2008**



**Eastern State Hospital  
Developing Horticultural Skills  
Mixed Disabilities  
2010**





# Every Program Includes.....

Short, Hands-on Gardening Activities



Herbs for Touching, Smelling, Tasting, Feeling



Gardening Containers That are Easy-to-Use and Often Mobile



A Variety of Flowers, Herbs and Vegetables



**Easy-to-Use Tools and  
Gloves When Wanted**



**Gardens and  
Rooms Arranged  
for Mobility**



**Interaction through a  
Buddy System**



**Snacks Reflecting the  
Garden**



**Gardening Journals or  
Scrapbooks**



**Formal or Informal  
Evaluations**





**John Walker  
National Community Service Award  
by  
American Horticultural Therapy  
Association**

## **Awards and Recognition**

**Japanese Nature Communication  
Visits our Program**



**James City County  
Community Service Awards**

2001  
Williamsburg  
Workshop



Virginia  
Association of  
Activity  
Professionals

American  
Horticultural Therapy  
Association



NE  
Master Gardener  
Conference

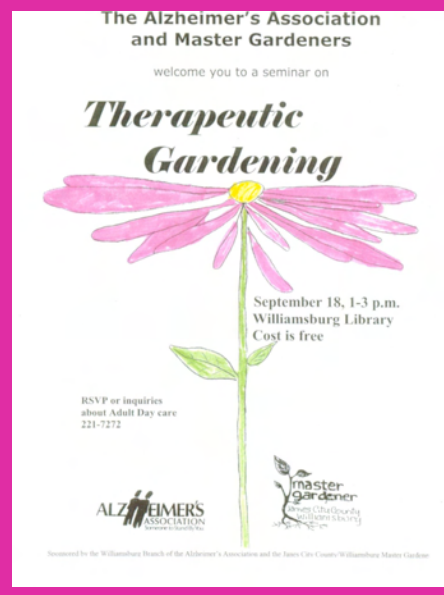


## Workshops

SE Virginia Alzheimer's  
Conference



Master Gardener  
College



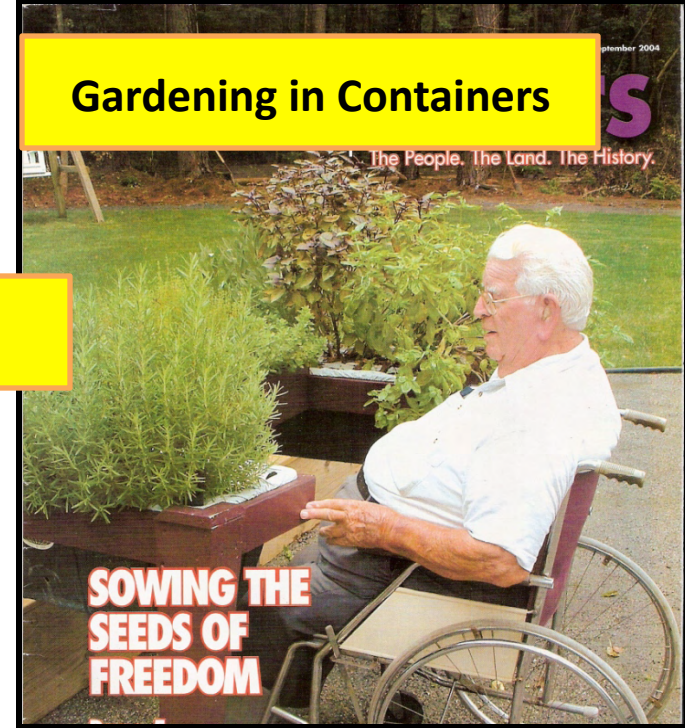
## TG Gardening at Farmers' Market



## Gardening is Good

## Local Presentations

## Gardening in Containers



Therapy for the mind...

Purposeful activity

- faith in the future



## Gardening As We Age



## TG Volunteers & Resources



SLM Objective 5:

Use horticulture to improve human health, well-being, and quality of life



Veggies grown at Envoy from May thru August '09



Today JCC/W Therapeutic Gardening Maintains 5-6 Programs Each year with Over 65 MG Volunteers.



..and Linda Lucas, my very able co-chair and I have been planning this symposium for over a year. We hope you are enjoying it.