

11-28-05

**Pine Lake Healing Garden Grant Project
Final Report
Funding Agreement AFA02**

It is with gratitude that staff and residents and families at Pine Lake Nursing Home submit our final report regarding our garden project.

The garden is complete except for some sod that will be laid on Wed. 12-30. This was delayed due to rain. It is not cut in rainy weather.

Throughout the duration of the project changes had to be made in our budget plan due to unexpected costs and additional construction details that could not have been anticipated. A further complication was that laborers were held up with other jobs and it took excessive amounts of time to complete various aspects of the project because of their delays.

We will dedicate our garden on Dec. 9 2005 as a part of our local festival "Country Christmas". Area nursing homes and community representatives have been invited as well as the general public. Contractors and vendors who assisted in the project or gave us generous donations and price breaks are also invited.

Throughout the construction of the garden a story board has been updated to show the various phases of the project and the progress resulting. Local press coverage has been obtained to highlight the community volunteers who made the project possible. The story board also references them.

A 5 question survey was administered to alert and oriented residents and family members to measure the impact the garden has had. All respondents indicated that they had seen the garden, that it had enhanced the appearance of the property and that it provided additional needed space for socialization and visits. All respondents indicated that it provides additional activity space as well.

Examples of activities that have been held in the garden are: walking club, residents outside watching the progress of the work, on hot days residents inside watching the progress of the garden, therapists using the area for therapy and residents making suggestions on the planting configurations.

Activities planned for the future are the open house dedication, choir singing by local churches in the gazebo and a fishing day. Other opportunities will unfold as the seasons come and go depending on what is in bloom and producing.

The following paragraphs report specific activity by the therapists in utilizing this space for therapy reasons.

“The healing garden will be utilized by most of the therapy patients. If they are able to be up and in a chair, and enjoy the outdoors treatment will occur there. The soothing and beautiful atmosphere should improve overall motivation and participation. Therefore the therapy will achieve more beneficial results. At present we are enjoying the safe even walkways for our resident involved in gait training and balance. Residents that are able to assist with planting and watering are participating in planting and care of the plants and will continue to do so as part of their occupational therapy. Safety awareness and adherence are stressed during treatment. This environment is providing many opportunities for conversation and overall improved cognitive ability. The dock will be used for standing balance as well as dynamic balance with a fishing pole in hand. Garden ramps are used for ambulation, safety, and balance issues. Another wonderful feature of the garden is the swings. They can be used for sitting balance and initiation of movement in stroke patients. The gazebo is utilized for group exercise. Safe transfers are practiced on the benches. All therapy activities are conducted with the therapist present and safety as a main concern.”

Changes made to initial design and work plan were done with the goal of accomplishing our stated objectives while remaining in the budget. More seating has had to be planned and this is an ongoing project. As future funds are available or donated more birdhouses will be added.

Phases 2 and 3 were reversed as tons of landfill was required to raise the level of the garden.

Many community persons have expressed pride in our garden and feel that it provides a positive reflection on the community as a whole. Community groups have been invited to utilize the garden for their activities as well. This project has brought community people together!