



Providence  
Benedictine  
Nursing Center  
Foundation

*Therapy garden  
beautified*

Harmony Lane resident Louise Schroder enjoys spending time in the gardens. A resident since 2010, Lou participates in many of the activities offered at the center and loves attending Oktoberfest each fall.



## 2018 Highlights



Because of you, patients, residents, guests and caregivers have a beautifully enhanced therapy garden.

The nursing center's therapy garden had not seen a major update in more than eight years. **"It was time to fix it," said Valisa Way, life enrichment coordinator and garden committee chair. "It's a part of our healing environment."**

As the garden committee chair, Valisa is responsible for keeping the gardens maintained and clean. She collaborates with Cindy Thomas, volunteer coordinator, to recruit gardening volunteers and oversee their work.

"We brought in some experts to look at the garden and help us understand what needed to be done," said Valisa. "We removed bushes that had grown too big and were overrunning the space, we removed trees that were dying and we cleared up the drainage system. With new plants, a better drainage system and drip irrigation, the garden has a fresh new look. Many of our plants are donated from local nurseries, and we want to show our appreciation for these gifts and have pride in our garden."

In addition to being a peaceful place, the garden helps to rehabilitate patients. Occupational and physical therapists use the area to help patients learn how to navigate different terrain using a walker or cane, practice turning, sitting on the bench and getting up, and going through doorways.

Some patients in transitional care can see the garden from their windows. With its blooming flowers, visiting birds and resident squirrels, the garden provides a calming view. Families enjoy the space when they visit. Children especially love the fountain. The gardens provide a nice, relaxing area for quiet conversation and social interaction.

"We also have a couple of raised beds with tomatoes and peppers. Often, you'll go into a resident's room and see a tomato or pepper they've picked from the beds," said Valisa. "We are thankful to be surrounded by such peaceful healing gardens and landscapes, a benefit for both employees and residents."

### New kitchen equipment creates better meals

Hot food stays hot and cold food stays cold now, thanks to your support. "Our Aladdin Temp Rite Activator was 20 years old and could no longer be repaired," said Cheryl Havens, dietitian for the nursing center. "With the new one, our plates and meals are much hotter than before." For cold entrees, new frozen bases go under the plates and clear domed lids keep cold temperatures intact. These upgrades keep everything better regulated for food safety and enjoyment. Thanks to The Salem Foundation - Larry and Jeanette Epping Family Fund and The Bob Fessler Family Foundation for their gifts to purchase this equipment.

### Therapy options expanded for hospice patients

Thanks to a generous grant from the Storms Family Foundation, alternative therapy options for hospice patients now include more massage therapy and music therapy. "This grant has allowed patients to have the best variety of care options," said Kate Graham, massage therapist at Providence Benedictine. Patients in hospice often want treatments that can soothe the body and mind and help them relax during their end-of-life journey. "These programs are doing more to care for our patients, and that is something to celebrate."

## 2018 total dollars raised by fund

Total amount raised:  
**\$305,234**

- ▶ Area of Greatest Need | 25%
- ▶ Building and Equipment | 21%
- ▶ Charity Care | 1%
- ▶ Home Health | 1%
- ▶ Hospice | 9%
- ▶ Therapy Garden | 20%
- ▶ Other Funds | 23%