

Sherrill House

A Not-for-profit Skilled Nursing & Rehabilitation Center

B Y L I N E S

SUMMER 2008, VOL.1, NO.2

135 SOUTH HUNTINGTON AVE., JAMAICA PLAIN, MA 02130 TEL: (617) 731-2400

Gardens for All

Summer is a magical season in New England, especially for gardeners. The summer garden is a riot of color and texture and fragrance, a place for contemplation and renewal. For our loved ones with

Alzheimer's disease and dementia and for their caregivers, the garden offers a bounty of restorative gifts and pleasures.

The garden is a delight for the senses, and a therapeutic garden can be both stimulating and soothing for those with Alzheimer's. Plantings of different shapes and colors will provide year-round enjoyment, and specimens can be chosen to attract butterflies and birds. Scented flowers and aromatic herbs fill the garden with fragrance. Grasses and "weeping" tree varieties can be used as a focal point, and sited to capture the movement of a gentle breeze. Fountains create additional visual interest, and the sound of running water can be especially calming. Wind chimes and bells can also be included, and birdbaths and feeders will bring songbirds to the area.

Gardens designed specifically for persons with Alzheimer's also promote opportunities for walking and exercise in a safe and secure environment. In addition, the garden provides a spot for quiet reflection, family visits and for reminiscence.

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AROUND SHERRILL HOUSE

The Serenity Garden at Sherrill House

Jamaica Plain is home to some of Boston's most noteworthy and beautiful outdoor places: Jamaica Pond, Olmsted Park, and part of the Arnold Arboretum are here – each a gem in Boston's historic Emerald Necklace. Now Sherrill House intends to add a little more green space to the neighborhood with the creation of a therapeutic garden on our lower-level courtyard.

The Serenity Garden will be designed for the enjoyment of all of our residents, including those with Alzheimer's and dementia. A central feature will be a walking loop that will begin and end at the garden's entryway, which will resemble a home-style front porch complete with faux windows and flowerboxes. Wheelchair accessible raised beds will enable residents of all abilities to engage in hands-on gardening activities, and benches and tables will be installed to encourage relaxation and family visits. Plantings will include a variety of rich, lush specimens, including herbs, grasses, flowers and shrubs selected to withstand the elements and bloom throughout the season. This tranquil landscape will be visible from windows throughout the building, for the enjoyment of all of our residents, staff and visitors.

If you would like more information about how you can support our efforts to create an exceptional outdoor garden space, or if you would like to discuss naming opportunities, please contact Melissa Muccioli, Director of Community Outreach, at 617.731.2400 x3017 or e-mail her at mmuccioli@sherrillhouse.org.

Wish List for the Serenity Garden



- Sun hats, bonnets
- Gardening gloves
- Plastic watering cans

Please call Sherrill House if you can donate any of these items.
Phone: (617) 731-2400 x3017

Who's Who

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BYLINES is an official publication of Sherrill House, a not-for-profit skilled nursing and rehabilitation center dedicated to providing innovative medical and nursing care and support to residents and their families. We welcome your questions and suggestions.

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Gardens for All, *continued from page 1*

Whether traveling along the walking path, resting in the shade, or preparing soil in a raised bed, visitors to the garden can reconnect with the earth and the cycles of the seasons. The sounds of autumn leaves underfoot or the smell of a rose in bloom can evoke vivid memories from years gone by. In nice weather, the garden can be the perfect destination for music programs, horticultural activities or picnics.

In our New England climate, creating a garden for all seasons can be challenging. Evergreens will add visual interest, and feeders can be installed to attract wintering birds. Indoor seating at windows overlooking the garden will provide a connection with the natural world until the weather warms in spring and, happily, the cycle begins again. 🌿



All the seasons run their race in this quiet resting place.

- Austin Dobson

RESOURCES FOR THERAPEUTIC GARDENS

American Horticultural Therapy Association

www.ahta.org

Gardening for Good

features information for caregivers
www.Gardening4good.org

SAVE THE DATES

Greater Boston Area LEWY BODY DEMENTIA CAREGIVER SUPPORT GROUP MEETINGS

3rd Wednesday of each month
6:30 PM – 8:30 PM

The Grande Room at Sherrill House



ALZHEIMER'S ASSOCIATION MEMORY WALK

Sunday, September 28, 2008
9:00 a.m. – 1:00 p.m.

Canal Park at CambridgeSide Galleria

FOR INFORMATION ABOUT JOINING "TEAM SHERRILL HOUSE"

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D A T E D M A T E R I A L