



GOOD SAMARITAN
MEDICAL CENTER

**Legacy Good Samaritan Medical Center
Franz R. Stenzel M.D. and Kathryn Stenzel Healing Garden**

Date of Design Process: June – August 1996

Date of Construction Completion; June 1, 1997

Designer: David Evans & Associates, Ron Mah, Landscape Architect

Disciplines Involved: Physical, Occupational, Speech, Recreational and Horticultural Therapists, Rehabilitation Managers, Nursing, Current and Former Patients and Families, Therapeutic Garden Volunteers, Spiritual Care, Social Workers, Facilities Staff, Major Donors, Landscape Architect and Architect.

Goal of Design: Create a therapeutic garden to meet the needs of inpatient and outpatient rehabilitation therapies, patient independent activity, visitors, staff and the neighborhood.

Populations Served: Acute care patients, acute care rehabilitation, outpatient rehab, day treatment patients, families, visitors, neighbors and staff, 24 hours daily. This is a public garden.

Significant elements as they relate to therapeutic garden design:

1. Scheduled and Programmed Activities---

Each rehabilitation therapy (PT, OT, HT, SLP, RT) uses the garden to help meet patient goals year round, as weather permits. Plant signage and other educational devices provide information to garden visitors.

Staff appreciation activities are scheduled year-round in the garden; hot chocolate in the autumn, strawberry shortcake in May, ice cream sundaes in August, etc. Horticultural Therapy Dept. schedules "Summer in the Garden" a series of four – six special community events each summer and fall including the Portland Art Museum Rental Sales Gallery, local nurseries and garden centers, musicians, nature craft activities, summer employee bazaar, etc. Pet therapy is scheduled in the garden. Patients enjoy meeting with their own pets in the garden 24-7. The Employee Recognition Committee regularly schedules events and activities in the garden. Hospital Administration organizes events in the garden like GO Red for Women's Heart Disease Awareness and caramel corn in the garden to celebrate National Hospital Week. PDOT help develop walking map for NW Portland with walks out of Stenzel Garden.

2. Features modified to improve accessibility----

Rehabilitation therapies need various walking surfaces, stairs, ramps, inclines, and opportunities for cognitive and physical activities. Some of the garden needed to be raised up to the patient to accommodate wheelchair users and those unable to bend to the ground. Seating walls accommodate patients with decreased balance and decreased endurance. The area immediately outside the lobby door is zero grade to accommodate the weak/frail patient. The incline to the west upper end of the garden provides challenge activities for patients as they rebuild endurance and gain wheelchair skills especially after brain injury or spinal cord injury. The garden is designed to support independent use by patients during unstructured time and families and visitors round the clock.

3. Well defined perimeters---

Themed garden areas included: Butterfly, Perennial, Fragrant, Rock, Hedge Demonstration, Drake's/ Monrovia Garden and two Northwest Gardens and direct the attention of the visitor to those components. Edges of garden spaces are defined by structures/buildings, and walkways. Privacy is provided to window rooms through the placement of plants.

4. A profusion of plants and people/plant interactions---

This is a rich, lush intriguing botanical collection for four seasons of sensory stimulation.

People/plant interactions are encouraged by botanical signage, plant placement for touch and smell and regularly scheduled activities for patients and visitors. Simple patterns of paths, seating options and workplaces for horticulture, therapy and socialization encourage people/plant interactions. 2009 official National Wildlife Federation Certified Wildlife Habitat.

5. Benign and supportive conditions---

The garden provides a safe, secure and comfortable setting for users. Patients and families choose areas to meet privacy and social support needs. Visitors enjoy watching hummingbirds, butterflies and birdlife in the garden. Pest and disease resistant plants are selected for the garden to avoid use of pesticides and chemicals. Shade is provided by some trees that have not reached maturity. More shade is needed in the garden during the sunniest months. This could be provided by better placed, wider branching trees and/or shade structures. The garden is in full shade September 6 to March 6, so it can be cool for some patients during these months.

6. Universal design---

The garden was designed and is programmed for the widest range of abilities. It accommodates the needs of PT's for instructing patients in the use of power wheel chairs to children's' groups visiting from local daycare programs to walking clubs from the Multnomah Athletic Club. The garden stimulates the full range of senses including memory, hearing, touch, smell, and taste by careful selection of plant materials, garden accessories and programmed activities.

7. Recognizable placemaking---

The design and plantings provide for a simple, unified and easily comprehended setting. Visitors are focused on plant-related sensuality, comfort and independence in this therapeutic garden.

Funding Source: Good Samaritan Hospital Foundation
Size: 13,000 sq. ft. Cost Sq. Ft.: \$25.00 initial construction phase

Maintenance Plan:

Directed by Coordinator of Therapeutic Gardens

1. Nine hours paid HT Gardener weekly: grooming, pruning, planting and soil amendments.
2. Fifteen hours HT Volunteers weekly: weeding, sweeping, watering and grooming.
3. Irrigation repairs and annual power washing managed by Facilities Dept.

Additions Pending:

Three dining tables, umbrellas and chairs for the patio off the back door of lobby; April 07 complete.

Long-term Needs:

Activity pavilion for weather protection for garden users. Designed and in fundraising. Construction to begin June 2010. Completed fall 2010.

Awards and Honors:

- 1998 AIA, Portland Chapter, Architecture + Energy Award. The garden a part of the Marshall Street Addition was praised by the jurors for its value to patients, visitors, staff, wildlife and the neighborhood.
- 1998 American Horticultural Therapy Association, Therapeutic Garden Design Award
- 2005 United States Botanic Garden, Washington, DC. Stenzel Healing Garden picture is the example for Therapeutic Gardens in the new permanent display "Plants in Culture".