

*Inside:
Join us for
spring seminars!*

Friends of the Portland Memory Garden
404 SE 80th Avenue
Portland OR 97215

Did you know?

The Portland Memory Garden at SE Powell Blvd. and SE 104th Avenue

- Was designed specifically for those with memory disorders and their caregivers
- Is one of only two such “memory gardens” in the U.S. built on public land
- Is part of the Portland Parks and Recreation system
- Offers free horticultural therapy sessions to senior communities
- Offers a bounty of plants and flowers that provide four seasons of interest
- Hosts a free Summer Open House each July that is open to the public
- Is open from dawn to dusk 365 days a year
- Is free to all users
- Is safe and secure
- Has lots of benches and seating in both sun and shade
- Has a picnic table that is wheelchair accessible
- Has free, accessible, and ample parking for vans, buses, and cars
- Has an ADA-approved restroom and drinking water fountains
- Provides opportunity to purchase memorial benches, pavers, and bricks
- Is adjacent to a community garden that offers opportunities to raise vegetables, herbs, and flowers in raised beds

www.portlandmemorygarden.org
Email: friendsPMG@comcast.net

2016 Gardens in Senior Living



**Friday, April 8, 2016
8:30 a.m - 5:00 p.m.
(Check-in begins at 8:00 a.m.)**

Presented by

**Friends of the Portland Memory Garden
with support from Legacy Health**

**Legacy Emanuel Medical Center,
Room 1175
2801 N Gantenbein Ave.
Portland, Oregon 97227**

Objectives

Participants will:

1. Describe the history, programming and management of the Portland Memory Garden.
2. Describe issues of aging, the needs of seniors, and the needs of their families/caregivers.
3. Summarize two research studies to support garden programming for senior populations.
4. Outline year-round, seasonal horticulture/ gardening/nature activities for your clients.
5. Develop session plans for indoor and outdoor activities.
6. Identify collaborators, resources and networking opportunities for program development.

Who Should Attend?

Adult foster care providers; recreational staff; long-term care facility administrators/managers/marketing staff; landscape architects and designers; horticultural therapists; activity professionals; geriatric educators/researchers; Master Gardeners; and especially activity professionals/recreation staff who work with the elderly or those with dementia.

Key Topics:

- Benefits of gardens to serve seniors
- History and purpose of the Portland Memory Garden
- Needs of dementia clients and their caregivers
- Research studies to support gardens in senior service
- Garden design elements, administration and maintenance
- Year-round indoor and outdoor programming for in-home, senior facilities and public gardens for dementia clients and their caregivers
- Hands-on participation

Conference Team Instructors

Brian Bainnson, ASLA, is a landscape architect and is involved with a wide range of senior living projects including the Portland Memory Garden.

Patty Cassidy, MA, HTR, president of the Friends of the Portland Memory Garden, is a trained, practicing horticultural therapist. Her book, *Gardening for Seniors*, is now available.

LuAnn Cook, RN, MN, ANP-C, has been in health care for over 29 years. As the nurse practitioner and director of Clinical Operations for Optum here in Oregon, her focus is optimizing the quality of life for frail elderly and their families.

Susan Gallagher, MBA, is the Foundation Director at Providence Benedictine Nursing Center in Mt. Angel, Oregon. She oversees the maintenance of the therapy garden there and promotes the programs and activities.

Polly Youngren, RN, MN, HTR, has been a nurse for over 25 years, primarily working with older adults. She helped form Making Oregon Vital for Elders and currently works at Providence ElderPlace in Portland.



- **No-host lunch** • **Free parking in structures**
- **Certificates of attendance available**

Registration

Name_____

Agency_____

Title_____

Address_____

Phone_____

Email_____

Registration Fees

Early Rate
(Postmarked by March 15)
\$80.00/person

Regular Rate
(Postmarked after March 15)
\$95.00/person

Total Payment enclosed: \$_____

Mail this form along with check or money order to:

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If you prefer, you may register and pay on-line by going to the "Events" page at our website: www.portlandmemorygarden.org

Questions? Contact:

Patty Cassidy, HTR
at friendsPMG@comcast.net
or by phone at 503-239-9174