



Barbara Kreski, MHS, OTR/L, HTR

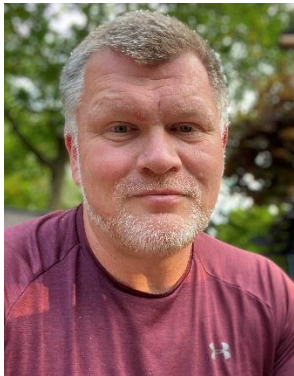
At the end of 2018, Barb Kreski retired from her position as director of horticultural therapy services at the Chicago Botanic Garden after serving there nearly nine years. She will be teaching a class on utilizing therapeutic horticulture for chronic health conditions such as muscular sclerosis, COPD and major psychiatric disorders in the New York Botanical Garden's revamped certificate program. In retirement, Barb is focusing on her own garden, her family including three grandchildren, and providing several presentations a year to varied audiences. Barb was an occupational therapist for several decades before transitioning to horticultural therapy.

Therapeutic Side of Gardening (Keynote)

Gardens provide us access to the world of nature and the myriad of ways that nature supports our best selves. Whether we create, cultivate or simply enjoy a garden, we tap into forces that research has found to significantly reduce stress and enhance our well-being. The field of horticultural therapy leverages the health-promoting aspects of gardens and gardening to address physical, emotional and developmental issues. Find out how and why gardens are so important to a healthy life.

Creating a Therapeutic Garden

What elements are important to consider when intending to support health through a garden? Barb will go into more detail regarding the process and considerations involved with creating a garden with therapy as the focus.



Michael Maddox

Mike Maddox is a Horticultural Therapist - Registered, with MS degrees in Horticulture and Instructional Design & Learning Technologies. He has over 20 years of experience in horticultural education.

HT Program: Setting and Reaching Goals

Much attention is often given to sensory gardens, adaptive tools, and raised beds when discussing horticultural therapy programs. Another important element is your ability to define, measure, and evaluate the objectives of your HT program. Though not nearly as "sexy" as the "plant stuff", this often impacts funding and resources of the garden, and the well-being of your program participants. This will be short presentation followed by discussion.



Dr. Darcie Olson

Darcie has been an Occupational Therapist for 40 years. Her focus has been on physical rehabilitation, geriatrics and ergonomics. She is currently an instructor at Madison College in the Occupational Therapy Assistant Program.

Ergonomics of Gardening

This session will provide some tips and tricks to ease some of the challenges of gardening. There will be time for sharing of ideas about how to save your energy and reduce wear and tear on your joints. During this session we will also make and demonstrate a few fun garden projects.



Abby Nelson, MS, CTRS, CADC, Therapeutic Recreation Coordinator

Abby earned her bachelor's degree in health and human services and her master's degree in Therapeutic Recreation. She is a nationally certified Recreation Therapist (CTRS) and a Certified Alcohol and Drug Counselor (CADC). Abby began working at Rosecrance in 2004 where she started as a Recreation Specialist facilitating adolescent therapeutic recreation groups in recreation, fitness, and life skills. Abby has additionally facilitated team building groups focusing on low ropes course facilitation, life skills, NEW-R, and visual arts groups as well as other experiential therapy activities. Abby has filled the role as a Unit Coordinator at the adolescent site before moving into the Therapeutic Recreation Coordinator role supervising therapeutic recreation programming at our adolescent and adult residential campuses providing leadership in recreation therapy and behavioral health. For 18 years, Abby has been passionate about clients building transferable skills to utilize and support their lives in recovery.



Rebecca Teffeteller, B.S

Rebecca is a Therapeutic Recreation Specialist at Rosecrance where she leads therapeutic-based interventions in horticulture, art, mindfulness, and more for adolescents seeking treatment for behavioral health disorders. She earned her Bachelor of Science degree in communication from Eastern Illinois University. She joined the Rosecrance team in December 2022 and is pursuing her registered Horticultural Therapist (HTR) designation through the American Horticultural Therapy Association. Before coming to Rosecrance, Rebecca completed a three-month internship at a residential healing community in North Carolina where she worked with adults living with mental health challenges. She discovered her calling for horticulture therapy while working in the commercial landscaping industry. Rebecca is passionate about helping clients make meaningful connections with plants and trees and the value of nature-based therapies.

Healing Gardens

Healthcare continues to grow and evolve every day. Our ability as providers to offer the most evidence-based, holistic opportunities for lasting recovery is becoming the expectation. Discover and explore the benefits of healing spaces utilizing nature-based interventions in healing gardens and discover how healing spaces can be utilized in your practice.



Mark Dwyer

Mark is the garden manager for the Edgerton Hospital and Health Services Healing Garden. Formerly, he was the Director of Horticulture at Rotary Botanical Gardens (Janesville, WI) for 21 years.

Garden Tours

Offered at 10 am and 12:30 am, we'll do a quick, 20 min. tour of the 3-acre healing garden outside and chat about the design, layout, plant collections and activities in this space.

A Focus on Fragrance

Incorporating engaging fragrances in the garden can serve many purposes. At the Edgerton Hospital and Health Services Healing Garden, the focus on sensory engagement is a priority and available scent is a major component. We'll chat about some of the easiest to grow selections to consider including in the garden for enjoyment and programming.



Ann Rudel, COTA

With 40 years of rehabilitative experience, Ann's focus has been on inpatient/outpatient rehab, skilled nursing home rehab, traumatic brain injury, home health, adult psychiatry and developmental disabilities. Ann is employed at Edgerton Hospital and Health Services.

Therapy in Motion

Join EHHS COTA, Ann Rudel, to explore the existing opportunities out in the garden. Ann will discuss the use of raised garden beds, tools, and the plantings in achieving therapeutic goals and outcomes for clients.

Ann Loper

Lifelong Gardening Committee, Master Gardener Volunteer

Ann Loper retired from working in an elementary school for 24 years. She became a Master Gardener in 2011 and Lifelong Gardening was one of her first ventures as a new Master Gardener. She enjoys sharing the knowledge she has gained to help keep other gardeners in their gardens for as long as possible with as little pain as possible.



Marilynn Cech

Lifelong Gardening Committee, Master Gardener Volunteer

Marilynn is a retired surgical nurse of 42 years, a Southeast Wisconsin Master Gardener for 18 years and a prominent member of the award winning SEWMG Lifelong Gardening committee for 13 years. Marilynn's passion is educating the public on ways to continue gardening throughout life.