

Horticultural Therapy Symposium – August 7, 2024

Edgerton Hospital and Health Services

Symposium Topics

Keynote: Access and Engagement: The Role of Nature in Promoting Health and Wellbeing (Dr. Jean Larson)

We live in a time when people spend more time indoors than outside - leaving us separated and disconnected from the natural world. In this presentation, Dr. Larson will share the evidence in support of the healing power of nature to promote human health and wellbeing. She will highlight practical ideas and experiences to foster a sense of connection with the natural world. Participants will leave the lecture with a deeper understanding of how being present in nature can refresh, restore and awaken all of your senses so you can feel its healing benefits.

Applying Nature-Based Therapeutic Activities in a Hospital Setting (Dr. Jean Larson)

Roll up your sleeves and get ready to immerse yourself in a variety of nature-based activities suitable for a hospital setting. During this breakout session you will learn about the University of Minnesota's Nature-Based Therapy programming at the Masonic Children's Hospital and the unique ways nature is being brought into its hospital setting. You will engage in a variety of hands-on experiences then work in small groups to analyze and discuss the activities relative to case studies. Participants will leave the session with new activity ideas that can be implemented with any group.

AWE - A Wonder-filled Experience (Sarah Palm)

Have you ever wondered why you feel refreshed after a walk in the woods? Or how experiencing wonder in the natural world creates a deeper connection to the earth and one another? Join Nature-Based Therapeutic Services staff, Sarah Palm, to learn and experience a sense of wonder while learning to calm your mind, open your heart and relax your body. The breakout session will include: breathing and grounding exercises to help calm your mind and enhance your time in a natural environment, a guided sensory immersive experience to restore a connection to the sights, smells, and sounds in our surroundings, a take-home minizine to document your experience and learn ways to continue to practice the healing power of nature beyond the conference

Gardening is Care: Horticultural Therapy at the DuPage Care Center (Jamie Viebach and Danielle Stojan)

Master Gardeners in Illinois wanted to help improve the lives of the residents at the DuPage Care Center, a skilled nursing facility located in Wheaton, IL. Using a community garden model, residents are assigned garden beds to tend throughout the growing season with the assistance of Master Gardeners. Since beginning the

program, we have added lessons to each workday, videos through COVID times, and now a mobile library full of gardening books and magazines. We will discuss the successes and challenges of a program like this and offer tips to anyone interested in starting this journey.

Our Relationship with Nature (Paul Fasano)

Are you interested in reflecting on your relationship with nature? What if you don't know if you even have a relationship with nature? If so, this session is for you! This interactive presentation will utilize a classic nature story as a catalyst for an activity. Each session attendee will walk away with a visual representation on their relationship with nature, and what gets created might just surprise you.

Garden Mindfulness for Healing (Alicia Kaleta)

Explore your connection between healing and natural spaces by engaging in an ancient Tai Chi practice. You will have the opportunity to learn simple terminology, techniques and movements that will enrich your understanding of your relationship with garden spaces. The mind-body-spirit connection will be highlighted for your personal and professional growth.

A School Garden Journey (Diane Kachel and Mike Hotter)

We will share some of the activities we use to teach children about gardening and include some of the great experiences we have had when working with them. Examples will include teaching about soil, bugs, seeds, and planting, to what most kids find fun such as pulling a weed with the longest root, digging in the soil, moving mulch and finding worms! These experiences were from the after-school club, Green Thumbs Garden Club, which involves two first grade, two fourth grade, and the special education classes in the fall and spring during the school year (Jefferson, WI).

Tricks, Tips and Benefits for Garden Exploration with Children (Jennifer Fishburn and Barbara Thompson)

No green thumb is required. Get your hands dirty with "hands on" plant activities that will engage children in exploration of pollinators, plants, gardening, and nature. Other discussion topics include growing plants indoors, and kids gardening curriculum and books.

This Garden is for the Birds! (Amy Yocum)

For many end-of-life patients, watching birds outside their window is a soothing activity that can be shared with family and care teams. Amy Yocum, Master Naturalist, and horticulture assistant at Agrace HospiceCare, will discuss the importance of bringing birds to patients and then take you on a personal journey of how landscaping her urban Madison yard brought dozens of new species of birds! We will review the use of native plantings to provide for birds that don't frequent feeders, ways to make a habitat garden look aesthetically pleasing, and resources to get you started.

Gardening with Inmates – Challenges and Rewards (Jason O’Connor, Deb Grams and Jim Haseman)

The RECAP garden at the Rock County (WI) farm has been in active use for many years and provides opportunities for inmates to become involved with a vast array of projects. Jason, Deb and Jim have been facilitation programs at the RECAP garden for many years and will share their challenges and successes with engaging inmates (men and women) in a beautiful and very productive garden setting.

Gardening Activities for Children (Dr. Darcie Olsen)

Gardening activities can be therapeutic and educational for children. Fun activities can spark an interest that lasts a lifetime. This session will explore a variety of garden-related crafts for children to do independently or collaboratively with others.

Plants and Design Tips for the Healing Garden (Mark Dwyer)

Join Mark out in the Edgerton Hospital and Health Services healing garden to see some of the amazing sensory plants incorporated throughout the garden. He’ll also discuss some of the design approaches related to accessibility, therapy potential, ease of maintenance and appealing to a broad audience to include patients, staff, visitors and the general public.

Gardening for Life (Ann Loper, Marilyn Cech and Ginny Guest)

Are you looking for new techniques and/or tools to ease your time while in the garden? The Lifelong Gardening Project, created by the Southeast Wisconsin Master Gardeners, has ideas on how to modify the garden and modify the gardener. Stop by to touch some tools out on the café patio and see our presentation!