

A stylized, light-colored illustration of a plant with several leaves and small, round fruits or buds, positioned on the left side of the image.

HEALTH, WELLNESS AND NATURE ENGAGEMENT: WITH PEACH JACK, MA

HORTICULTURAL THERAPIST AND
HEALING GARDENS DESIGNER

“How to stay engaged with
nature during
the COVID Quarantine,”
Fall 2020

HAIKU FROM CECILIA RUNKLE



The Autumnal Equinox—also called the September or fall equinox—is the astronomical start of the fall season in the Northern Hemisphere and of the spring season in the Southern Hemisphere.

The word “equinox” comes from Latin *aequus*, meaning “equal,” and *nox*, “night.” On the equinox, day and night are roughly equal in length.

Trembling see-through tree Sprinkled with squash yellow leaves Soon to be naked	Tuning into Fall Slowly yellow orange arrive While green leaves recede
Good bye to summer Wistful loss of warm weather Yet welcome cooling	Add blanket to bed No longer just sheets: need warmth Cozy: fast to sleep
Sharply pointed leaf Painted bronze and rusty red Lying in gutter	Prepare pot of soup Steep chicken corn beans salsa Smell bowls of delight
Covid, politics Yet autumn arrives on time Daylight wanes to dark	Seasons offer pause Attend to the great turning What change will arrive?

WHAT IS HORTICULTURAL THERAPY?

- Horticultural therapy offer rehabilitation and respite care of persons on a continuum from wellness care to treatment of debilitating illness and injuries.
- Being in nature is naturally therapeutic. Programs for rehabilitation and well-being become therapeutic when using specially designed horticultural activities and settings.
- For patients, physical therapy, occupational therapy, rehabilitation and healing arts are all ways we use horticultural therapy.
- For others such as care partners there are opportunities for stress release wellness and healing.

WHY IS IT IMPORTANT?

- “OUR GOOD HEALTH”
- IT IS GOOD FOR ALL OF US:
- NATURE RX (PRESCRIPTIONS)
- MEMORY CARE
- GRIEF AND LOSS
- CAREGIVER BURNOUT AND COMPASSION FATIGUE



“OUR GOOD HEALTH” RESEARCH STUDIES

- Urban green spaces encourage physical activity and provide more restorative opportunities than indoor activities.
- They have been found to provide a greater positive effect on mental health.
- Exposure to natural environments tend to foster psychological well-being and restoration from everyday stresses.
- Some social scientists conjecture that people respond with involuntary attention to nature and this is a key mechanism in restoration from mental fatigue.

OUR GOOD HEALTH, CONT.

- In one study, higher levels of exposure to green space were associated with significantly lower levels of symptoms for depression, anxiety, and stress.
- People with access to nearby natural settings have been found to be healthier overall than other individuals.
- The longer term, indirect impacts (of nearby nature) also include increased levels of satisfaction with one's home, one's job and life in general.

GETTING GOING...

- TAKE A WALK AROUND THE NEIGHBORHOOD AND SEE WHAT YOU MAY FIND!
- PLEASE DON'T TAKE FROM ANYONES YARD 😊
- ASK PERMISSION BEFORE YOU PICK.



WHAT'S IN BLOOM?

Many Daliahs, Herbs, Cosmos, Marigolds, Asters, Anemone... Sunflowers!



GATHERING FOUND MATERIALS

- PINECONES
- ACORNS
- CHESTNUTS
- LICHENS
- LEAVES ARE ALL FALLING...



CRAFT ACTIVITY WITH FOUND MATERIALS







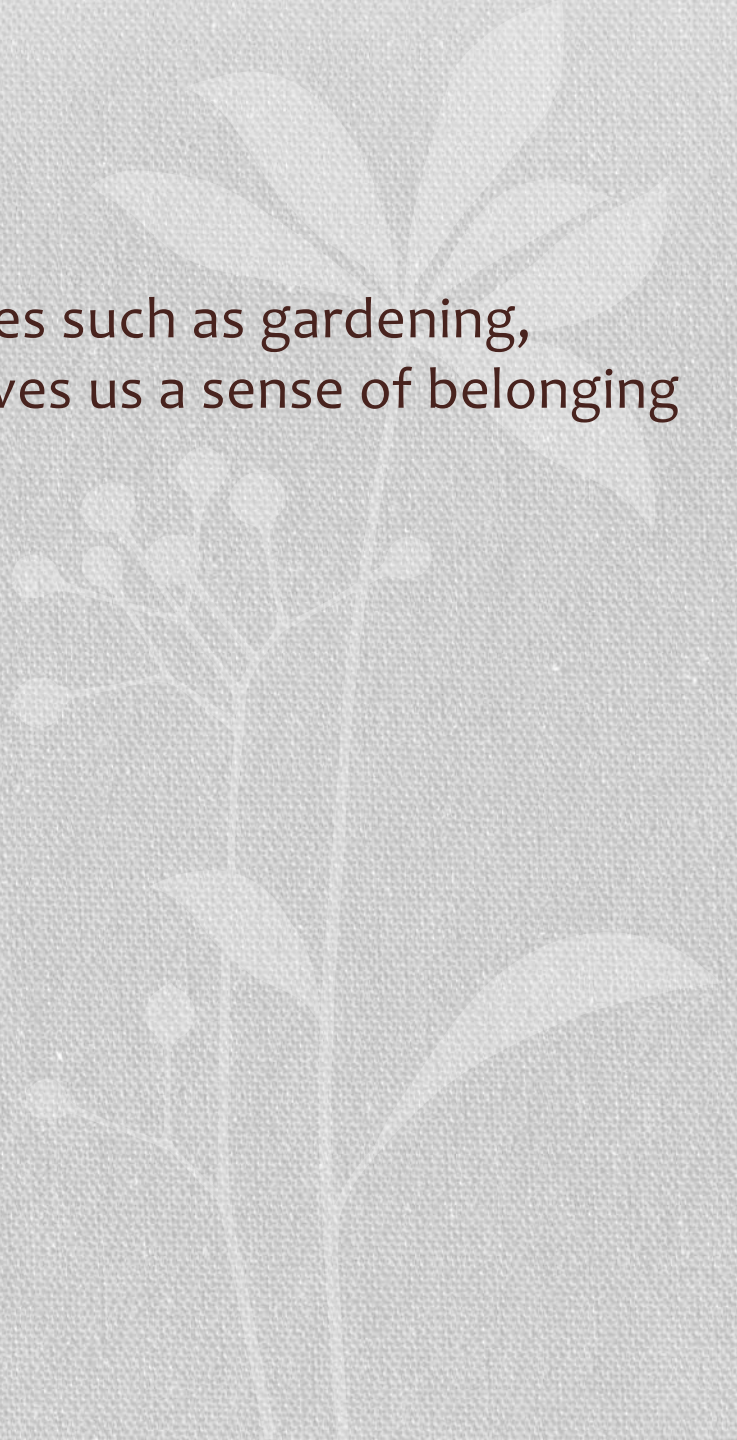


RESOURCES

- Virtual “Garden Discovery Walks” – Seattle Parks and Recreation with UW Memory and Brain Wellness Center
 - Virtual Garden Tour + Nature-Based Activity
 - Youtube Channel:
<https://www.youtube.com/playlist?list=PLz37ARyTwATVvXHIL7h7R8bvzigV5LbWI>
 - Example, Seattle Sensory Garden Tour:
 - <https://www.youtube.com/watch?v=9g18FNdePal&feature=youtu.be>
- Robin wall Kimmerer, the author of the book, “Braiding Sweetgrass” has written of indigenous wisdom, scientific knowledge, & the teachings of plants. She has written an amazingly poetic journey through botany in North America—it’s beautifully written and has so many great ideas for interaction with nature!

FINDING MEANING...

- Being engaged in nature through activities such as gardening, making crafts or merely being outside gives us a sense of belonging to our natural environment.



SWEET END OF SUMMER POEM

The summer's flower is to the summer sweet,
Though to itself it only live and die,
But if that flower with base infection meet,
The basest weed outbraves his dignity:
For sweetest things turn sourest by their deeds;
Lilies that fester smell far worse than weeds.

William Shakespeare, 1564 – 1616

FUTURE THERAPY GARDEN WITH UW MBWC



Preliminary Garden Design Concept #1. Margaret (Peach) Jack, Landscape Designer



https://depts.washington.edu/mbwc/content/page-files/Memory_Garden.pdf