



SENIOR SERVICES DEPARTMENT

Lambton Meadowview Villa

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www.lambtononline.ca

BACKGROUND

Monday, October 23, 2004

For Immediate Release

LMV THERAPEUTIC GARDEN

The new Therapeutic Garden is 13,000 square feet that includes:

- large double sided water feature
- patio areas
- a wheelchair accessible path that allows for safe walking in a continuous manner (no dead ends)
- raised beds to make gardening easy and safe

Did you know?

- Sitting in a park or garden has been proven to reduce stress.
- Many hospitals, seniors' residences, and workplaces have designed gardens specifically for this purpose.
- Non-gardeners reap the benefits as much as those who enjoy working the soil.

Benefits of therapeutic gardening:

- Provides functional, purposeful activity with a sense of accomplishment
- Provides an opportunity for physical movement, active participation and maintenance of skills
- Decreases stress and depression
- Promotes opportunities for interaction and socialization
- Provides an opportunity to do familiar tasks
- Promotes awareness to the environment and nature
- Provides tranquil opportunities for meditation, reflection and spiritual awareness
- Offers a diverse and versatile choice of activity
- Orientation to time and season
- Provides a variety of sensory opportunities (touch, smell, see, hear, taste)
- Helps improve appetite through sensory stimulation, exercise and taste
- Gives individuals responsibilities and fulfilling tasks to complete

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The Shaw Foundation:

- Based in Calgary, with “roots” in Lambton County
- Was established in 1970 by Francis Earl and Lottie Shaw
- Announced in mid-2003 that it would match up to \$50,000 in funds raised by Lambton Meadowview Villa to build an extensive therapeutic garden
- To date the foundation has provided LMV with \$30,000, and the offer expires in June of 2005

Lambton Meadowview Villa:

- Built in 1993
- Home to 125 residents
- Admission is through Community Care Access Centre
- Call to book a tour (882-1470)

Services offered:

- Delicious meals
- Laundry service
- Physiotherapy/Occupational therapy
- Pharmacy services
- Adult Day Program
- On-site pastoral care
- Social and recreational programs
- Short-stay respite care
- And more!

For more information about Lambton County, visit www.lambtononline.ca.

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