

Pine Tree Garden Club in Atlanta - Garden Therapy

For its civic project, Pine Tree Garden Club contributes monetarily and with member participation in the "hands on gardening" activities with patients in the Horticultural Therapy Program at the A.G. Rhodes Health & Rehab Facility.



Gardening for the Senses

Kirk Hines, Horticultural Therapist at A.G. Rhodes Health & Rehab, and Diane Norris, member of the Pine Tree Garden Club, create a "container sensory garden." Hines attended the garden club's meeting on May 21 to demonstrate how various plants are used for therapeutic purposes based on the senses that they engage.

Pine Tree Garden Club members volunteer at A.G. Rhodes where Hines leads horticultural therapy sessions with nursing home residents. Through this type of therapy, residents engage in adapted gardening, success-oriented horticultural activities and nature contact as part of their individualized care plan. For example, horticultural therapy may include planting herbs to increase sensory stimulation, sowing seeds or watering to improve motor skills, and group gardening to decrease isolation and depression.





During a Horticultural Therapy session, residents planted herbs and harvested lettuce which will be used in the meals prepared at A.G. Rhodes. Through this type of therapy, people engage in adapted gardening, success-oriented horticultural activities and nature contact as part of their care plan.



Sylvia Allen, A.G. Rhodes Health & Rehab resident, and Lisa Feiber, member of the **Pine Tree Garden Club** in Buckhead, plant colorful summer annuals in terra cotta pots on the front patio of A.G. Rhodes' Wesley Woods location. As part of A.G. Rhodes' Horticultural Therapy Program, residents filled the pots with flowers and herbs that engage the senses through touch, sight and smell.

This photo was featured on Atlanta TV station 11 Alive's website – then on the Today Show website - and created quite a bit of publicity for Pine Tree Garden Club in Atlanta