

GARDEN THERAPY REPORT

Gardeners by the Sea Garden Club

Committee Chair: Margaret Woda

Location: Atlantic Shores Rehab & Health Center

February 7, 2024

Project: Terrarium in a Jar

GBTS Participants: Maggie Baker, Diane Baxter, Linda Kall, Kathy Lesperance, Sally Melvin, Bill Ohriner (new GBTS and committee member). Chair Margaret Woda prepared a sample terrarium prior to the meeting.

Atlantic Shores participants: 10

Supplies:

- * 10 glass jars donated by GBTS member Charlotte Whidden. Her donation inspired this activity.
- * Succulents were purchased at Bella Terra and donated by committee members. Extra plants will be used in March at Cheer Center
- * Ribbon was donated by committee members.
- * All other supplies were purchased, except soil and heart picks that were left over from a previous project

Note: Prior to this activity, Chair contacted the Atlantic Shores Activity Director to notify her that participation was limited to 10 patients due to limited budget and committee members. It was very difficult to leave additional interested patients in the hallway, unable to participate.

Interest in participation at both Atlantic Shores and CHEER Center has increased this year -- sometimes as many as 15 participants at CHEER Center, If we don't get a budget increase for next year, we will have to reduce activities to six times/year (rather than eight) so we can accommodate more participants. We also need 3 or 4 more people on this committee to allow greater flexibility in participation.

Eight of the ten terrariums...

