



GOOD SAMARITAN  
MEDICAL CENTER

## Stenzel Healing Garden at Good Samaritan Medical Center

Date of Renovation Design Team Process: June – August 1996

Date of Construction Completion: June 1, 1997 we took possession and dedicated the garden

Designers: David Evans & Associates; Ron Mah, Landscape Architect; Brian Bainson, ASLA, Quatrefoil, Inc.

Disciplines Involved: Physical, Occupational, Speech, Recreational & Horticultural Therapists; HT Students; Physiatrist; Nurse Manager; Garden Coordinator; Rehabilitation Manager; Nurse; Social Worker; Current and Former Patients & Families; Spiritual Care Staff; Facilities Staff; Landscape Architect.

Goal of Design: Rehabilitation, Recovery & Restoration --- Create a hospital therapeutic garden to meet the needs of inpatient and outpatient rehabilitation therapies, patient and family independent activity, visitors, staff and neighbors.

Populations Served: Acute care inpatient adults; outpatient adults; day treatment patients and their families; neighbors and staff 27-7. This is a public garden.

Significant elements as they relate to therapeutic garden design

### [AHTA Therapeutic Garden Characteristics:](#)

#### **1) Scheduled and programmed activities---**

Each rehabilitation therapy (PT, OT, SLP, HT, RT) use the garden year-round to meet patient goals. Plant signage and other educational devices provide activity and information to garden visitors. Site Good Health Team, Sustainability and the Therapeutic Garden Program collaborate year-round through events for Earth Day, Summer in the Garden, walks, music, arts and more. Pet therapy is scheduled. Patients enjoy meeting their own pets in the garden. PDOT helped develop walking maps for NW Portland with walks out and the garden into the neighborhoods. A year-round employee walking program is promoted. Audubon approved birdhouse made from recycled/repurposed materials provide bird sanctuary and daily engagement with interest by many visitors. Monthly senior garden tours and neighborhood nature walks are offered. **June 23, 2020**, we celebrate our twenty-third year in the garden.

#### **2) Features modified to improve accessibility----**

Rehabilitation therapies use a variety of walking surfaces, ramps, inclines, and other opportunities for cognitive and physical activities. Some of the garden is raised up to the patient to accommodate wheelchair users and those unable to bend to the ground; this accounts for most of our therapy patients. Seating walls accommodate patients with decreased balance and endurance. The areas immediately outside the lobby door is zero grade to accommodate the weak/frail patient. The incline to the west upped end of the garden provides challenge activity for patients as they rebuild endurance and gain wheelchair skills, especially after brain injury or spinal cord injury. Each modification to the therapeutic garden allows patients to explore and interact with the garden to touch, study, smell and enjoy moving about the garden on their own terms and at their own pace. The garden is designed to support independent use by patients, their families, and employees during unstructured time. The view out the patient window from two sides of the garden supports patient restoration and engagement with nature benefits year-round. The cafeteria and interior hallways offer views out to the garden and places to rest with protection during inclement weather.

#### **3) Well defined perimeters---**

Themed garden areas include: Butterfly, Perennial, Fragrant, Rock, Hedge Demonstration, and two Northwest Gardens which direct attention of the visitor to those components. Edges of the garden spaces are defined by structures/buildings and walkways. Privacy is provided to window rooms and some seating areas through the placement of plants.

#### 4) **A profusion of plants and people/plant interactions---**

This is a rich, lush intriguing botanical collection with four seasons of sensory stimulation with annuals, perennials, shrubs, vines, trees, evergreens and deciduous plant material.

People/plant interactions are encouraged by botanical signage, plant placement for touch and smell and regularly scheduled activities for patients and visitors. Simple patterns of paths, seating options and work places for gardening/horticulture, therapies, and socialization encourage people/plant interactions. Community members serve as garden volunteers several days each week hosting people in the garden, gardening, answering questions and maintaining a high-quality, restorative environment of care.

#### 5) **Benign and supportive conditions---**

The garden provides a safe, secure and comfortable setting for users. Patients and families choose areas to balance privacy and social support needs. Visitors enjoy watching hummingbirds, butterflies and birdlife in the garden. Pest and disease resistant plants are selected to avoid use of pesticides and chemicals. Organic, safe maintenance practices are used. Quiet and more active areas of the garden support user needs. Shade is provided by the pavilion, trees, umbrellas, and sun movement during the day. The garden is in full shade September 6 to March 6, due to six-story surrounding buildings.

#### 6) **Universal design---**

The garden is designed and programmed for the widest range of users and abilities. It accommodates the needs of PTs to instruct patients in the use of power wheelchairs to children's groups visiting from local daycare programs, and to walking clubs from the Multnomah Athletic Club. Patients use the garden during unstructured time in the company of family and friends. Rehab therapists use the garden for patient therapies. The garden stimulates the full range of senses including memory, hearing, touch, smell, and taste by careful selection of plant materials, way finding, garden accessories, and programmed activities.

#### 7) **Recognizable placemaking---**

The design and plantings provide for a simple, unified and easily comprehended nature place. Visitors are focused on plant-related sensuality, comfort and independence in this therapeutic garden. Patient room views into the garden and hallway views into the garden welcome all to engage with nature to meet a wide range of individual and program needs.

Funding Sources: Legacy Good Samaritan Medical Center Foundation

Size: 13,000 sq. ft.

Cost Sq. Ft.: \$25.00 renovation construction

Maintenance Plan:

Directed by Coordinator of Therapeutic Gardens

1. Nine hours weekly paid Contractual Gardener weekly year-round: grooming, weeding, pruning, planting, & soil amendments.
2. Fifteen hours weekly Garden Volunteers: weeding, sweeping, watering, grooming, event assist.
3. Irrigation repairs, power washing, major tree work, and repairs managed by Facilities Dept.

Additions Pending/Completed:

Phase 2—2007 Added three dining tables, umbrellas & chairs at lobby door.

Phase 3---2010 Activity pavilion added.

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