



Celebrating 20 years of Healing, Hope and Health Children's Garden Legacy Emanuel 1997 - 2017

EMANUEL Medical Center	GOOD SAMARITAN Medical Center	MERIDIAN PARK Medical Center	MOUNT HOOD Medical Center	SALMON CREEK Medical Center	
RANDALL CHILDREN'S HOSPITAL Legacy Emanuel		LEGACY MEDICAL GROUP	LEGACY LABORATORY	LEGACY RESEARCH	LEGACY HOSPICE

Before---smoking area



1997 We recycled the 3 pots from 2nd floor



First growing year



Tunnel arbor added



Garden shed in north corner later moved to add new hallway



We added a fence around the water feature



Featured in Landscape Architecture magazine



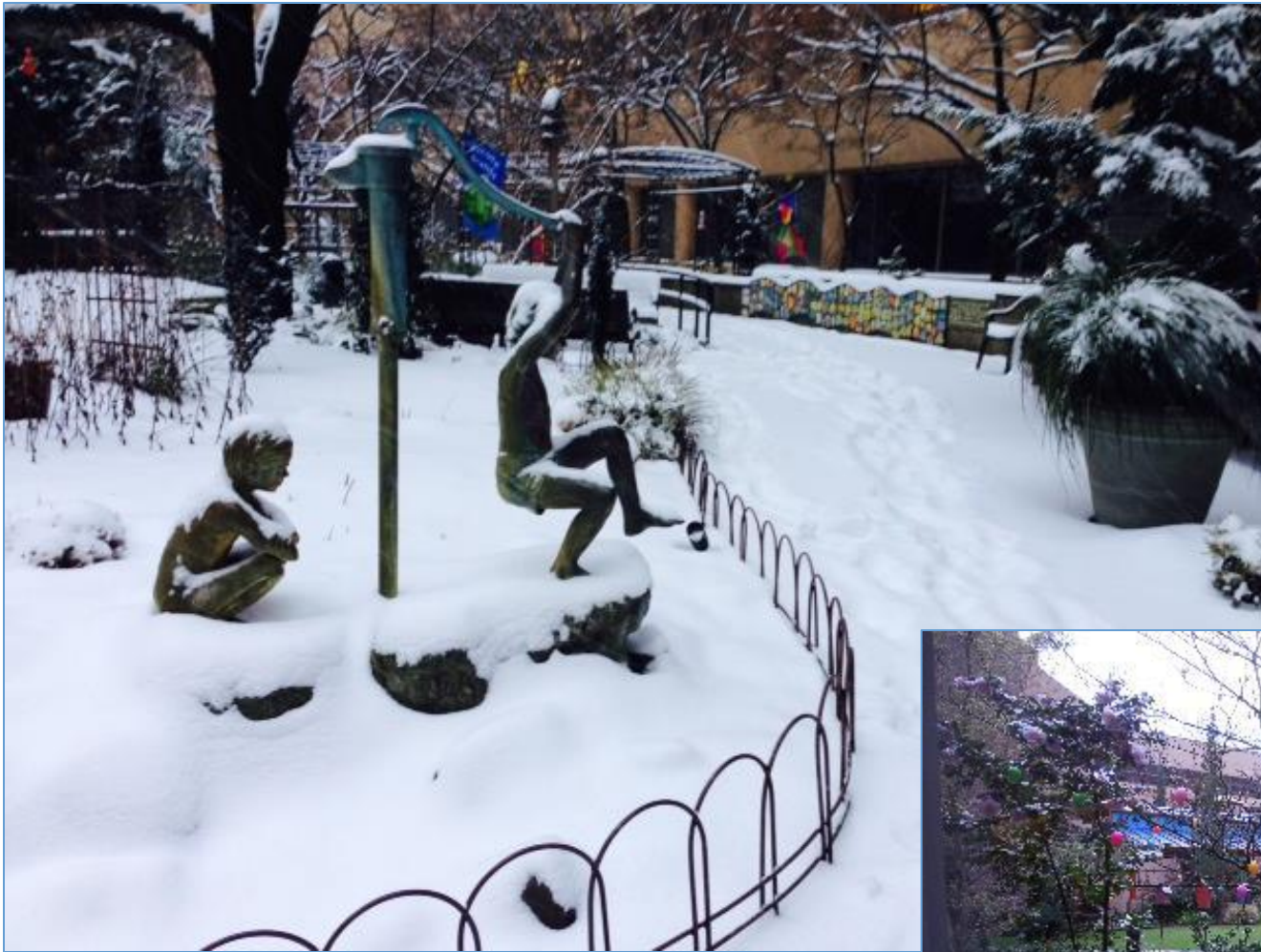
The Children's garden at Legacy Emanuel



Summer & fall



Winter & spring





“Most hospitals have manicured shrubs and grounds. The difference here is the gardens are part of the therapeutic space, where there are patients out in them.”

Wall Street Journal
April 6, 2010

George Brown, M.D. President, CEO
Legacy Health



1997 – 2017 celebrating 20 years of healing, hope and health



Nature stations indoors



Nature stations outdoors



Child Abuse Response and Evaluation Services CARES




I love the gardens & find relaxation in them. I walk through almost every night and on especially stressful nights. Truly amazing! Judy, RN



2016 Nature-Good Health Benefits

Our Good Health



Research studies confirm why we need to spend time each day in the hospital garden or other nearby nature:

- Urban green spaces encourage physical activity and are a more restorative environment than indoor settings, with a greater positive effect on mental health.
- Exposure to a natural environment tends to foster psychological well-being and produce restoration from the stresses of everyday living.
- Some social scientists conjecture that people respond with involuntary attention with nature, and this is a key mechanism in restoration from mental fatigue related to stressful work situations that necessitate prolonged attention.
- 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 with life in general.

Our Good Health



- Access to nature in the workplace is related to lower levels of perceived job stress and higher levels of job satisfaction.
- Workers with a view of trees and flowers felt that their jobs were less stressful and they were more satisfied with their jobs than others who could only see built environments from their window.
- Employees with views of nature reported fewer illnesses and headaches.
- A similar study found that a view of natural elements (trees and other vegetation) buffered the negative impact of job stress on intention to quit.
- In one study, 71% of people found a reduction in depression after going on an outdoor walk versus a 45% reduction by those who went on an indoor walk.
- In another study, the longer participants stayed in a park, the less stress they exhibited. More than 100 studies have shown that relaxation and stress reduction are significant benefits associated with spending time in green areas.

References:

- https://depts.washington.edu/hhwb/Thm_Mental.html
- <http://heapro.oxfordjournals.org/content/21/1/45.full>

Good Health Team music in the garden



Pet therapy



Wildlife habitat



To make you smile birdhouses





www.legacyhealth.org/gardens

EMANUEL Medical Center

GOOD SAMARITAN Medical Center

MERIDIAN PARK Medical Center

MOUNT HOOD Medical Center

SALMON CREEK Medical Center

RANDALL CHILDREN'S HOSPITAL Legacy Emanuel

LEGACY MEDICAL GROUP

LEGACY LABORATORY

LEGACY RESEARCH

LEGACY HOSPICE