

GARDENS FOR HEROES™

Healing our Heroes with the Gift of Gardens.



OVERVIEW

ABOUT US

VISION:

To foster the well-being and success of veterans and their families.

MISSION:

To nurture veterans and their families with the development of private and public therapeutic gardens and horticulture vocational programs.

OUR PROGRAMS: HORTICULTURE FOR HEALING AND REINTEGRATION

RESIDENTIAL HEALING GARDENS PROGRAM



Creating private healing gardens for wounded veterans, their caregivers and their families in their own backyards.

HEALTHCARE & COMMUNITY GARDENS PROGRAM



Creating healing gardens for wounded veterans at medical facilities.

Creating public gardens for active military/veteran health, wellness and community engagement.

HORTICULTURE VOCATIONAL PROGRAM



Developing careers and creating jobs for veterans in the horticulture field through skill-building and work training programs.

EVIDENCE-BASED DESIGN GUIDELINES FOR VETERANS

We are building on evidence-based design guidelines: Clare Cooper Marcus, Naomi A. Sachs (2014). *Therapeutic Landscapes*. Hoboken, NJ: John Wiley & Sons, Inc.

- Control
- Accessibility
- Intentionally Designed Physical Challenge
- Physical and Emotional Safety and Security
- Balance of Prospect/Refuge
- Prevention of UV Exposure/Visual Distress
- Attention to +/- Sensory Stimuli
- Familiarity/Homelike Environment
- Places for Gathering/Places to be Alone
- Places for Ritual and Reflection
- Areas for Service Dogs
- Places for Children
- Smoking Areas

CURRENT INITIATIVES

- Residential healing garden pilot program: 5 gardens in the backyards of wounded veterans and their caregivers. First garden in Richmond, Virginia.
- Exploring large healing gardens, horticulture therapy and vocational programming with two VA Medical Centers in Georgia and North Carolina.
- Investigating an urban (Baltimore City) and suburban/rural model (Greater Maryland) for integration of all three Gardens for Heroes programs including research design.

THE RESEARCH

Health Benefits of Gardening: American Horticulture Therapy Association Review of Scientific Literature

- Reduce stress, depression, reliance on medication, self-harming behavior and visits to psychiatric services.
- Contribute to improved alertness, cognitive abilities, social interactions and community cohesion.
- Reduce physical pain and help patients with rehabilitation or recovery from surgery or other medical interventions.
- Help people live and cope with physically challenging circumstances or chronic conditions.

GIVE US 20 MINUTES

Can we meet to discuss the
power of Gardens for Heroes?

Ann Meade Daniel
Co-Founder

410-349-0600

amdaniel@gardensforheroes.org