



Friends of the Portland Memory Garden



Newsletter
Spring 2012

The Portland Memory Garden (104th & SE Powell Blvd.) was created by a coalition of volunteers coordinated by the Center of Design for an Aging Society and donated to Portland Parks and Recreation in 2005. Designed specifically to meet the needs of people with memory disorders, it is one of only two such gardens in the U.S. built on public land.

Friends of the Portland Memory Garden (FPMG) is a non-profit organization whose mission is *“To enhance the lives of individuals with memory disorders and their caregivers by maintaining the Portland Memory Garden and providing therapeutic and educational activities.”*

Officers

President

Patty Cassidy, MA, HTR

Vice President

Brian Bainnson, ASLA

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Melissa Bierman, BS, HTR, LEC

Treasurer

Luann Cook, MN, ANP-BC

Board Members

Tara Hicks, HTR

Kathleen Kennedy, BS, HTA

Gary Miranda, MA

Visit our web site at:

www.portlandmemorygarden.org



Friends Progress Notes

“Spring has sprung!” No better phrase describes both the flower-filled garden beds and the literally earth-moving activities that have permeated the Memory Garden recently. Bright welcoming daffodils are springing up everywhere thanks to the energetic bulb planting of volunteers in the fall. But most amazing of all is the transformation of the adjacent vacant field into the new community garden. (See p. 3)

At times, it felt overwhelming that we would successfully accomplish the scope of work we had before us. Our goal was to have the plots ready for spring gardeners. While the very cold and wet winter months often delayed our progress, we always managed to move ahead and get more done thanks to the amazing cooperation and support from organizations who sent us dedicated and hard-working volunteers. We owe huge bouquets of gratitude to HandsOn Portland, Elders in Action, Portland Parks and Recreation volunteer services, Starbucks, America Corps, Comcast, and Counting All Crows, as well as to PCC and PSU students.

Needless to say, we could not have done all this without financial support, most notably grants from the Portland Development Commission’s Community Livability Program, East Multnomah Soil and Water Conservations’ “SPACE” Program, and a generous contribution from the Leupold & Stevens Foundation.

Even though we were intensely focused on the community garden, we managed to keep up with the maintenance of the Memory Garden. Soon we will be planting our annuals and herbs so the garden will be colorful and fragrant in the warmer days ahead.

Also, we are actively planning for our Founders’ Day celebration and hope to see you all on Sunday, June 3 from noon to 4:00 pm in the Garden for an afternoon of appreciation, celebration, refreshments, music, nature crafts, and door prizes. We will rededicate the Memory Garden and officially welcome the community garden into our lovely corner of southeast Portland. We have many people to thank

Finally, all of the successes and progress we made this season in both gardens would not have been happened without the support, hard work and encouragement from the FPMG board members. The mix of unique talents of Brian Bainnson, LuAnn Cook, Melissa Bierman, Kathleen Kennedy, Tara Hicks, and Gary Miranda created a team that helps us ensure that the Garden, like hope “springs” eternal.

See you in the Garden!

Sincerely,

Patty Cassidy, MA, HTR

President

Friends of the Portland Memory Garden

JOIN US FOR FOUNDERS' DAY!

On Sunday, June 3rd the Friends will host a 10th anniversary open house in the Portland Memory Garden from noon to 4:00 p.m., which will include guided tours, free nature crafts, music, door prizes and refreshments. Everyone is welcome!

Bird of the season: Townsend's Warbler

The other day while working in the Portland Memory Garden, I was very excited to spot a Townsend's warbler (*dendroica townsendi*). It was my first sighting of this 4-5 inch bird with a bright-yellow and black-striped head pattern and a yellow breast with dark streaks along its sides. This little bird was birched on the inner branch of a blooming *Mahonia aquifolium*, commonly known



as Oregon grape, its intense yellow coloring blending with the *Mahonia's* dense cluster of yellow flowers. I was surprised to have even noticed it at all, and probably wouldn't

have if I had not looked up when I heard its buzzy song with evenly pitched notes.

This Pacific Northwest bird breeds in a coniferous forests mixed with deciduous edge-growth of dogwoods, maples, and alders. Its nest is a bulky cup-shape of pine needles, small twigs, dried grasses, lichen, and spider cocoons, and is usually lined with fine grass, moss, or hair. The nests can be found in main branches of conifers as high as 50 feet and concealed by foliage. Townsend's warblers lay 4-5 eggs, white with brown spots.

Because this bird is usually found in coastal forests, I feel privileged to have spotted the colorful yellow and black plumaged bird in our very own garden. I can't guarantee that you too will spot this little bird on your next visit to the garden, but I can guarantee that winter has begun to step aside so that spring can bring out its own colors for you to enjoy. Come and see for yourself as you stroll the circular paths of the Portland Memory Garden.

Submitted by Kathleen Kennedy, BS, HTA

Flower of the season: Salal

Spring and early summer in the Portland Memory Garden are not to be missed. A visit to the native plant area of the garden at this time of year is a real treat.



Look for the plant *Gaultheria shallon*, more commonly known as salal.

Salal is native to Oregon and is a leathery-leaved shrub. It has dark blue, edible berries that were once a significant source of food among Native Americans. To this day, salal berries are still being made into jellies and jams.

Salal is diverse in that it can thrive in both sunny and shady conditions. In moist, coastal climates, salal tends to form deep thickets since the leaves do not mind salt spray. Salal does well in many different soil types. Its root system actually helps to bind the soil where it is present.

Certain animals tend to like salal berries. Deer and elk feed off the twigs and leaves of salal, and various species of birds and even bears often eat the salal berries. Deer and elk, as well as many other animals, also use the dense thickets of salal to hide in while sleeping.

Salal is easy to grow in your backyard and can live off very little water. Its shiny green leaves and white and pink urn-shaped flowers go great in floral and garden arrangements. In fact, salal from the Pacific Northwest is sold to florists all over the world for use in floral arrangements.

Submitted by Melissa Bierman, BS, HTR, LEC

Reserve a Garden Plot

To reserve your community garden plot at the new community garden space next to the Portland Memory Garden, go to:

www.portlandonline.com/parks

Click on "Nature" tab on top, scroll to "Community Gardens," and select "Garden Plot Request Form." Complete the form and submit. Or call the Community Gardens Office (6437 SE Division) at 503-823-1612.

Community garden becomes a reality

Over the past six months, we moved mountains of soil and compost, dug and bark-dusted garden pathways, built seven raised beds, and dug-in hundreds of edible plants. In this short span of time, but with a long list of volunteers and hundreds of hours of their time, we all created a special new garden for the neighborhood and the Portland community.



Portland Memory Garden Contribution Form

- I would like to contribute \$ _____
- I would like to buy _____ bench(es) @ \$2,000.00 each.
- I would like to buy _____ 7" square paver(s) @ \$200.00 each.
- I would like to buy _____ 4"X8" brick(s) @ \$100.00 each.

Please inscribe as follows (maximum 36 letters and spaces):

Send acknowledgement to :

Name _____ Phone _____

Address _____

City/State/Zip _____ Email _____

My check is enclosed in the amount of \$ _____ Date _____

Please make checks payable to **Friends of the Portland Memory Garden**
 Send to: 404 SE 80th Avenue, Portland, OR 97215 Phone: 503-239-9174