



# Friends of the Portland Memory Garden



Newsletter  
Summer 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 Bainson, ASLA

### Secretary

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](http://www.portlandmemorygarden.org)



## Friends Progress Notes

Summer often brings out the best in gardens—the flowers are bright, the herbs are most fragrant, and the trees offer lovely cool shade for those who sit beneath the lush leaf cover. This summer we truly brought out the best as we hosted over 150 people who joined us for our 10th Year celebration called Founders’ Day. City Councilman Nick Fish and Portland Parks and Recreation Director Mike Abbaté welcomed visitors and showered praise on the Memory Garden as a unique and treasured Portland resource.

For 10 years, the garden has offered many senior and memory care facilities a secure and restorative place to bring residents. For 10 years, each and every month, hardy and committed volunteers dedicate their time to maintain the beds, groom the shrubs and plant annuals. For 10 years, the partnership between the Friends of the PMG and the city has become stronger.

We are particularly proud of the community garden we created with the financial assistance from PPR, Portland Development Commission, Starbucks Community Grant Program, and the East Multnomah SPACE Program. This support enabled us to build 40 in-ground beds and 7 raised beds to accommodate the city’s growing demand for neighborhood community gardens. In addition, volunteers contributed hundreds of hours of manual labor to dig the beds and lay the pathways. In this 10th year we now are not only stewards of the Memory Garden, but we oversee a thriving and fertile community garden as we partner with our new neighborhood gardeners.

With the Founders’ Day behind us, we continued to offer the nature sessions conducted by registered horticultural therapists for senior care facilities. Attendance at these sessions, which help facility staff learn independent use of the garden with their clients, was up considerably from last summer. We thank Marquis Care for their generous grant that makes these sessions possible.

We are proud of the past decade and look forward to another 10 years of providing service, space, and security to all those who visit and connect with the natural world the garden provides. Without your support and commitment, we could not have met our goals and reached beyond them. Thank you for the trust and confidence you have in the Portland Memory Garden and in the board, to whom I owe a great debt of gratitude.

Come visit the gardens!

*Patty Cassidy, MA, HTR*

*President*

*Friends of the Portland Memory Garden*

## FPMG officers honored

The Friends of the Portland Memory Garden is pleased to announce that Brian Bainson has received the John Walker Community Service Award for 2012. This award is given annually by the American Horticultural Association in recognition of significant contribution to horticultural therapy in the area of program services provided for a community. Brian was one of the original designers of the Portland Memory Garden and currently serves as vice-president for the Friends organization.

On another front, Patty Cassidy' book *The Illustrated Practical Guide to Gardening for Seniors* has received the American Horticultural Association's annual publication award. The award is given in recognition of an outstanding book, paper, or research authored or co-authored by a member of AHTA who has conceived, designed, evaluated, or reported innovative or significant developments in horticultural therapy. Patty is president of the Friends of the Portland Memory Garden.

Kudos to Brian and Patty!

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## Plant of the season: Tupelo Tree

**N**yssa, is grown for its beautiful foliage. Summer leaves are a dark green, but the most spectacular part of this tree is the fall foliage with many shades of yellow, orange, bright red, purple, or scarlet that may appear on the same branch. Bark matures to medium gray and resembles bumpy alligator hide. Fruit is bluish-black and is loved by many birds.



The tupelo makes a strong specimen tree. It grows 30'-50' high, with a 20'-30' spread. The tupelo prefers well-drained, acid soils, and full sun to partial shade. However, it has been known to grow in swampy conditions.

Nysseides was the Greek water nymph who gave her name to the genus. The common name, tupelo, comes from two Cree words which mean 'tree of the swamp'. Tupelo is also sometimes called "pioneer's toothbrush." When a small, brittle twig is broken off sharply, it has a bundle of woody fibers on the end that was once used to clean teeth. It's also called "bee-gum" because hollow trees were used as beehives.

The tupelo can be found at the north end of the garden left of the picnic table with covered arbor.

*Submitted by Melissa Bierman, BS, HTR, LEC*

## Bird of the season: Anna's hummingbird (*Calypte anna*)

**T**he Anna's hummingbird breeds along the West Coast and inland into southwestern Arizona. Here in the northwest, this hummingbird is a year-round resident. The adult male is a stout and stocky hummingbird with a short straight bill, iridescent rosy pink crown and throat and a small spot behind eye. The adult female has a stout body with a short- straight black bill, and central iridescent pink throat patch.



The Anna's hummingbird has one of the most spectacular aerial displays of any of our North American hummingbirds. The bird climbs high in the sky, hovers, calls several sets of "bzz, bzz, bzz," phrases and then dives at a speed of 35-65 miles per hour. At the bottom of the dive he veers up while giving a loud "speek" sound. This dive may be repeated 5-10 times in rapid succession and is most commonly observed during the breeding season, December to June, though it can be seen in any month.

Annas like to make their nest out of downy plant fibers, lichens, and spider silk. Their nest can be found in a variety of locations and often near houses. The Anna's nest contains 2 eggs and they usually have 1-2 broods.

What a delight it is for anyone working in the garden to spot a hummingbird sipping the nectar from a beautiful tubular blossom or suspending itself while sipping from hanging feeder. The hummingbird is one bird that almost everyone recognizes and takes great pleasure in watching. I hope that when you visit the Portland Memory Garden, you will have an opportunity to see this wonderful little bird.

*Submitted by Kathleen Kennedy, BS, HTA*

### *Saturday Work Parties*

If you'd like to get your hands dirty in the Memory Garden or new community garden, we have teams that meet on the first and third Saturday of each month from 9:30-11:30 a.m.  
Contact:

**1st Sat:** Patty Cassidy, 503-239-9174

**3rd Sat:** Julie Brown, 503-367-5188

# Founders' Day A Success! Thank you!

On Sunday, June 3rd the Friends hosted a celebratory open house in the Portland Memory Garden from noon to 4:00 p.m., which featured remarks from original founders as well as representatives from Portland Parks and the City of Portland. The event also marked the grand opening of the new community garden adjacent to the Memory Garden. Thanks to everyone who contributed to making the event a huge success!



## 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