



Friends of the Portland Memory Garden



Newsletter
Winter 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.”*

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Visit our web site at:

www.portlandmemorygarden.org



PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland

Friends Progress Notes

The winter rains are here and, while some of us would like to see some snow, we welcome them because last December was one of the driest and warmest in several years. Those temperate days gave us more time to plant over 500 spring bulbs in the Memory Garden beds, but we are worried about the precocious crocus and daffodils as they push through the soil and show their fresh green growth. As always, we rely on Mother Nature to take charge and are grateful any sign of spring.

As the shrubs and trees in the garden take a winter hiatus, there was a buzz of activity as we finally broke ground to begin the creation of the community garden. Thanks to a generous grant from the Portland Development Commission, we installed an attractive metal fence around the community garden that matches the existing PMG fencing. Thanks to Portland Parks and Recreation, the field was tilled and amendments were added to the soil. PPR also donated all the materials we need to build the raised beds and provided rich soil for them. We are now in the process of selecting edible plants, vines, and trees that we will grow along the fence, enticing neighbors and those walking past into the garden.

This community garden is a huge undertaking that still requires many volunteers. Thanks to several work parties with volunteers from HandsOn Oregon, we've made significant progress in digging pathways and moving soil. But there is still much to do and so please, consider signing up for one of the Saturday work parties (see p. 3).

We are pleased and excited about this new addition to the PMG and look forward to showcasing it at our Founders' Day Celebration in June. There will be a big party in the PMG on Sunday, June 3, from noon to 4:00 p.m. to honor those who had the insight, wisdom, and energy to create such a special place. It will also be time to thank and celebrate all who have helped with supporting and maintaining the garden over these 10 years. Please mark your calendars for that gala event!

As always, I'm constantly aware of what a special place the PMG is and how dedicated the Board of the FPMG is as it supports the garden's present and future. Thank you to all who gave generously during our 2011 annual appeal; our work could not be done without your ample gifts.

Sincerely,

Patty Cassidy, MA, HTR

President

Friends of the Portland Memory Garden

Founders' Day to mark PMG tenth anniversary

On Saturday, June 2nd from 8:30 a.m. to 5:30 p.m., the Friends of the Portland Memory Garden will sponsor an educational panel-discussion seminar at Good Samaritan Hospital that will include a keynote address by Susan Rodiek, Associate Director of the Center for Health Systems & Design at Texas A&M University.

Landscape designers, senior care advocates, and healthcare providers are encouraged to attend.

All proceeds from the seminar will go to support the annual maintenance of the Portland Memory Garden.

On Sunday, June 3rd the Friends will host a celebratory open house in the Portland Memory Garden from noon to 4:00 p.m., which will include guided tours, free nature crafts, music, and refreshments. Both events are open to the public, though registration is required for the Saturday seminar.

For more information contact: Brian Bainson at 503-256-8955.

Gardens in Senior Living Seminar

Every spring, Legacy Health and the Friends of the PMG offer this educational opportunity to those who work with or have an interest in senior living and want to create a garden space or nature program within their care community.

This popular and well-attended workshop offers participants the opportunity to learn about the latest research and best practices in why creating horticultural settings increases the well-being and health of their clients. Practical and hands-on sessions are an integral part of this day as participants learn how to create useful and meaningful activities that they can share with the people they serve. Please join us for this day of knowledge and practice.

Friday, April 6, 2012

9 a.m. - 5 p.m.

**Legacy Health Systems
Good Samaritan Hospital
Portland, OR**

For registration information contact Patty Cassidy at 503-239-9174. Space is limited, so register soon!

Flower of the season: Camellia

Camellias are one of the most popular winter and spring flowering shrubs, providing a splash of color when little else is in bloom in Portland. Camellia sasanqua flowers, which are slightly scented, bloom from late fall to winter. "Yuletide" is a popular variety that blooms around Christmas time in the Pacific Northwest. The foliage is evergreen and bears a single red flower with a yellow center.



Camellias are woodland plants that grow best in shelter and light shade, although with careful watering they can be grown in sunny positions. In colder regions they are best grown in pots and given winter protection. Like other early flowering shrubs, camellias form flower buds in late summer and autumn, especially on new growth. Pruning at this time could remove potential flowering growth. Therefore pruning is best done in spring, immediately after flowering. Camellias like acidic soil, which is perfect for gardens in the Northwest.

Please come and stroll the Portland Memory Garden this winter to see the Camellia sasanqua in full bloom.

Submitted by Melissa Bierman, BS, HTR, LEC

Reserve a Garden Plot

Registration is now open to reserve your community garden plot at the new community garden space next to the Portland Memory Garden. You can register on-line by going 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.

If you want to register the old fashioned way, write the Community Gardens Office, 6437 SE Division, Portland, OR 97206, or call them at 503-823-1612.

Bird of the season: Varied Thrush



The varied thrush (*Ixoreus naevius*) is often mistaken for an American Robin but a closer look reveals distinct differences in plumage coloration.

Look for the head that has gray at the crown with a thin orange eyebrow, a black mask around the eye, and a bright orange throat. The wings are intricately marked with bright orange wing bars. Both the male and female adult are similarly patterned, but the male is more brilliant.

Foraging on the ground is how a varied thrush finds earthworms and insects to eat. Often in the winter, they feed on berries, seeds, and acorns found above ground in trees or shrubs.

The varied thrush is usually heard before it is seen because of its eerie, metallic three-note whistle in different pitches--not particularly melodic, but remarkable nevertheless as each call is drawn out until it fades. The song is most often heard at dawn, dusk, and after a rain shower. The nest is built by the

female in a conifer at the base of a branch, usually 5-15 feet off the ground where 3-5 pale-blue spotted eggs are laid. The male and female raise two broods in a season and both parents feed their young.

The migration range of the varied thrush runs the coastal region of the Northwest, from central Alaska south to northern California. Their winter range depends on the severity of the weather. In late winter they wander to more open areas and then return to their breeding range in March or April.

Look for this bird if you visit the Portland Memory Garden. Even in winter you might spot one in the branch of one of the garden's evergreen trees.

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



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