



Directions to JC/Williamsburg Community Center

From Virginia Beach & Points East: US 64/W; exit to 199/W (exit # 242A). Continue on 199W; take the exit for Longhill Road. Turn right at the top of the ramp. After approx. 1/2 mile, turn left on Rt. 322N and immediately turn right into the Community Center parking lot. Use the entrance on the far left of the building.

From Richmond & Points West: US 64/E; exit to 199/E (exit #234). Turn right at the top of the ramp. Travel approx. 4.5 miles, then take the exit for Longhill Road. Turn left at the top of the ramp. Cross over Rt. 199 and follow directions above.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Doris Heath, James City County Office at (757/564-2170/TDD*) during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.
*TDD number is (800) 828-1120.

Virginia Cooperative Extension

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A program designed for professionals,
allied-professional & community
volunteers who work with persons of
special needs

HEALING thru GARDENING



Sponsored by:
VCE-James City County Unit
&
James City County /Williamsburg
Master Gardener Association

Wednesday September 22, 2010
8:00a.m.—3:30p.m.

James City/Williamsburg
Community Center
5301 Longhill Road
Williamsburg, VA 23188

Healing thru Gardening

Wednesday, Sept. 22, 2010

Exhibits, Vendors and Displays throughout the day
8:00—9:00 Registration, Continental Breakfast

9:00 **Opening General Session: *Gardens in Health Care: Healing, Therapeutic and Horticultural Therapy Gardens***, Dr. Diane Relf

9:50 **JCC/W MG Therapeutic Gardening Program**,
Barbara Gustafson, MG (Master Gardener)

10:15 – 11:00 **Session 1 Concurrent Workshops**

#1A *Wheelchair Gardening*,
Duane McSmith, MG Emeritus

#1B *The Always Able Gardener*,
Kirk Ballin, Virginia AgrAbility

#1C *Easy-to- Grow Vegetables*,
Roger Evans, MG

#1D *Herb of the Day Activities*, Dee Albright, MG

11:10 – 11:55 **Session 2 Concurrent Workshops**

#2A *Gardening Activities for the Memory Impaired*,
Genrose Lashinger & Linda Merslich, MGs

#2B *Hands-on Crafts for Therapeutic Gardening*,
Carolyn Gaertner & Angela Cingale, MGs

#2C *Therapeutic Gardening Programming 101*,
Charlie Clapper, MG

#2D *Low-maintenance Ideas for Older Gardeners*,
Peggy Krapf, Landscape Designer & MG

Noon – 12:50 **Box Lunch** Exhibits, Vendors & Displays

1:00 **Afternoon General Session: *Herb Gardening with Older Adults***, Dr. Pamela Perkins

2:00—2:45 **Session 3 Concurrent Workshops**

#3A *Using Horticulture to Explore our 5+ Senses*,
Dr. Diane Relf

#3B *Horticulture Skills for the Workplace*,
Anne Odle & Minouche Robinson, MGs

#3C *The Always Able Gardener*, Kirk Ballin

#3D *Flexibility with Container Gardening*,
Linda Lucas, MG

3:00—3:30 **Question & Answer Panel**

3:45- 4:30 **Optional Tour: Enabling Garden at Freedom Park**, Angela Cingale, MG

Healing thru Gardening is organized by JCC/W VCE-MG Therapeutic Gardening volunteers. This TG project has developed a variety of programs over 10 years and received the AHTA John Walker and the JCC Community Service Awards.

Dr. Diane Relf, keynote speaker and mentor of JCC/W TG Project, is Professor Emeritus, Virginia Tech., a founding member of the AHTA, and founder of the "People-Plant Council". Her workshop, *Using Horticulture to Explore our 5+ Senses*, will have participants explore and test their sensory perceptions while conducting horticultural activities.

Dr. Pamela Perkins is a member of the American Psychological Association and is currently practicing with Jewish Family Services in Richmond. Experience and data collected for her doctoral thesis provide the basis for her presentation.

Duane McSmith joins us from his home in North Carolina where, in his 90's, he has established a wheelchair-accessible demonstration garden.

Kirk Ballin is Program Coordinator for AgrAbility Virginia, which helps farmers and others who have physical disabilities cope with the challenges of gardening through the use of adaptive tools.

Peggy Krapf is a VSLD-certified landscape designer who owns and operates Heart's Ease Landscape & Garden Design in Toano, Virginia, and an active MG.

Anne Odle co-chairs the JCC/W MG Therapeutic Gardening at Eastern State Hospital. **Minouche Robinson** co-chairs the JCC/W MG Merrimac Detention Center Project.

JCC/W MGA website: jccwmg.org

Continuing Education Credit

A certificate for .5 Continuing Education Unit (CEU) will be awarded from Thomas Nelson Community College for successfully completing this workshop. An additional fee of \$15 per person will need to be **paid separately on September 22, 2010.**, if you are interested in obtaining this continuing education credit. Thomas Nelson Community College will mail the certificate to you and maintain a record of your CEU.

Registration Form

(One person per form, please. Copy as needed)

Registration opens July 15, 2010
and closes September 8, 2010

Pre-registration is required.
Sorry, no refunds for cancellations
made after September 8, 2010

PLEASE PRINT

Name _____

E-Mail _____

Address _____

City _____

State _____ Zip _____

WORKSHOPS	1st Choice	2nd Choice
10:15-11:00	_____	_____
11:10-11:55	_____	_____
2:00-2:45	_____	_____

Box Lunch: Circle One
Veggie Salad **Turkey Wrap** **Ham Wrap**

Registration Fee: \$20
(includes continental breakfast & lunch)

Mail the completed form and check for \$20
(payable to JCC/W MGA) to:

Virginia Cooperative Extension
James City County Unit
P.O. Box 69
Toano, VA 23168
Attention: Deb Secrist.

Confirmation will be mailed to you.
Questions? (757)565-0335 or esllal@cox.net
Lodging information at
www.visitwilliamsburg.com