

FOR IMMEDIATE RELEASE



Mount St. Mary Hospital Celebrates Spring with “Healing Garden”

(Victoria, BC – April 16, 2007) Spring has come to Mount St. Mary Hospital with the arrival of 1,600 tulips blooms in the hospital’s inner courtyard, transforming it into a healing garden.

The garden creates a relaxing, yet stimulating environment where residents and their families can connect with nature and each other. The benefits of the garden go beyond simple aesthetics. Recent research in psychology and horticultural therapy have demonstrated far reaching benefits of human interactions with flowers including enhanced brain function and improved episodic memory in older people, increased alertness, and improved mood.

(To read more about the healing benefits of flowers read: *The Healing Power of Flowers* by Michele Owens at: http://www.accessmylibrary.com/coms2/summary_0286-29255593_ITM)

About the Flowers:

The blossoms are a riot of red, yellow and purple and represent eight different tulip varieties: Showwinner, Yokohama, Jan Reus, Calgary, Monte Carlo, Ivory Floradale, Shirley, and Blushing Beauty. (200 of each type were planted).

The tulips were donated last year by an anonymous donor and were planted in the fall by residents and volunteers from Majestic Landscaping. Another 1,600 tulips will be planted this fall.

“The garden is just one of the many ways Mount St. Mary aims to provide a true home for our residents and we couldn’t have done this without the support of our friends in the community,” said Mandy Parker, Executive Director.

Tulips are the emblem for the Mount St. Mary Foundation and they represent love and happiness. On Sunday, April 22 Mount St. Mary Hospital will host a Tulip Tea as a celebration of spring and to honor the hospital’s friends and residents.

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About the Mount St. Mary Foundation

The Mount St. Mary Foundation is a not-for profit organization, created to support the many valuable programs of Mount St. Mary Hospital and to enhance the quality of life of our residents.

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