

Find peace, beauty at Edgerton's Healing Garden

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Whether you live in Edgerton or are just passing through for a summer vacation, you may be surprised to learn about its hidden gem – the Healing Garden.

Tucked away behind the community's local Edgerton Hospital, lays a serene setting where stress lightens and healing begins. As you walk among the more than 300 perennials, your senses are awakened by the beautiful colors, the sounds of birds, and the peaceful melody of water trickling into the pond. It's a place that evokes a sense of calm, peacefulness, where people feel safe, comfortable and even invigorated.

Visitors enjoy strolling the extra-wide pathways while taking in the sweet aroma from the many flowering plants, and all those who enter find an atmosphere that soothes the body and spirit. This is the Edgerton Hospital Healing Garden, and it is available for the entire community to enjoy.

As part of Edgerton Hospital's Healthy Village concept, the Healing Garden offers walking pathways, a calming pond, water features, a pavilion, a labyrinth, blooming plants and a pergola with benches for relaxing. Hiking trails are located adjacent to the



An overhead shot of the Healing Garden on the campus of Edgerton Hospital, 11101 N. Sherman Rd. (Photo submitted by Edgerton Hospital and Health Services)

garden, and there is even an area for exercise, and during warm months, it's not uncommon for a yoga class, Zumba class or hospital sponsored walking group to move outdoors. The Healing Garden and hiking trails are both part of a multi-pronged approach to healthy living, including diet, exercise and something intangible – a person's soul.

In the past, the American health care system focused on disease-based care, but now hospitals are beginning to recognize the importance that healing the mind, body and spirit plays in a person's over-

all wellness. When developing the Healing Garden, Edgerton Hospital's goal was to create a healing environment that would greatly contribute to the wellbeing of patients who were managing chronic diseases, completing rehab to regain strength or recovering from an illness, as well as helping healthy community members to maintain their good health. Studies have shown that after a stressful event, images of nature quickly produce a calming effect. Within a few minutes of viewing nature scenes, blood pressure, respiration rate, brain activity and

the production of stress hormones all decrease and mood improves.

Healing Garden Benefits

Promotion of exercise – Even mild exercise elevates mood.

Stimulation of all senses – Motor, smell, auditory, visual and verbal.

Promotion of serenity and wellbeing

Social interaction – This enhances immune functions, promotes better moods and reduces pain medication.

An enhanced sense of control – We all need to feel that we have choices about what we can do, but hospitals can some-

times remove much of that. Patients are generally less physically capable and their normal life, work and social support are disrupted. Gardens can offer a break from the hospital environment, which in itself offers the patient the opportunity to recapture a sense of control.

Another charming feature of the Healing Garden is the various honorary and memorial pieces scattered throughout. The garden offers a place to remember or honor a loved one by displaying their name on a brick, bench, path marker or tree marker. Blooming flower beds can also be

named on a seasonal basis. Volunteers are also needed to keep the garden weed-free and looking its best. If you love gardening, consider donating your time! For more information on naming opportunities in the Healing Garden or volunteer opportunities, contact Foundation Director, Bonnie Robinson, at 608-884-1401.

If you haven't had a chance to visit Edgerton's Healing Garden, put it on your summer bucket list. The Healing Garden is located at 11101 N. Sherman Rd., Edgerton.

For more information, visit www.edgertonhospital.com.



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