Rosy future planned for Windsor Elms

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The recreation program at Windsor Elms will really blossom when it moves into its new digs.

Beth House, recreation director for Windsor Elms, said the Department of Health is supplying funds for a new facility set to open in 2010. The province will also cover the basic costs to furnish the new building, now under construction at 173 Falmouth Dyke Road.

However, the government isn't funding the homey extras to make this new facility warm and welcoming to the seniors of Windsor Elms. "We have to come up with the money (through some fundraising) to bring life into our facility," House added.

The Windsor Elms fundraising committee is hoping to raise enough money to create six new therapeutic gardens through events like the Irish and More March 29, which featured the Northwood Players at Avon View School in memory of Lou Dauphinee.

The gardens will feature shrubs, stone works, perennials and other easy to maintain plants, according to what residents want to see growing in them, House said.

"This is something all seniors can use to do some gardening themselves. Most (at the Elms) are from the rural areas of Nova Scotia and they enjoy getting outdoors."

These gardens will also be secured with barricades to ensure privacy and security.

Wandering pathways without corners or enclosed spaces are being planned and none of the plants will be harmful if ingested, House noted. "It is a lot more than the average garden. And it'll be accessible even for those who are physically or mentally frail."

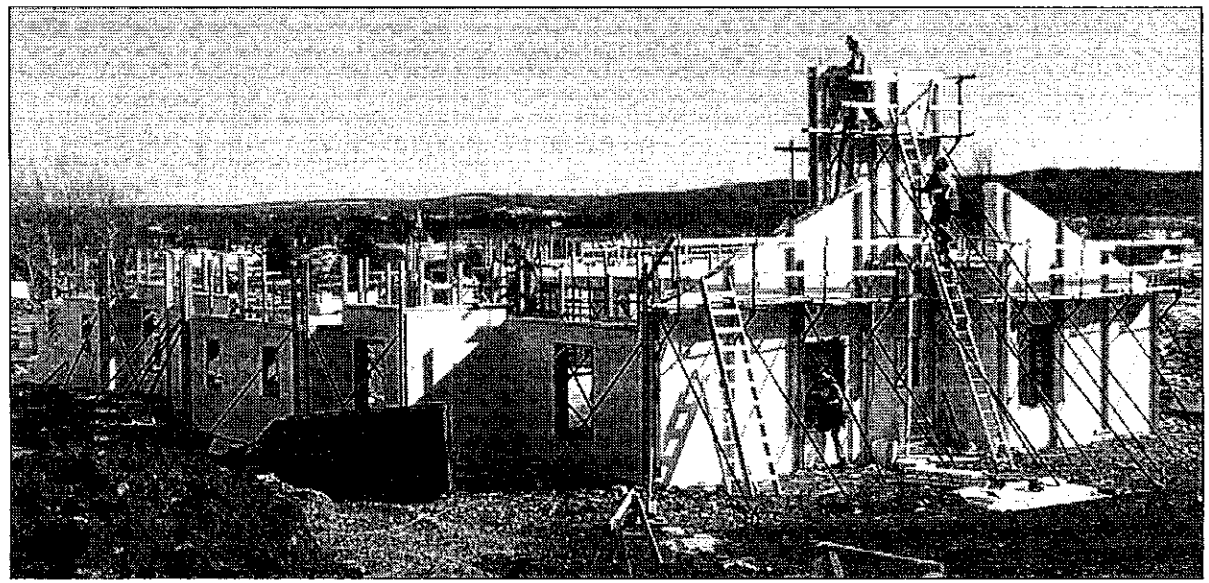
Families can contribute

Even families of the residents can contribute to the garden, House said. "We always try to involve families with anything the residents do here. Anyone with a green thumb can help, and we're also looking for help with our current gardens."

Margaret Porter, a resident of the Elms since August, said she has gardened lots over the years because it's relaxing and a good place to retreat to for some quiet thinking.

"I'm looking forward to the therapeutic gardens," Porter said. "It will be a nice quiet place to think and a nice addition to the Windsor Elms. Everybody is looking forward to it. Everybody will have an area. I really think quite a few people will take advantage of it."

Gardening is beneficial for all ages because it teaches patience and it's relaxing, Porter added. "Plus, this gives you a chance to take care of something other than the family."

Anyone interested in offering money, time or plants to the existing or new Windsor Elms Village can contact Beth House at 798-2251 (Ext: 233) or through e-mailing bhouse@winelms.ca. Any donation would be appreciated.

PUTTING THE 'FUN' IN FUNDRAISER -- Northwood Players members Jim Nickle, Maureen Isnor, Bill Edgar, Aleta Spampinato, Ken Connolly and Joan Reardon pose for a picture before a performance at Avon View High School March 29. All ticket sales were in support of the new therapeutic gardens fundraiser for the Windsor Elms. Below, a submitted photo of the construction at the new Windsor Elms site as of March 12, 2009. Christy Marsters