


**The Crestwood Manor
Gardening Project:
Incorporating Culture Change into a
Skilled Nursing Facility**

Lee Labrie
Administrator Crestwood Manor
March 2010


The Climate of Culture Change

- Increased effort to meet resident needs
- Resident directed care reduces loneliness, helplessness, depression, behavioral problems
- Significantly improves employee and resident satisfaction



Crestwood Manor in Fremont, CA

- 126 bed skilled nursing facility
- 74 bed unit for primary medical diagnosis who may have behavioral issues
- 52 bed Special Treatment Unit for primary psychiatric diagnosis



A Field of Dreams becomes reality

- Transform a vacant lot adjacent to the facility into a garden
- Allow residents to take part in cultivation thereby increasing group activity participation
- Incorporate harvested products into resident meals and healthy snacks



A Field of Dreams becomes reality

- Garden project began May 2008
- Year-round production of crops include:
 - **Fruits:** apples, plums, pluot, apricot, nectarine, peach, cherries, blueberries, strawberries, watermelon, cantaloupe
 - **Vegetables:** cabbage, beans, cauliflower, broccoli, lettuce, salad greens, peppers, squash, corn, tomatoes, onion, carrots, garlic
 - **Herbs:** mint, tarragon, oregano, basil, sage, marjoram, fennel, parsley
 - **Flowers:** cosmos, celosia, lilies, marigold, gladiolas, irises, gaillardia, strawflower, gardenia, zinnia, lupines

A Field of Dreams becomes reality



The Process

- Hired local horticulturist and created plan for space
- Paved wheelchair-accessible paths
- Created cement pods for tables and chairs
- Created picnic area
- Underground sprinkler system with a timer



Regulatory Hold up

- **F-Tag 371** states:
The facility must –
 - (1) Procure food from sources approved or considered satisfactory by Federal, State or local authorities; and
 - (2) Store, prepare, distribute and serve food under sanitary conditions

The Solution?

- Facility becomes a registered organic producer with the county agriculture department
- Developed policies and procedures to address safety in the garden and safe handling of produce in the kitchen



The Response

- Overwhelmingly positive response from staff and residents
- Increased outdoor time
- Cooking class to complement gardening




Additional Benefits

- Exercise
- Increased dexterity
- Healthier food choices
- Improved staff-resident relations







OTHER CHANGES

- Continental (sleep-in) breakfast
- Spa/shower sign up for time
- Pick the color to paint your room
- No overhead paging except emergency
- Pick your healthy snack
- Activity/Group choices
