

Summer 2010

fresh AIR

Rockcastle Regional Hospital and Respiratory Care Center

SPECIAL PLACES &
GARDEN SPACES

REACHING OUT
OPENING DOORS

MORE ACCESS TO
MORE DOCTORS

DUSTIN'S JOURNEY

LOOK BETTER
FEEL BETTER

TEAM APPROACH A
WIN FOR RESIDENTS

HOSPITAL GROWS TO
MEET RESIDENTS' NEEDS



Previous page:

(left) Fred Seagraves, husband of resident Edie Seagraves, volunteered to till the soil for the residents' garden. Fred, like many other family members, has become an integral part of the Rockcastle Regional extended family.

(right) Lambert Walk at Stewart Gardens

This page:

Resident Chris Campbell enjoys the Healing Garden with Jason Amyx from Rockcastle Regional's Activities Department.

SPECIAL PLACES & GARDEN SPACES

Spring and summer in Rockcastle County mean colorful flowers and abundant gardens, and the campus of Rockcastle Regional is no different. Whether its vegetables, flowers or just a little serenity, residents, family members and staff have the opportunity to enjoy being outside and taking in all nature has to offer right on the hospital's grounds.

The newest outside space, completed late last summer, was created by nationally-known landscape designer Jon Carloftis, who is a native of Rockcastle County. Carloftis transformed a former parking lot into a lush, green garden with a beautiful water feature, trees, and flowers that bloom throughout the spring, summer and fall. Known as the Healing Garden, this area also is discretely equipped for safety with telephones, emergency call systems and respiratory therapy equipment. It opened with great fanfare last August with several residents taking part in the ribbon cutting along with Carloftis, hospital board chairman Joseph Lambert and hospital President and CEO Stephen A. Estes.

"This project and place really got to me," Carloftis said. "For 21 years now, I have been creating spaces for ultra-wealthy clients in New York City. It is easy to get caught up in the day-to-day petty stuff that fills our world, but it is always good to be brought down to Earth and think of how we are living in the same world."

Another garden area at Rockcastle Regional was developed several years ago. The park-like setting includes a half-mile paved walkway that meanders through trees and flowering plants and includes gazebos, water features and statues.

This area is known as the Lambert Walk at Stewart Gardens. It was named for the late Wayne Stewart, who once owned the property, and

the late James Lambert, whose favorite pastime was taking nature walks. Both men served on Rockcastle Regional's board of directors for many years and were instrumental in the early development of the hospital.

"We created this special place for our residents and their visitors in 2003," Stephen A. Estes, President and CEO, said. "Over the last seven years, many people have enjoyed the garden and its tranquility. It's just one example of how we try to enhance the quality of life for residents. Having access to outside spaces is very important to them, and now with adding the Healing Garden, they have options."

The third outdoor space the residents enjoy throughout the summer is their vegetable garden. This is the fourth year for the garden, which means a great deal to residents who used to plant gardens at home.

"The residents talked about missing their gardens and being outside," Activities coordinator, Ann Abney, said. "Many of the residents are involved. They choose what they want to put in the garden. The fresh produce is available throughout the summer and it gives residents a taste of good homegrown veggies. We also freeze some of our vegetables to have during the winter months. There is just something about growing your own garden that makes a place feel like a home."

Rockcastle Regional's gardens have helped create a home-like atmosphere for all its residents and their families. Many residents feel caregivers are part of their family and vice versa. The Respiratory Care Center at Rockcastle Regional is a special place and the gardens are just a small part of what makes it that way.

