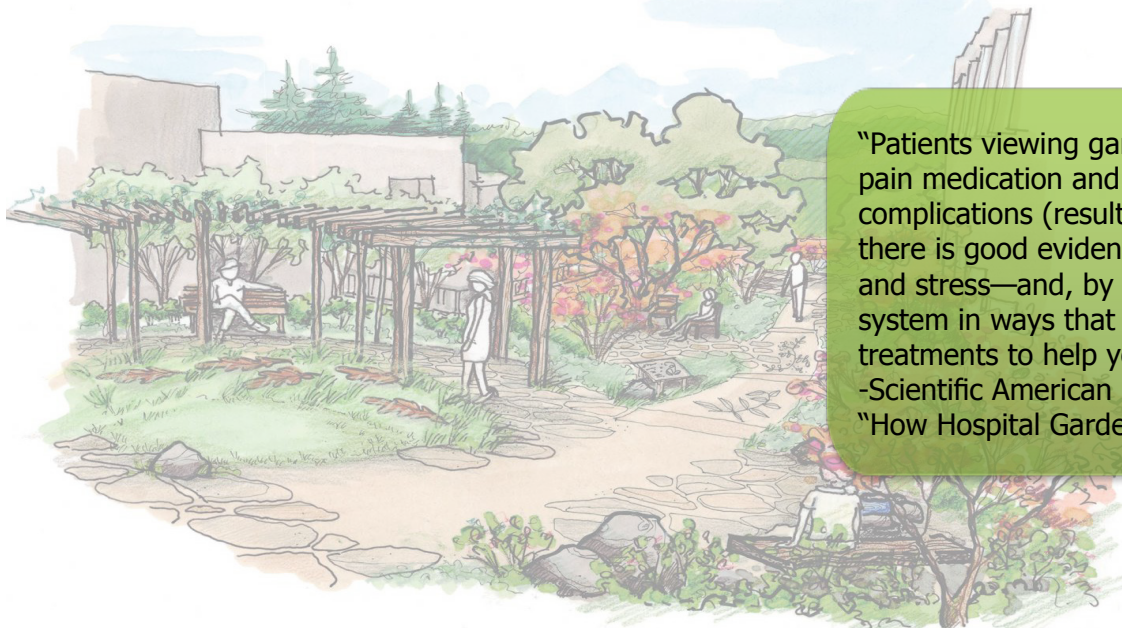


Over 60 scientific studies have been conducted on healing courtyards...

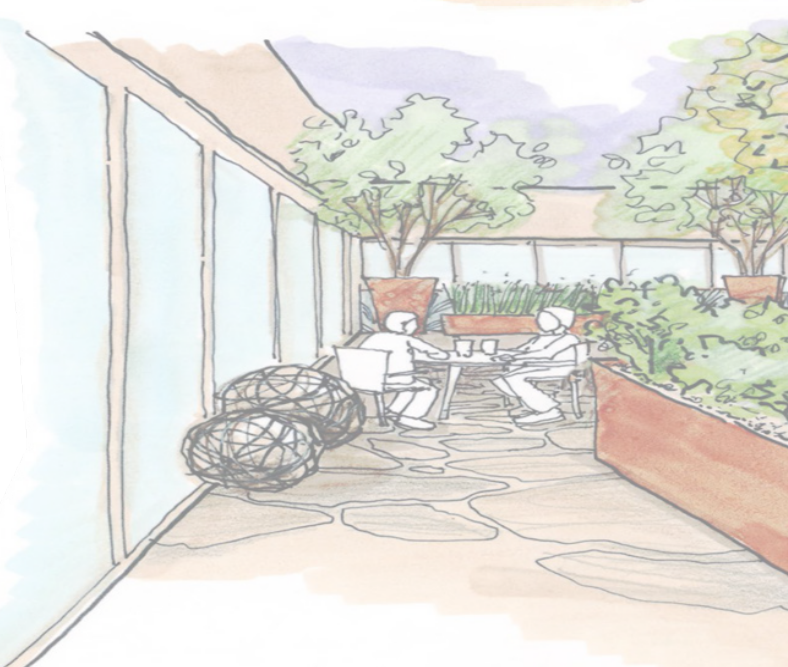


"Patients viewing gardens needed significantly less pain medication and had fewer postsurgical complications (resulting in shorter hospital stays)... there is good evidence it can reduce your levels of pain and stress—and, by doing that, boost your immune system in ways that allow your own body and other treatments to help you heal."
-Scientific American March 2012
"How Hospital Gardens Help Patients Heal"

"Gardens reduce stress, boost immune function, support pain management, and improve overall well-being."
-Stanford Medical Center



"Just three to five minutes spent looking at views dominated by trees, flowers or water can begin to reduce anger, anxiety and pain and to induce relaxation, according to studies of healthy people that measured physiological changes in blood pressure, muscle tension, or heart and brain electrical activity."
-Scientific American March 2012
"How Hospital Gardens Help Patients Heal"

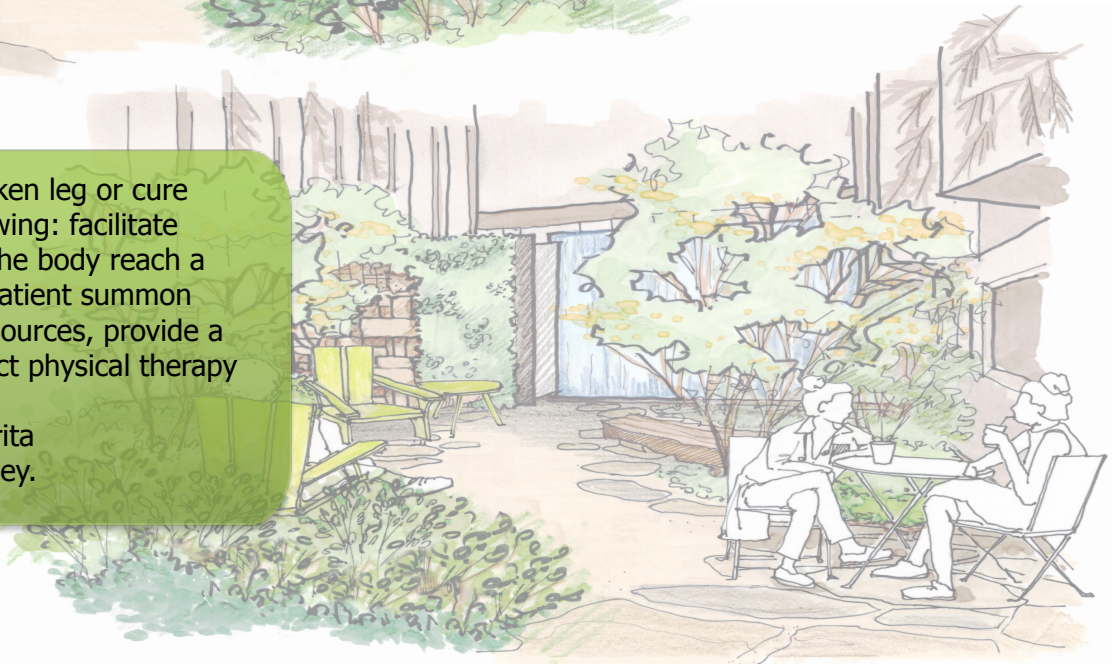




"Imagining nature, viewing nature, visiting a hospital healing garden... influence healing, alleviate stress, increase well-being and promote participation in social life and re-employment for people with mental or physical illness."
-Infirma Healthcare, 2004

"A garden cannot mend a broken leg or cure cancer, but it can do the following: facilitate stress reduction which helps the body reach a more balanced state, help a patient summon up their own inner healing resources, provide a setting where staff can conduct physical therapy with patients."

-Clare Marcus, Professor Emerita
University of California, Berkeley.



"Both controlled experiments and observational studies have proven that access to nature can relieve stress and pain and speed recovery"
-Environmental Building News,
May 1, 2012



"Hospital gardens not only provide restorative and pleasant nature views, but also can reduce stress and improve clinical outcomes through other mechanisms such as increasing access to social support, and providing opportunities for positive escape from stressful clinical settings."
-Texas A&M University, 2004



**Dominican Hospital
Foundation**

A Dignity Health Member

CASE STATEMENT

Healing Courtyards Initiative — human kindness in action

We can naturally promote healing and help reduce your hospital stay

Reflecting the hospital's focus on human kindness, the Healing Courtyards Initiative is an important project that will leave a lasting effect on Dominican Hospital and our community. From patients and family members, to employees and physicians, all will benefit from these spaces.

Over 60 scientific studies show that interaction with nature reduces pain and stress and boosts immune systems. Research based studies with actual patients showed that access to a garden can speed up healing from surgery and infections and reduce the need for pain medication, resulting in fewer postsurgical complications and less hospital time.

As other hospitals such as Stanford have discovered, giving patients the opportunity to be in contact with nature is calming, nurturing, and therapeutic. This is especially true for Dominican Hospital. Built in 1964, Dominican Hospital represents a seismically sound but somewhat austere style. This is why we have developed the Healing Courtyards Initiative — a three phase plan to bring the calming, healing advantages of nature to help treat our patients.

What's the plan?

Dominican Hospital's Healing Courtyards Initiative envisions three phases where six courtyards are transformed to reduce stress and promote healing in patients, staff, and visitors. In addition to redesigning the courtyards, the surgery lounge is being expanded and also includes the creation of a private physician/family consult room. This room allows surgeons to have private conversations with caregivers and family members regarding their loved ones.

Phase I

- **Central Surgery Lounge, Courtyard and Balcony** — Used by over 50,000 people each year, the Central Surgery Lounge is the main waiting area for acute surgeries. Designed with the input of surgeons and nurses, the plan doubles the size of the waiting area and adds a room for surgeons to privately consult with families and friends of patients. The remodel impacts the adjoining courtyard. The Central Surgery Courtyard will be redesigned with water features and private respite areas to reduce stress for visitors as well as patients undergoing and recovering from surgery. The addition allows for an upstairs balcony expansion, significantly increasing the only outside space available to patients on the second floor.

Rehabilitation Garden — The Rehabilitation garden is designed by physical, occupational, and speech therapists for patients with neurological conditions in our Acute

*"All my hurts my garden
spade can heal."*

— *Ralph Waldo Emerson*

Rehabilitation Unit (ARU). These are primarily patients with strokes, brain or spinal surgery, or head trauma. Dominican is among the top 10 hospitals in California in terms of lowest re-admissions rates for patients with these conditions. The Rehabilitation Garden area provides a serious, outside therapy training area with features intentionally designed to help patients improve in a real life environment. Such features include a putting green for balance, outdoor games for manual dexterity and memory function, garden signage for language skills, and various pathways, pavement surfaces, and stair configurations for patients navigating with walkers, wheelchairs, and canes. An assortment of plants with varying texture and color will challenge sensory systems, allowing the patient to regain functional sight, memory, and awareness of surroundings. By utilizing the outdoor Rehabilitation Garden space, therapists can increase patient progress and return them home quicker.

Phase II

- **Family & Newborn Care Courtyard** — Designed with the input of the hospital’s Neonatal Intensive Care Unit (NICU) nurses in response to maternity patient requests, the Family & Newborn Care Courtyard provides much needed outdoor access for our birthing center. This peaceful setting allows new parents and their babies to enjoy fresh air and nature to help relieve feelings of stress and exhaustion during this joyful time. The Family & Newborn Care Courtyard is inspired by the stunning redwoods of the Santa Cruz Mountains, features redwood understories and healing plant varieties appropriate for children and infants. There are animal sculptures for children to interact with as well as a running water wall serving the adjoining Meditation Garden as well, to add tranquility.
- **Meditation Garden**— Designed with the help of the hospital’s leadership team, this area is intended for all hospital visitors. This quiet area allows physicians, nurses, staff, and families to focus on meditation, contemplation, and mindfulness as a part of their therapeutic approach. The secure surroundings of a planted green wall alongside the relaxing sound of water flowing from the water wall promises calming and peaceful effects. Japanese garden elements including a stone Buddha sculpture and stone lanterns will be relocated from the Dominican Rehabilitation Center’s Ohta Garden to increase the tranquil ambience. The Meditation Garden is a safe space offering both enclosure as well as sanctuary.
- **Main Entry Plaza**—The entrance plaza aims to enhance the original concrete architecture and provide a softer, complimentary contrast. Inspired by the beautiful Santa Cruz beaches, the Main Entry Plaza will be adorned with elaborate driftwood and sea shell sculptures. The plaza

will be divided into three garden areas: the Community Garden, Restorative Garden, and Sanctuary Garden.

Phase III

- **Healing Garden & Orchard**—The healing orchard was designed as a compliment to our existing organic garden. The concept behind the orchard is a place of retreat and exercise and is dedicated to healing the mind, body and spirit. The Healing Garden & Orchard is surrounded by beautiful arrays of flowers and colors. Studies show that picking fruit from an orchard can be an enriching experience that benefits your health. Outdoor gym equipment such as treadmills and stationary bikes, various stretching bars, and open grass areas allow for exercise and mobility intended for staff and visitor use.
- **Meadow Courtyard**—Adjacent to our coffee cart, this area reflects the open grasslands in Santa Cruz and is a welcoming place of casual conversation and companionship. Stone boulder benches and seating areas with tables and chairs offer a relaxing refuge for those who wish to enjoy the outdoors and their cup of coffee with others in an open, airy environment.

Outcomes

Healing courtyards are an essential component for a hospital facility. This healing environment is available for all those in the hospital to enjoy. Scientific studies show concrete benefits for patients, as well as positive effects for physicians, staff and visitors.

- **Patients** —Being immersed in nature provides a setting that reduces stress, anxiety, and pain. Within minutes of viewing images of greenery, blood pressure, respiration rate, and brain activity decrease. Patients exposed to nature have improved health outcomes, boosted immune systems, and faster recovery. The gardens promote a relaxed atmosphere for patient interaction and an overall increase in patient satisfaction.
 - ❖ The Rehabilitation Garden provides patients with neurological (stroke, brain and spinal trauma) and orthopedic conditions an outside facility where they can work with physical, occupational, and speech therapists.
 - ❖ The Family and Newborn Care Courtyard will offer an outdoor space for women in labor and for families to visit with newborns.
- **Staff & Physicians**— Healing gardens promote a place of refuge for physicians and staff members experiencing a stressful work setting. Physicians, nurses, therapists, and all other workers can enjoy a calming environment, which improves working conditions. Conducting therapy in a setting that is therapeutic, restorative, and rehabilitative improves the overall quality of healthcare provided to patients in need.

- **Visitors**—The Healing Gardens are a place to gather for hospital visitors seeking tranquil respite. The gardens offer an area for patient-visitor interaction, and promote a welcoming alternative to being restricted inside the hospital. This can provide restoration and coping support for visitors in highly stressful and often unanticipated situations.
 - ❖ The Central Surgery Lounge and Courtyard are designed to serve those visitors waiting for surgery results. These visitors are often waiting for extended periods of time and can be experiencing grave concern for their loved ones. They may be experiencing the hospital environment for the first time and be highly concerned, needing the calm respite these areas will provide.

What will it take?

The Healing Courtyards Initiative is planned in three main phases. During the first phase, the Central Surgery Lounge, Central Surgery Courtyard, Balcony, and Rehabilitation Garden will be built, for a total expected cost of \$2.75 million. The second phase, the Family & Newborn Care Courtyard, Meditation Garden and Main Entry Plaza will follow. The third and final phase concludes the project with the Healing Garden & Orchard and Meadow Courtyard. The improvements completed in phases two and three are projected to cost an additional \$3 million, for a total Initiative cost of \$5.8 million. These outdoor upgrades complement Dignity Health investments of over \$4 million to improve the hospital's interior. Together, the outdoor and indoor improvements have the potential to alter the total hospital environment to benefit patients, visitors and staff alike.

Naming opportunities for donors

Donors who support any phase of this initiative have various opportunities for recognition concerning the individual courtyards as well as the Central Surgery Lounge. In each area, plaques will acknowledge the donors. Plaques describing materials such as the healing properties of plants will be incorporated as an additional opportunity. Multiple features in each courtyard are available for naming and recognition ranging from \$1,000-\$500,000 and can be paid over multiple years.

To find out more about the plans for the courtyards and how your gift may support their timely completion, please contact VP of Philanthropy, Beverly Grova at (831) 462-7712.