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Playing THROUGH

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Extracurricular Activities are EXTRA-Special



Throughout the history of The Turn one thing that remains constant is the dedication to always be growing and progressing in every way, including our program offerings. We have added so many things to our initial golf programs...fitness, yoga, inclusion activities, fundraisers, recreation, socials, outings and the list goes on. This issue of The Turn Newsletter focuses on some of the activities that we have added recently or that will be offered to all of you later this year. Our goal is to educate you about some of these offerings so that you will have a better understanding of what is involved and to motivate you to take full advantage of these additions once they are available.

Shellie highlights the addition of Horticultural Therapy, Gina focuses on one of our most popular

programs, Art Therapy, and I will be promoting some of our new recreational and social opportunities. Our recreational programming is meant to provide opportunities for small groups of Turn members keep physically active in a social setting.

For new recreation we piloted our Bocce program last summer and it was a huge success so we will be bringing Bocce back for 2020. Each session will last about an hour and consists of 8 people total, 2 volunteers and 6 members. Our social programming is meant to provide opportunities for small groups of Turn members to keep mentally active in a social setting. We are still developing these opportunities so we are looking for suggestions from all of you for other social opportunities like Cards (which games), board games (which ones), and any other suggestions that you might have. We are excited to be able to offer these new programming options and we cannot wait for you to be involved with them when programming resumes.

-Trevor

SOCIAL TOPIC!**

What's the first thing you will do once you are FREE?!

****TUESDAY'S SOCIAL WILL BE MOVED TO 1:00 FOR TUESDAY APRIL 28**



Art Therapy at The Turn



Over the past year, several members have engaged in a different form of relaxation called Art Therapy. In these sessions, they have been introduced to new media that encouraged exploration of their creativity. They used collage, watercolors, painting, and Zen gardens to provide a relaxing escape from pain, anxiety, and fear for the future. These art tasks have helped to understand a myriad of emotions, ones that are often difficult to express in words but are expressed through their artwork. Often people state that they have no artistic talent, however that is not a requirement to express what is in your heart. Art Therapy asks that you only bring an open mind and the ability to try something new to help you create what you think and feel.

In this time of quarantine and uncertainty, it helps to move outside of our sphere of existence and leave a little of ourselves for others to share. This task will offer you

a chance to do just that as we also celebrate Earth Day.

Take some time to do art outside. Walk your neighborhood, your park system, or your backyard. Collect found objects that speak to you of peace and stillness. After you have collected several nature findings, create a living sculpture to share with others. Find a place that others will see your surprise "art installation". It can be as simple or elaborate as you choose. Place your found objects in a pleasing manner. You may stack, arrange, collect, and display in whatever fashion you choose so that others can enjoy your spontaneous "nature inspired" art exhibit. If possible, leave a note with the name of your piece and possibly offer it for others to take and enjoy. Be sure to take a photo of the final product because it will probably be gone the next time you walk by the same space.

Maureen Moses, Art Therapist, MA,ATR-BC

Let Horticultural Therapy GROW!



Hello Turn Members,

A little snow last week, but over all it was beautiful weather! Great opportunities for long walks and cleaning up the yard. It's so nice to see leaves and flowers pop up and it's giving me the itch get out and start gardening!

If you like to get out and get your hands dirty and want to help beautify the North Olmsted Golf Club, we have a great new program starting this year! Karen Tighe and Elaine Wolan are introducing Horticultural Therapy. You can learn

more about the class in Karen's article in this newsletter.

You can also look for The Turn Summer 2020 Schedule on the Join The Turn website. The schedule reflects what Turn programming would look like without the current restrictions and it is definitely subject to change. Our actual start back date will depend on the restrictions dictated by the CDC Reopening Guidelines. Any changes to programming or the schedule will be communicated to the members ahead of time.

"If you can't do it one way, learn to do it another way." Said a very smart grandmother. Isn't this the truth as we continue to move forward during these life-altering times. Working with plants has a tremendous list of benefits and can be customized to your lifestyle, abilities, and space. Hopefully, we can inspire you to get in touch with Mother Nature and not overwhelm you.



LET'S DIG IN, SHALL WE?



Why Garden?

An hour of gardening can reduce stress, boost bone density, and burn a whopping 300 calories. Gardening is empowering; it helps build physical strength, improve motor functioning, eases stress, and encourages positive mental well-being. Gardening is a great way to get regular exercise, lubricate joints, and strengthen mobility. Other perks include, mental stimulation, emotional healing, spiritual and community connection and so much more.

Types of Gardens

Don't have a yard? Here are some ways to create your own personal green space.

1. Indoor gardens: herbs, large variety of house plants, microgreens
2. Container gardening: any type of container will do, grow herbs, flowers and vegetables. Start with one container!
3. Types of garden: any size area will do as long as you choose the right plants for that space; pollinator garden, sensory garden, shade garden, moon garden, raised bed garden for accessibility and comfort.
4. Vegetable Garden: Grow what you eat!

Accessibility

1. What do you need to do to ensure your garden is accessible and free of barriers? Make a list of what would work for you.
2. Make a garden smaller and closer to the house. Plan space so you can reach it and move around in it easily. Have a water source nearby.
3. Create pathways for easy entrance & exit (walker, wheelchair, cane, etc)
4. Wide, level paths; turn around area (wheelchair)
5. Hard, level, non-skid surfaces; minimally sloped ramps
6. Surface materials are available for safe walking, walkers, wheelchairs: soil, mulch, sandstone pavers
7. Eliminate obstacles that make it harder for you to access or work in space

Other Questions

1. What is my budget?
2. What kind of help do I need?
3. How often? Ongoing vs. once a season
4. How & where can I find help? (network of gardeners, friends or family, church, organizations, barter, grandchildren, neighbors, lawn service, community college – horticulture interns)



Remember to start small. Yoga with Judith and the exercises you are already doing with Gina give you a great head start to creating a garden. Many places will deliver or there is curbside pickup too.

Feel free to reach out with questions, tips that work for you to

Elaine Wolan at ecwolan@roadrunner.com or

Karen Tigie at ktigie@jointheturn.org.

As we warm up, we would love to see photos of your gardening projects!

Be Well!

Elaine Wolan, Member
Karen Tigie, Donor Relations

