

Each year 40+ volunteers contribute more than 700 hours to maintain the gardens at Canmore General Hospital



## Help us grow the Canmore General Hospital's Gardens

As you approach Canmore General Hospital you can't help but admire the flowerbeds. Each year a dedicated group of volunteers tend to the plants that are in six garden plots on the hospital grounds.

The generosity of supporters like you, makes it possible for the Canmore Hospital Foundation to contribute almost \$7,000.00+ each year to help expand and care for the hospital's gardens.

**Your financial contribution will ensure that patients and staff at Canmore General Hospital continue to benefit from the proven restorative benefits of gardens.**

In a recent publication from the National Library of Medicine it said, "viewing plants during the recovery period has a positive influence linking directly to health outcomes." "Patients in hospital with plants and flowers have significantly more positive physiologic responses evidenced by lower systolic blood pressure, and lower ratings of pain, anxiety, and fatigue."

**"Plants not only brighten up the hospital environment but reduce stress and convey positive impressions of hospital employees caring for patients."**



**CANMORE  
HOSPITAL  
FOUNDATION**  
*Healthy together.*



## A Beautiful Landscape to Support Healing

Thank you for considering a gift to the Canmore Hospital Foundation

The Hospital Garden Program is one of the most meaningful programs supported by the Canmore Hospital Foundation. The Program is entirely Volunteer-run and is appreciated by many in the community including patients, long-term care residents, visitors and staff.

Since 2021 program volunteers have maintained and created almost 20 gardens that honour community members including:

1. **Canmore Hospital Ladies Auxiliary Garden** celebrates the women who have worked for more than 40 years raising funds for the hospital.
2. **The Pat Grayling Garden** recognizes this cherished community member.
3. **The runners garden** includes bronzed shoes that belong to a nurse who worked at the Canmore hospital and died young leaving her husband and two young children – she loved the outdoors and to run.
4. **Talia/Cancer Clinic Garden** is named after a baby who a staff member lost years ago.
5. **Erin's Garden** named in memory of a young nurse who grew up in Canmore and worked at Canmore Hospital. She passed away in 2022.





## Your Gift is Creating a legacy of respite and improved health

The Canmore Hospital Foundation is a registered charity, separate from the Canmore General Hospital.

Funds raised by the Foundation through the generosity of our donors does not replace base funding through Alberta Health Services but enhance the patient care provided by the hospital through equipment purchases, programs, staff education and improvement of facilities.

We have been a staple of the health community in the Bow Valley area for more than 20 years and through the generosity of our community we have raised over \$8 million dollars.

Support for hospital programs including the Gardens Program contributes to the Foundation's commitment to assist the Hospital and its staff in providing the best care possible to all residents of the hospital's service area as well as visitors to our beautiful valley.

**Thank you for your part  
in the continued support  
of healthcare in our  
community.**

## Contact Canmore Hospital Foundation

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