



Hope Grows Newsletter

183 Shafer Road
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**Issue 2
Spring 2014**

From the Hope Grows Garden



On behalf of all of us at Hope Grows, I would like to wish you a Happy Spring. What a winter, between the cold and the snow, I for one am excited to see the daffodils and snowdrops blooming. Dormancy is over and while the plants were at rest this winter, the board and staff have been working hard to prepare new beginnings for Hope Grows.

Two of our outreach programs continue to remain strong and well attended with our newest program being launched, Guided Nature Walks. The caregiver story campaign, renamed "The Almond Project", has been implemented as well as our 1st special event, A Victorian Tea which will be held in June (see details within the newsletter). We are introducing a new look to our website with an online store, ability to register for events, supportive forums, and blogs for caregivers.

We continue to build relationships within the communities of caregivers, universities for interns, and the horticulture community. We are coming closer to opening a counseling and education center as well as completing the application for the Hope House. Our initiatives are growing stronger as we continue to plant hope so that seeds can grow while we insure support for the caregiver.

Happy Spring,
Lisa Story, MSCP, LPC, CT
Executive Director

Hope Grows in the Community

Upcoming Activities

Hope Grows Special Event
1st Annual Victorian Tea
June 14, 2014
(See details inside)

2nd Annual Wine/Cheese
June 26, 2014
Evening of 'Think Caregiver'
(For more details, email
info@hopegrows.net)

The Almond Project (Caregiver
Story Campaign) has been
implemented
(see inside for details)

2nd Annual Hike for Hope
October 12, 2014
Raccoon Creek State Park
(details at
www.hopegrows.net)

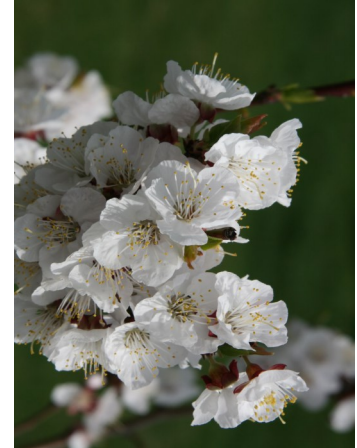
Check for updates on
www.hopegrows.net

Founded in 2010, Hope Grows is a 501(c)3 nonprofit organization with the mission to restore the lives of those impacted by the role of caregiver and to inspire wellness of mind, body, and spirit through the use of counseling, overnight retreats, education, supportive services and healing and restorative gardens.

All donations are tax deductible to the full extent as allowed by law.

In nature, what is the purpose of spring?

The purpose of spring is different for everyone. For the world of insects it is emergence and production, especially bees to gather pollen/nectar for the laying of eggs. Without bees our food chain would cease to exist. For animals and birds, it is a time of new birth, new beginnings. For some people spring can be a time of moving forward for the chance of our hopes becoming a reality. For some it can be a time of challenge, because a planned goal becomes unattainable due to means beyond their control. Trees blossom with the hopes of producing fruit, plants emerge from the once frozen soil, winter clean up occurs, and seeds sprout. The cycle of life continues.



So what is the purpose of spring? Perhaps it is holding onto the hope that was grown over the winter.

Featured Story

Guided Nature Walks

Slater Funeral Home - Life After Caregiving Group

In March, eleven people from the Life After Caregiving group joined Lisa Story for the 1st Guided Nature Walk at Phipps Conservatory. The Grief Journey Walk consisted of guided discussion throughout each room of the conservatory. This was not only to capture the symbolism of the plants and flowers but also to help with the connection of people/plants.

Rediscovering one's strengths and experiencing ways to find hope, strength and balance was important in trying to make sense of our loss which can also be compiled with the

identity loss from providing care. The journey was to provide an inward self-focus and connect with something that was living while inspirational stones were presented throughout the journey.



Caregiver Tips

Step outside and take several deep breaths. Close your eyes and take in how your mind, body and soul engage with nature using the five senses, and then answer the prompts:

My eyes can see....

My nose can smell...

My ears can hear...

My tongue can taste...

My hands/body can feel...

Nature does not expect anything from us, it is one place that I am able to surrender all control.

Seasonal Feature

In the season...

The dormancy and rest of winter is behind us, the new beginnings of spring stimulate the hope that was grown over the past season. As we just watched the winter weather change, the commotion happening outside my window easily activates my senses. Much different from the winter season whereby I had to work a little harder to see the beauty outside, spring provides a lively anticipation of nurturing.



With a watchful eye on the plants that poke through the once frozen soil, surprise ensues, like a child opening a long anticipated birthday gift. I reflect on the herbs that have been planted so far this season. Consider nurturing some parsley, an herb that is taken for granted, one in which we discard from the restaurant plate.

Parsley symbolizes merriment and a lack of bitterness, a wonderful herb to reflect on in the springtime since we are celebrating the merriment of spring growth and letting go of the bitter cold of the winter.

Parsley

Parsley has been cultivated for over 2000 years and is native to the Mediterranean region. Ancient Greeks used the herb for adornment and while it is uncertain as to the beginning of culinary purpose, historians believe it to be around the Middle Ages in Europe. Parsley is a rich source of an anti-oxidant nutrient helping to prevent oxygen-based damage to cells. In addition, parsley is an excellent source of Vitamin C, a good source of folic acid and can provide protection against Rheumatoid Arthritis. I for one use parsley for flavor in cooking but will consider using it this growing season for more health related reasons. Parsley is easy to get started by seed, with some seed starter soil, a bright windowsill, and continued water to get the seeds germinated, by the end of May you will be able to place outside and continue to reap the benefits all growing season. As always, seek a medicinal herbalist is using for therapeutic healing.

New Events and Campaigns

The Almond Project (Caregiver Story Campaign)

The Almond Project is about growing hope within the lives of caregivers.

Submit your story of strength, hope and courage. Tell us about your caregiver experience or about someone you know who is making a caregiver difference. Fill out the form located on www.hopegrows.net for a chance to win accommodations away from your role as a caregiver.

1st Annual Victorian Tea (Special Event)

Engaging the community with conversation about caring for others through flowers with special guest speakers, Nan Keenan, Inspirational Florigrapher and Elizabeth Erbrecht, LTM, Wellness Advocate Educator.

Saturday, June 14, 2014
11:30 am - 2:00 pm
Sweetwater Art Center

Space is limited. Register early by visiting www.hopegrows.net or calling 412-369-HOPE (4673). Credit Cards or checks accepted.

Deadline to register June 1, 2014



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Thank you

To everyone who continues to support Hope Grows in many ways by donations, attending outreach programs, board member involvement, and volunteering. A special thank you to Sam Burns for providing his computer/website expertise and knowledge at a time that was crucial for Hope Grows. His support went above and beyond our expectations.

Thank you to the RMU undergraduate psychology students for spring clean up at the future site of the Hope House. Your continued interest in our organization and horticultural therapy is remarkable and you continue to illustrate core values of excellence and focus and always display great work ethic.

YOU are the Mission

Consider Supporting the Hope Grows General Funds

Give online at www.hopegrows.net or by mail to have an impact on the lives of caregivers.

Levels of Donations:

<i>Hope Level</i>	<i>\$1,000 +</i>
<i>Almond Level</i>	<i>\$500 +</i>
<i>Respite Level</i>	<i>\$250 +</i>
<i>Compassion Level</i>	<i>\$100 +</i>
<i>Garden Level</i>	<i>\$50 +</i>

Wish List

- Call for Volunteers
- Office Color Copier
- Mailing Supplies (labels and seals)
- Laptop Computer
- All Purpose Soil
- Paper Cutter

"Look deep into nature, and then you will understand everything better."

-Albert Einstein

If you would prefer our e-newsletter, go to www.hopegrows.net and subscribe to our newsletter.