Naples Botanical Garden

“Help, I’ve Fallen Into Obscurity!”: Keeping Your Programs Vital to a Maturing Audience
Welcome

Britt Patterson-Weber
Director of Education & Visitor Experience
Naples, FL
Collier County > Delaware, Rhode Island, land area.
Population: 372,345
Fountain of Youth
St. Augustine, Fla.
The Oldest City in the United States
The Elder Boom

2019: Americans 65+

By 2030: Americans 65+
Program 1: Nature Journaling: Botany through Art
Skills – sequential & experiential. One skill leads to the next
Assessment – Evaluate students to tailor instruction
Feedback – talk about the work
Engage – Intentional social engagement tied to art-making
<table>
<thead>
<tr>
<th>Lesson Components</th>
<th>Skills</th>
<th>Assessment</th>
<th>Feedback</th>
<th>Engage socially</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Warm-up</td>
<td></td>
<td>A</td>
<td></td>
<td>E</td>
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<tr>
<td>2. Skill-building</td>
<td>S</td>
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<td>3. Sharing</td>
<td>S</td>
<td></td>
<td>F</td>
<td>E</td>
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<tr>
<td>4. Reflection</td>
<td>A</td>
<td>A</td>
<td></td>
<td>E</td>
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<tr>
<td>5. Closing ritual</td>
<td>A</td>
<td>A</td>
<td></td>
<td>E</td>
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<tr>
<td>All together</td>
<td>S</td>
<td>A</td>
<td>F</td>
<td>E</td>
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</tbody>
</table>
Performance Lawn

The lighting changed from #1 to #2

In both, I am concentrating on texture & volume.

#2 is on ROUGH PAPER 300lb. very nice!
I am so pleased I secured a spot in the class; it has changed my life. This course has ignited a passion in me that I never knew existed. It was not only the art, but the fellowship that developed within our small group. My compliments to the Botanical Garden staff, Aroha and most importantly to Elizabeth Smith. Her skillful, gentle instructional guidance has awoken the artist that is in everyone.
The program itself was life-changing and I am very grateful to have participated. I have been looking for a program like this my entire life. This program has enhanced the way I look at color, light, and nature.
I have enjoyed many hours of tranquil watercolor painting at home. Where before I would turn on the TV in the afternoon, I now paint.
I have been struggling to find structure in my life in retirement. The only thing I have had to do is take my husband to doctor’s appointments. I had lost myself. Having this weekly class has given me something of my own.
Cameron Ladner

Sunflower

My approach to art is without much planning. My emotions lead the way spontaneously. For me it is more about the experience of painting rather than a planned outcome. Like an improv dance it just comes over me!
My One Inch World

10/18/19
(Watercolor paints)

My ONE INCH LIFE
by
Cynthia Nyquist
As the number of older Americans grows rapidly, so too will the number of new and existing cases of dementia.
### Number of People Aged 65+ with Alzheimer’s by Age in Florida

<table>
<thead>
<tr>
<th>Year</th>
<th>65-74</th>
<th>75-84</th>
<th>85+</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</td>
<td>87,000</td>
<td>230,000</td>
<td>240,000</td>
<td>560,000</td>
</tr>
<tr>
<td>2025</td>
<td>120,000</td>
<td>330,000</td>
<td>280,000</td>
<td>720,000</td>
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</tbody>
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As of 2018: 1,141,000 caregivers providing unpaid care in FL
Therapeutic horticulture (TH) is a plant-centered process which uses garden-related activities to empower, encourage, and inspire individuals of all abilities to enhance their sense of wellbeing.
Program 2: Meet Me in the Garden – a program for people with dementia and their caregivers
FUN, light-hearted, good times
Benefits of Therapeutic Horticulture

Cognitive: Increases concentration, attention to task, coping skills, ability to follow multi-step directions
Emotional: Decreases agitation, stress, and anger while increasing feelings of independence, self-efficacy and self-esteem
Social: Increases group cohesiveness, peer interaction, accountability, and participation
Physical: Improves balance, fine/gross motor skills, range of motion, mobility, strength, and provides physical exercise.
16.1 million Americans provide unpaid care for people with Alzheimer’s or other dementias.
Flower-Pounding Activity
I’m Thinking of you.

Love, Pat
Seasoned Greetings 2017
“WHere Flowers Bloom So Does Hope.”
—Lady Bird Johnson