

# How do we make it happen?

**OUR GOAL:** Raising \$96,874 to make this outdoor space a reality

Will you help us fund The Sanctuary, an outdoor space that will enrich the lives of our residents living with dementia?

With your help, we will plant 88 shrubs, 95 perennials, and 6 trees for year-round color and interest. We will rebuild an existing pergola and create a central hub for special events. And we will erect a fence around the outside edge to keep our residents safe from wandering. Gifts like yours will also be used to purchase park benches, patio furniture, and supplies for the hardscape.



Would you be willing to make a donation or sponsor a garden bed or a bench? This gift will help us create a space for older adults living with dementia that will refresh, calm, and bring joy. In a world that grows slowly dimmer, less familiar, and more daunting to those living with dementia, The Sanctuary will offer a ray of sunshine.

**3 WAYS TO HELP BRING THE SANCTUARY TO LUTHER MANOR**

**3**

1. **DONATE BY PHONE.** Call Joe Phillips, Executive Director of Luther Manor Foundation, at 414.464.3880.
2. **DONATE ONLINE.** Visit [luthermanor.org/thesanctuary](http://luthermanor.org/thesanctuary) or scan the QR code on the right.
3. **DONATE BY MAIL.** Fill out the enclosed card, and mail it back to us.



## Financial summary & suggested donations

Cedar fence enclosing the outdoor space. . .	\$26,100
Concrete for entertainment area. . . . .	\$17,254
Plants and mulch (including labor). . . . .	\$25,000
Landscape architect plans. . . . .	\$2,500
Patio furniture. . . . .	\$4,520
Irrigation. . . . .	\$14,000
Lighting . . . . .	\$7,500
<b>Total needed . . . . .</b>	<b>\$96,874</b>

- \$1000** Will help with the purchase and installation of irrigation, ensuring that our plants and outdoor space stay healthy and vibrant.
- \$5000** Will help fund the purchase and installation of lighting, allowing our residents to safely enjoy the outdoor space in the evening.
- \$10,000** Will make a significant impact on our project, providing funding for multiple elements of the outdoor space such as the fence, furniture, and plants.

Gifts that exceed the stated need for The Sanctuary will be donated to Luther Manor Foundation.



**LUTHER MANOR**  
A Life Plan Community

# The Sanctuary

**COMING SOON!**



"Let them construct a sanctuary for Me, that I may dwell among them."  
Exodus: 25:8-9



## Some background

### THE GARDENS: Dedicated to Memory Care

In June 2023, residents living with Alzheimer's disease and other dementias will move into their new home, The Gardens at Luther Manor. The 18-bed wing will be found in the center of our campus. Common spaces will include a lounge and dining room where residents can connect with others and join in therapeutic activities. The wing will be fully secured and have its own entrance to protect residents from wandering.

Special care will be designed to meet the unique needs of each person, enhance quality of life, and promote independence. Staff will encourage residents to engage with each other, keep a close watch on their health and mood, and assist with daily tasks.

**? DID YOU KNOW?** It is common for those living with dementia to wander. In fact, up to 60% of those with a dementia diagnosis will wander at least once. Building a distinct space with its own entrance and added security measures will help keep residents safe.

## What's next?

### THE SANCTUARY: An Outdoor Space to Enhance The Gardens at Luther Manor



Picture a secure outdoor space that stirs the senses, stretches the brain and body, and calms the soul. It will offer benches to visit with staff and loved ones, walking paths to inspire movement, and a patio to relax and observe nature. A six-foot cedar fence enclosing this 5,200 square-foot area will keep residents safe from wandering. And that's just the start.

The multi-season eye candy begins with the trees and shrubs. For example, ornamental firespire muscadenota will blaze a bright orange in the fall. Adirondack flowering crab will flower in the spring, and red dragon ornamental hazelnut,

with its twisted branches, will offer interest in the winter. Evergreens will add texture to the landscape. In addition, perennials of different shapes, colors, and times of bloom, will flower throughout the spring, summer, and fall. Lights will supply visual appeal in the evenings.

Wildlife will provide natural theater for the residents, too. Lavender and cone flowers will attract butterflies, while crab trees will draw birds.

The sounds of nature will add to the appeal. Grasses will rustle in the breeze, leaves will flutter above, and birdsong will fill the air. Fragrances may even stir memories. The scents of rose bushes, sage, and lilac will sweeten the pleasure.

**? DID YOU KNOW?** Studies have shown that odors can trigger the memory of past experiences. Other studies conclude that certain scents can alter mood. For example, lavender can induce calm.

## Why is this space needed?

### SHORT ANSWER: Nature boosts health and mood

An outdoor space has much to offer those living with dementia as well as their care partners.

- Research has shown that nature within a care setting can decrease agitation, stress, depression, and aggression, all common symptoms of dementia. Think about a time when you took a walk in the woods or stroll through your local park, maybe to ease stress. Nature simply has a way to temper our moods and usher in calm.
- The Sanctuary will help residents maintain health. By walking on the paths, residents will build muscle strength and improve balance. Those living with dementia are at a higher risk of falling than other older adults. (Keep in mind that one out of four older adults falls each year). Exercise is one of the best ways to reduce this risk.
- Watching birds and butterflies, walking outside, and being a part of nature's wonders all arouse the senses. This improves brain health and overall well-being.
- An outdoor space promotes social interaction. The Sanctuary will offer benches and a patio where residents will sit with staff, loved ones, and friends. Garden events will spur residents to engage with others and decrease feelings of loneliness.
- Finally, residents can enjoy this outdoor space and all of its perks while also staying safe. A cedar fence enclosing the outdoor space will ensure the safety of the residents.

