



## Cultivating Hope

**The courtyard at Actionmarguerite is an important element in creating the comforts of home.**

In its 40<sup>th</sup> season, this favourite visiting space needs love and tending and we need your help to create a welcoming outdoor space to nourish the body, mind, and spirit, awaken the senses, and create links between our humanity and nature that contribute to the well-being of our community.

Nature is a powerful therapeutic resource. The research is clear; time spent in nature improves physical and mental health and enhances our well-being and quality of life. In Actionmarguerite's commitment to co-create living environments where life is good, we collaborated with residents, families, staff, and volunteers to develop a renewed vision for this communal space that serves 299 people who call Actionmarguerite home, along with their loved ones and caregivers.

The new courtyard design includes accessible paths, lined with flowers, tall grasses, benches, and swings. The paths lead to sunny or shady alcoves—some quiet, others lively—where birds bathe in the fountain or feast, along with squirrels, at feeders suspended from branches, and where bees and butterflies flutter from flower to flower. There are places to enjoy picnics, music, art and recreation. In the evening, the walkway lights create a soft glow making for a beautiful ambiance to enjoy long summer nights and crisp fall evenings.

**cultivatinghope**  
creating an outdoor haven where life is good

Connections with nature can help reduce feelings of loneliness, isolation, and anxiety, and bring significant health benefits—including improvements in sleep, mood, attention and focus, appetite, memory, communication, stamina, stability, and pain management.

# Life is Good

The revitalized courtyard will re-open the doors year-round. Here, life in all its stages can flourish. Imagine with us the ways in which this project will make life enjoyable:

- Communion with birds, butterflies, flowers, and other elements of nature offering balm for the spirit and a source of happiness, peace, gratitude, and contentment.
- The healing power of fresh air and the feeling of well-being and vitality in activities and relaxation.
- Activating all the senses by connecting to the natural world around us
- A destination that sparks anticipation and hope, fueled by the changing seasons, new growth, and opportunities for exploration.
- Variety and choice to promote a greater sense of independence and freedom.
- A sanctuary in a sacred and healing space away from the business of everyday life, offering the gifts of calm, remembrance, reflection, and meditation.



## Planned features

- |  |                                |
|--|--------------------------------|
| Fully accessible pathways                          | Fireplace and heating elements |
| Timber shade structure for concerts and activities | Birdhouses and feeders         |
| Multiple alcoves and quiet spaces                  | Raised garden beds             |
| Open lawn for celebration and ceremony             | Water feature                  |
| Benches, chairs, and picnic tables                 |                                |

# Caring is everything

Inspired by the 250-year legacy of Saint Marguerite d'Youville, our mission of service and compassion places utmost importance on quality of life and personal autonomy. We create welcoming spaces where a culture of respect and dignity is treasured. We are committed to creating conditions where people who live at Actionmarguerite and the individuals who work and volunteer here lead meaningful, fulfilling lives.



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CONTRIBUTE



## Plant a Seed

You can help us Cultivate Hope by planting a seed with your donation today!

[actionmarguerite.ca/donations/donate-now](https://actionmarguerite.ca/donations/donate-now)

Donations of \$15 or more are eligible for a tax receipt. For more information, call Ginette Castro 204-233-3692, ext. 643