

# Field Trip To France

Did I mention I was going to France to play in a friend's garden the last time I wrote? I went, and now I am back to regale you with all of my sights.

So, to be honest, the weather wasn't the best. I was there for 12 days, and lo and behold, we had 12 days of rain. Not just a little drizzle that you can work in, but buckets of rain. As we were driving the country roads, farmers were out disking and planting in the fog so thick you could only see the bottom tip of the wind turbines. There was howling wind and rain. You ask yourself, why would you plant in such conditions? Those were the good days. It only got worse, and if you have a time frame to get your crop in, you take that chance.



I did get to see two gardens – other than the one I was upside down in when the rain ceased just long enough to get a couple of things in the ground.

The first garden was Villandry, a garden that has been on my bucket list for years. In a nutshell, they are kitchen gardens that were established in the Middle Ages and are laid out in geometric patterns. The gardens require 115,000 vegetable plants and bedding plants, chiefly wax begonias. The main portager consisted of nine squares, each a different pattern, much like a quilt with different vegetables and flowers giving color and texture. It was interesting to see on the ground level, but when you go up a level or two to view the gardens from above, you really see the genius behind the design. And the designs change on an annual basis. When we were there, the garden-

ers were ripping out one square and replanting it for the spring show. The detail involved was incredible and the boxwood hedge shearing was mind blowing.

The only other garden I got to see in the rain was at Chateau Rivau. I would highly recommend this garden. It was such a contrast to Villandry. This chateau was purchased by a family in the early 1990s, if I remember correctly, and it was a dilapidated mess. In 1994, owner Patricia Laigneau started working on the garden and enrolled in the National Landscape School. What she has created has been amazing. It is a sculpture garden with fascinating and very different sculptures, from large legs attached to trees in a running or sitting position, to an aviary in the shape of an egg bedecked with sculpture, to huge wellies (Wellington Boots). The gardens are full of life and fairies, which I know many people don't approve of in gardens, but if it gets children into gardens and involved in them, it can be nothing but good. The gardens themselves were a wild but ordered chaos that was just magic and, like I said, a total contrast to the order and preciseness of Villandry. That Joan of Arc went to this chateau to get horses for her mission is just an interesting fact compared to the gardens.

But here I am, back to reality, racing the weather clock, trying to get everything accomplished before winter sets in. I have dug and cleaned the dahlias and they are waiting to get divided and stored soon. Hopefully by the time you read this, the spring bulbs will have been planted as well as the garlic. Also on deck is getting the orchard mowed and the leaves mulched to build organic matter in the orchard. Last year's compost needs to be spread on the beds, especially the asparagus. There's so much to get done, and winter is fast approaching. I hope your gardens are in better shape than mine. Until next time.

*Allison Kerwin is the owner of The Enchanted Garden, a garden design and maintenance company based in Hancock.*

## Prospect-Woodward At Hillside Village Keene ~ A State-Of-The-Art Community Relevant To Today's Seniors Grand Opening Event Tuesday, November 19th

SENIORS, Continued from page 1



Rosie Weinrieb, a resident of Prospect-Woodward at Hillside Village Keene, and Roo are pictured during the canine's recent visit. (Not sure if the resident or the Papillon are enjoying the visit more!)

But there were needs to be addressed with this growing generation, and in July of 2016 the two merged and relocated in August of this year to form Prospect-Woodward at Hillside Village Keene at 100 Wyman Road.

"We have evolved from an antiquated business model to offer more encompassing services suited to meet the expectations of today's modern resident and their family," adds Dunham.

The decor at this local community is nicely integrated: a blend of antiques (from the original Prospect Place), classic, and country. There are 43 assisted living suites, 18 specialized Memory Care apartments, and 20 nursing care rooms. Each floor has a spa bath and all rooms are private.

There is a country kitchen located on every floor for the residents to use. They often get together as a group to make soups or a seasonal goody, like apple crisp; whatever the residents are up for, the staff are happy to accommodate to make happen. Lunch is the large meal of the day, which is served on the first floor in the restaurant-style dining room. "I love that there is more room here," says Rosie Weinrieb, a resident who transferred over with all the other residents from The Prospect-Woodward Home during the transition.

This close-knit community is conveniently located near Cheshire Medical Center/Dartmouth Hitchcock-Keene and close to downtown shopping and any other off-campus activities (apple picking, covered bridge tour, etc.). There is always something to do.

"We have the perfect blend of healthcare and hospitality," Jolynn Whitten, the executive director

of Hillside Village, chimes in. "Our seniors can be as engaged and involved as much as they would like, or not."

For those who just want to stay on campus, the well-groomed grounds provide gardens to walk through and seating areas to sit and enjoy the gorgeous countryside. And the social calendar at this close-knit community provides many stimulating opportunities to residents – exercising both mind and body. Everything that is needed to enrich their lives is under one roof – musical entertainment, art classes, Bible study... the residents even have their own chorus group, The Hillside Voices.

"Our programs are custom tailored to each individual's unique needs and designed to enhance cognitive ability and maintain social engagement," says Dunham. "We provide an engaging environment to keep residents active, healthy, and socially stimulated. You really get to meet the most interesting people who have led very rewarding lives."

Care providers are on-site 24 hours a day to assist with medication, hygiene, and all activities of daily life. There are on-site rehabilitation services; occupational, physical, and speech therapy; and blood work and nail care. "And we have the best staff to resident ratio in the Monadnock Region," Dunham adds.

This engaging environment also offers a much needed Memory Care neighborhood – private studio rooms with spaces that focus on those with dementia and Alzheimers. And with this comes a unique program, Heartfelt Connections, which takes a positive, life-affirming approach to memory care.

"Heartfelt Connections is an individualized program that starts with getting to know each resident's life story and focusing on each resident's capabilities," Dunham says. "Then we develop a personalized plan that concentrates on each resident's unique abilities and celebrates each small success. Heartfelt Connections promotes dignity and a sense of accomplishment in day-to-day activities, supports improved self-work, self-esteem, and overall health and well-being. It also reduces fear, anxiety, and frustration."

The public is welcome to the Grand Opening of Prospect-Woodward at Hillside Village Keene on Tuesday, November 19th from 3 to 6 p.m. During this time, staff will be on-hand to answer any questions, there will be tours of the community, and word has it that there will be a couple of dignitaries stopping by. This event also includes hors d'oeuvres and drinks.

For more details, call 603-352-3235 or visit [www.HillsideVillageKeene.org](http://www.HillsideVillageKeene.org).

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