

Plant a Garden, Heal a Soul

The Cass County Memorial Hospital Foundation is currently working to creating a Healing Garden on the Cass County Health System (CCHS) campus. This soothing retreat will be available to patients, families and staff 24 hours a day.

The Al Wernimont family provided the lead gift for this project. They knew this would be a wonderful addition to their local healthcare facility and would also be a very special use of some funds that had been raised in Al's honor. Shortly after his diagnosis, the Cass County community gave an outpouring of emotional and financial support to Al Wernimont and his family at an event known as the Wernimont Rally. This act of community compassion gave the much needed emotional lift for Al to move through years of pancreatic cancer treatment with hope. The Wernimonts have been waiting for an opportunity to give the financial support back to the community in a way that honors the tremendous gift of hope the Rally was for them.



Throughout the process of treatments and appointments, Al and his family found comfort in a healing garden. "This is the place I would go while waiting for test results or between appointments," Al noted. "I would like to offer my friends and neighbors that same type of quiet space at CCMH." Al knew that healing involved much more than just medical care for his physical illness. "Sustaining my emotional strength and mental peace has been vital for me when dealing with my physical disease" Al explained. "My intention is this garden will be what the Rally was for me and my family; a physical reminder of hope to all of us - we are a community of support to one another and we are never alone."

Why a Healing Garden?

In addition to provide a place to relax and recharge our emotional health, studies show that healing gardens actually improve physical health by:

- Decreasing blood pressure
- Reducing heart rate
- Relieving muscle tension
- Decrease patients' perception of pain
- Improving mood

The current building expansion and renovation project seemed the perfect time to add a Healing Garden to the CCHS campus. Imagine relaxing in a beautiful garden while listening to the sound of water softly trickling, or reducing your stress while strolling along a path lined with colorful flowers, ornamental grasses and small shrubs. Think about basking in sunshine or enjoying the shady pergola seating.



This garden will offer all of this and more, but we need your help to make it a reality. You can make your gift to the CCMH Healing Garden online, or make a check payable to the Cass County Memorial Hospital Foundation (indicate Healing Garden on the memo line) and mail to:

Cass County Memorial Hospital
1501 E. 10th Street
Atlantic, IA 50022