The Cass County Health System Foundation established a Healing Garden on the CCHS campus thanks to generous donations from the community. This soothing retreat is available to patients, families and staff 24 hours a day.

The History of the Healing Garden
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 provided the much needed emotional lift for Al to move through years of pancreatic cancer treatment with hope.

The Wernimonts had been waiting for an opportunity to give the financial support back to the community in a way that would honor 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 providing 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
- Decreasing patients’ perception of pain
- Improving mood

Help Us Keep Growing Beautiful Things
Come and relax in our beautiful garden while listening to the sound of water softly trickling, and reduce your stress while strolling along a path lined with colorful flowers, ornamental grasses and small shrubs. Your donations can help keep the garden beautiful by contributing to ongoing maintenance, or you can purchase a paver in honor or memory of someone special. Contact Dawn Marnin, Foundation Director 712-243-7409 for more information.

You can make your gift to the Healing Garden online at www.casshealth.org. Checks can be made payable to the CCHS Foundation (indicate Healing Garden on the memo line) and mailed to:

*CCHS Foundation 1501 E. 10th Street Atlantic, IA 50022*