Hope Through Housing Foundation
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Promenade’s GRATEFUL GARDEN
The Promenade is home to 66 families; people who are aging in place, with mental, and/or physical disabilities, previously homeless, and young families. Through a journey of building a vegetable garden HTHF was able to address the mental and physical challenges of people living with distance, and fear of their neighbors.

Our Project
1. HTHF surveyed all 66 families, facilitated 2 focus groups, and held 3 planting parties to ensure everyone the opportunity of planting in the garden.
2. While the seedlings grew, HTHF held weekly community Grateful Garden gatherings, Zumba classes, and began planning cooking classes.
3. Averaging 14% weekly participation, of the 66 households.

OUTCOMES
1. Meeting days and times were established.
2. The garden boxes were designed based on the physical needs of the community.
3. A timeline was established and followed.
4. Supplies were gathered based on survey results.
5. Garden watering and maintenance responsibilities were allocated.
6. The vegetables will be changed with the season bringing variety to the community.
7. Participants adopted a healthier lifestyle that includes exercise.
8. The community itself was strengthened.
9. Cooking classes will begin post COVID.
10. Zumba classes will resume post COVID.

Why this matters
The World Health Organization (WHO) defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or illness. HTHF chooses to improve social wellbeing the same way we attempt to improve physical health with intentions of preventing disease, and stress.

Results
Through a journey of building a vegetable garden Hope was able to address the mental and physical challenges of people living with distance and fear of their neighbors. United in the task of creating the Grateful Garden, Hope empowered people with diverse backgrounds to become a community, bridging friendships, strengthening empathy, and increasing self-worth.

Final Thoughts
United in the task of creating the Grateful Garden, HTHF empowered people with a diverse background to become community, bridging friendships, strengthening empathy, and increasing self-worth.

“Life is better when you’re surrounded by friends” - Ana