THE

BIRCHES

ON MAPLE

Courtyard Guide

Hello,

I am excited to share our garden at The Birches on Maple, our senior living community. As President and CEO of Tanner Health, I have always believed in the profound benefits of the outdoors. This courtyard garden is designed to be a place of tranquility and healing, where our residents can enjoy the beauty of nature, which we know plays a crucial role in enhancing mental health and overall well-being. Your support will be instrumental in helping us maintain and create green spaces, ensuring vibrant and restorative environments for all in our community.

Thank you for making this possible.

At The Birches on Maple, we believe in the profound impact of nature on well-being. Our garden is designed to be a place where residents and visitors alike can find peace, inspiration and a deep connection to the natural world.

The beauty of this garden is that it is never finished — as the seasons change, new plants will be added. Each visit offers a fresh experience, an ever-evolving canvas of colors, textures and fragrances that reflect the vibrant cycle of life. Whether you're here to meditate, read a book or simply enjoy the company of friends and family, The Birches on Maple welcomes you.

Live rooted.

BLOOMING WHERE WE ARE PLANTED

Welcome to The Birches on Maple, where our feature botanical garden offers a haven of tranquility and healing right at our senior living community.

This thoughtfully designed garden is more than just a collection of beautiful plants; it's a sanctuary crafted to nurture the soul and rejuvenate the spirit.

As you stroll through our serene landscapes, you'll discover a diverse array of trees, shrubs and ground covers, each selected for its beauty and therapeutic qualities. This guide will serve as a way of identifying some of the plants our garden will feature this year, including their unique characteristics and benefits.

As you explore, you'll also find informative plaques and interactive displays that delve into the history and uses of these plants. Whether you're a seasoned gardener or a curious newcomer, our garden is designed to inspire and educate, providing a peaceful retreat where nature's wonders are on full display.

TIPS

HOW TO USE THIS GUIDE

- Check titles for both common and scientific names.
- Descriptions are designed to give an overview, not replace education. Use this as an opportunity to connect — ask others!
- Drawing is illustrative, not exact.
- Remember that the garden is ever-growing — some items may change.

TREES & SHRUBS

Chindo Viburnum
VIBURNUM AWABUKI 'CHINDO'

Lush, glossy leaves and clusters of fragrant white blooms in spring, and bright red berries in fall, Viburnum species have a history in folk medicine to treat cramps and spasms.

Chinese Evergreen Oak
QUERCUS MYRSINIFOLIA

Lance-shaped leaves that stay glossy green year-round, this oak is native to Asia. Other oak species have been used to treat wounds due to their high tanin content, which acts as an astringent.

Fringe Tree
CHIONANTHUS VIRGINICUS

Also known as "Old Man's Beard" for its wispy, fringe-like white flowers, this plant is native to Georgia. The bark and root were traditionally used as a remedy for liver and gallbladder issues.

Gulfstream Nandina
NANDINA DOMESTICA 'GULFSTREAM'

Compact, evergreen shrub that changes color with the seasons, this plant is also known as Sacred Bamboo and has been used in feng shui for its protective qualities. Berries can contain compounds that are toxic to birds and animals.

Japanese Stewartia
STEWARTIA PSEUDOCAMELLIA

With its exfoliating bark, lovely white flowers and stunning autumn foliage, this plant has cultural significance in Japan, where it is associated with tranquility and balance.

Nuttall Oak
QUERCUS TEXANA

Also known as Texas Red Oak, the Nuttall is a fast-growing, deciduous tree native to the southeastern United States. Oak bark was commonly used in poultices for wounds, sores, and skin irritations, and oak tea was used to treat digestive issues by indigenous peoples.

Red Drift Rose
ROSA 'RED DRIFT'

This compact rose variety produces clusters of small, vibrant red flowers that bloom continuously from spring through frost.

Rhododendron
RHODODENDRON SPP.

A stunning, broadleaf evergreen or deciduous shrub known for its showy, bell-shaped flowers that come in an array of vibrant colors.

Sasanqua Camellia
CAMELLIA SASANQUA

A versatile evergreen shrub known for its delicate, fragrant blooms that appear in late fall and early winter, Camellia sasanqua is related to Camellia sinensis, the plant used to produce tea.

Serviceberry
AMELANCHIER ARBOREA

Also known as Shadbush, it's known for its delicate white flowers that bloom in early spring, often before the leaves emerge, making it one of the first signs of the season.

Weeping Japanese Maple
ACER PALMATUM 'RED WEEPING'

Known for its brilliant red foliage, this striking small tree is prized for its cascading branches and finely cut, lace-like leaves. Cultivated in Japan for centuries, the vibrant autumn foliage is celebrated during Momijigari, the tradition of enjoying the changing colors of fall leaves.

PERENNIALS

Creeping Gardenia
GARDENIA JASMINOIDES 'RADICANS'

A low-growing, spreading shrub that produces beautifully fragrant white flowers, much like its larger Gardenia relatives. Gardenias have been revered in traditional Chinese medicine for their anti-inflammatory, sedative and fever-reducing properties.

Soft Caress Mahonia
MAHONIA 'SOFT CARESS'

Unlike traditional cultivars, this one is thornless and features soft, fine-textured leaves and bright yellow, fragrant flower clusters that bloom in late fall through winter, followed by blue berries in the spring.

Artemisia
ARTEMISIA SPP.

Known for its silvery, aromatic foliage and delicate texture, this plant has been highly valued for its medicinal properties in traditional European, Asian and Native American medicine. Artemisia absinthium, commonly known as Wormwood, has long been used for digestive issues, stimulating appetite and expelling intestinal parasites.

Autumn Joy Sedum
SEDUM 'AUTUMN JOY'

Starting as green broccoli-like buds in summer, its large, succulent flower heads transition to soft pink before maturing into a deep, rusty red in the fall. In traditional European herbal medicine, various Sedum species were used to treat skin conditions, wounds and burns.

Moonbeam
COREOPSIS VERTICILLATA

A delicate, airy perennial known for its profusion of soft, pale yellow, daisy-like flowers that bloom from early summer to fall. Some species of this plant were used to create yellow and orange dyes.

Mums
CHRYSANTHEMUM

With flowers ranging from red, yellow, orange and pink to white, and growing in forms from daisy-like to pompom shapes, Chrysanthemum tea is made from dried flowers and believed to have cooling properties often used to reduce fever, calm the nerves and support eye health.

Pink Dianthus
DIANTHUS SPP.

Commonly referred to as "Pinks" due to the fringed edges of their petals that resemble a pinking shear cut, these charming, low-growing perennials produce vibrant, clove-scented blooms in shades of pink, red, white, and purple, from late spring to early summer. The flowers were often infused into teas to treat digestive issues and calm anxiety in European folk medicine.

Pink & Yellow Yarrow
ACHILLEA MILLEFOLIUM

A hardy perennial known for its flat-topped clusters of long-lasting, brightly colored flowers that bloom from late spring through summer, Yarrow is named after the Greek hero, Achilles, who is said to have used Yarrow to treat soldiers' wounds during battle as a natural astringent to stop bleeding, promote healing and reduce inflammation.

EXTERIOR COMMEMORATIVE NAMING OPPORTUNITIES

Honor a loved one, family or organization by naming an exterior space or element, supporting green space development and maintenance through the Tanner Health Foundation.

MENU

*Availability noted in parenthesis

COURTYARD (1)
$300,000

COURTYARD PATIO (1)
$50,000

KOI POND (3)
$20,000

SERENITY STREAM (2)
$10,000

COURTYARD BENCH (7)
$5,750

EXOTIC JAPANESE MAPLE TREE (15)
$2,500

JAPANESE STEWARTIA TREE (2)
$2,000

TEA OLIVE TREE (2)
$1,750

CHINESE EVERGREEN OAK (2)
$1,500

NUTTALL OAK (4)
$1,250

FRINGE TREE (2)
$1,000

KOI FISH (15)
$750

Additional commemorative naming opportunities available upon request. Please make requests to the Tanner Health Foundation at foundation@tanner.org.

Inspired by our garden?

We invite you to make a donation to the Tanner Health Foundation. Your contribution will help us maintain and expand this special space, ensuring that it remains a cherished retreat for all who visit.

To make a donation, visit TannerHealthFoundation.org or call 770-812-4438. Donate today and be a part of nurturing a garden that nurtures others.

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