



Mission Statement: to secure the resources necessary to enhance the health and wellbeing of the Cortland Acres Community.



What's Growing with the "Green Thumbs"

We are proud to highlight one of our most cherished programs, the Horticulture Therapy Program, which we lovingly call the "Green Thumbs".

Nurturing Growth: The Therapeutic Power of Horticulture, designed to enrich the lives of residents in our long-term care facility, this innovative initiative offers a unique blend of nature, therapy, and community engagement.

Cultivating Wellness: Through our Horticulture Therapy Program, residents have the opportunity to immerse themselves in the therapeutic world of gardening. From planting seeds to nurturing seedlings and tending to blossoming flowers, participants experience the joy and satisfaction of watching life bloom before their eyes. Engaging in these hands-on activities not only promotes physical activity and motor skills but also stimulates cognitive function and enhances overall well-being.

Harvesting Benefits: The benefits of horticulture therapy extend far beyond the garden walls. Research has shown that gardening activities can reduce stress, anxiety, and depression, while also improving mood and self-esteem. By connecting with nature and fostering a sense of purpose and accomplishment, our residents experience a renewed sense of vitality and purpose, enriching their quality of life and promoting a positive outlook on aging.

Blooming Together: As we witness the transformative power of gardening unfold, we are reminded of the profound impact that simple acts of nurturing can have on the human spirit. Through our Horticulture Therapy Program, residents not only cultivate plants but also cultivate connections, fostering a sense of belonging and camaraderie within our community. Together, we celebrate the beauty of growth, both in the garden and in the hearts of those we serve.

The Horticulture Therapy program is funded by generous donations of those who participated with The Cortland Foundation in the West Virginia Neighborhood Investment Tax Credit Program. The Foundation will again be applying for the 2024-25 WV NIP Tax Credit program to fund the Horticulture Therapy program. If you are interested in making a donation for a WV tax credit contact Crystal at 304.463.4181 or cboone@cortlandacres.org.



Cortland's Christmas Carols & Cookies



I love Christmas, the more Santas the merrier, the more trees the better and all the Christmas shirts one can fit into the closet. I love Christmas. Carolers caroling, and even those like me who cannot really sing, singing. December was full of Christmas at Cortland Acres. And the merrier I could make it the better I felt.

For the 3rd year The Cortland Foundation sponsored Cortland's Christmas Carols and Cookies on December 18 and what a day we had! Music was performed and cookies were snacked on. The Christmas melodies rang loud from the handbells of Pastor Ruth Bullwinkle and her ensemble. The piano was played and carols were sung.

And the cookies.... Let's talk about the cookies. The Cortland Foundation volunteers baked 2,343 cookies on the day prior to the event. Yes, that was two thousand three hundred forty-three cookies, no typos in that number. Cookies by the dozen were sold as a fundraiser to sponsor the event and many of those cookies were eaten during the event. And the hot chocolate.... How can you have Christmas cookies without hot chocolate? You just can't. The proceeds of the cookie sales will financially support the Fun Committee at Cortland, the Fun Committee sponsors events throughout the year such as a Fall Festival and tree decorating contests.

December was a month-long celebration, celebrating with residents, making our faith a precedent, making Santa Claus wishes, mistletoe kisses, grinchy clothes and wearing Rudolph's red nose.

But mostly during December we celebrated the reason for the Season. I Love Christmas because of Bethlehem. Church was held, prayers were prayed and we celebrated with the Activities Department Annual Tree Lighting Ceremony and program.

As we sit back and reflect on the Christmas season, what did you most enjoy, what was your favorite memory? I believe the past few years have changed our lives, our plans, our memories and our traditions, but I have not let the world change the Love that has grown within me for Cortland Acres. I Love when I can put a smile on a resident's face, or a gentle embrace, listening to them laugh, I Love when they tell me stories of their past. I love being the Foundation Director to develop projects that can enhance the lives of the residents. I have come to realize that it took me career changes and many years to end up in a place that has so much joy to share with so many. It is a privilege to share in the lives of those who need us so badly.

So, as I move through this year finding my way as the Director of the Cortland Foundation, I hope to continue to lead projects that can brighten days... the residents' days, my days and maybe reading this may have brightened your day. I truly Love Christmas!

Written by Crystal Boone, Foundation Director

Current Projects

Photography Contest
Rehab Entrance Canopy
Horticulture Therapy
Sips & Dips
Stories Program
Daybreak Unit Patio Canopy

Annual Photography Contest

The Annual Photography Contest is well underway. The unveiling of the winners will be at the ArTober Fest, Timberline Resort, October 4-6, 2024. Remaining prints from prior year contests are on display at Cortland Acres and available for purchase. The proceeds go into the general fund for future projects.



For more information on
The Cortland Foundation
or for Giving contact
Crystal Boone
Foundation Director
304.463.4181
cboone@cortlandacres.org

Past Projects

Cortland Entrance Patio
e-Cortland (I-pads, Touch Screens)
High Tunnel Greenhouse
Community Gardens / Orchards
Resident Calendars (annual)
Employee Morale (COVID)
Christmas Carols & Cookies
Music RX (music therapy)
Happy Trails

**The
Cortland Foundation
is making a
cookbook!**

Share your cherished family recipes to include in our cookbook

You can email, mail or drop-off your recipes:

cboone@cortlandacres.org

Recipes-Cortland Acres
39 Cortland Acres Lane
Thomas, WV 26292

Deadline is August 15, 2024

For Information contact:
Crystal Boone
304.463.4181
cboone@cortlandacres.org

\$70,000

\$55,000

\$35,000

Donations may be given at the Rehab Receptionist, the Cortland Acres Front Office or mailed to:

The Cortland Foundation
39 Cortland Lane
Thomas, WV 26292

Rehab Canopy Project



DONATE TODAY!

JOIN US IN REACHING OUR GOAL OF \$70,000!



**39 Cortland Acres Lane
Thomas, WV 26292**