

**Contact: Megan Maloney**  
805.542.6498

## French Hospital Medical Center Foundation Receives Generous Grant toward New Healing Garden

**SAN LUIS OBISPO, CA – November 5, 2015** – French Hospital Medical Center Foundation is pleased to announce a recent grant of \$46,000 from the Harold J. Miossi Charitable Trust that will support five therapeutic art installations in the new healing garden at French Hospital Medical Center (FHMC).

The recently opened healing garden at FHMC is part of a large campus modernization project that’s designed to make the hospital more comforting and inviting. The grand opening for the healing garden in May of this year also saw the unveiling of the hospital lobby remodel, and the new atrium entrance. Understanding the added value of the visual arts, FHMC was able to incorporate, due to this generous grant, five specially designed art pieces into the healing garden to add to the therapeutic and restorative qualities the space will provide.

“This significant grant will help FHMC fund five soothing art installations for our beautiful, new healing garden,” says Alan Iftiniuk, FHMC President & CEO. “The healing garden is designed to provide a safe, comfortable space for all of our patients and visitors to breathe and reflect deeply. Healing gardens have emerged in hospitals in recent years due to their proven therapeutic and restorative qualities, meaning their power is even backed by scientific evidence”

Adding even more to the peace and serenity of the healing garden are the five therapeutic pieces of art. The installations are of various themes and focuses, but are all designed to create a safe haven for deep reflection within the hospital. The five installations are the stone water columns, the ‘Breathe’ living wall, reflection walls, a labyrinth, and a gentle movement art piece.

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- The stone water columns installation provides a relaxing visual and auditory focal point as it features three stone columns of varying heights that will allow for water to flow gently from the tops and down the sides to a bed of pebbles, where the water is then recirculated.
- The ‘breathe’ living wall stretches across a great portion of the wall in the healing garden, and is composed of a variety of plants, planted in a design that employs the color, texture, and shape of the individual plants.
- The reflection walls are two tiled walls that create a backdrop of natural stone interspersed with subtle colors, using a variety of stone, tiles, and glass.
- Labyrinths are an archetype found in many religious traditions in various forms around the world, and are found often in churches to invite contemplation. Walking a labyrinth invites reflection, mediation and relaxation.
- The gentle movement art piece was created by multiple local artists. This large art piece occupies a prominent location on a pillar in the Healing Garden. A metal backdrop houses several dangling metal balls above a base of fused glass of healing colors. The metal balls are mechanized and rotate slowly, providing a visually enticing focal point.

Recognizing that hospital visits can be a time of heightened emotions, anxiety, and stress, the healing garden at FHMC aims to comfort and calm the patients, families, and visitors who choose to use them. The natural, outdoor setting of the garden creates a physical atmosphere that offers a warmer, soothing feeling to patients and visitors. The campus modernization project as a whole will provide a dramatic departure from the physical environment of traditional hospitals, which can sometimes feel cold and uncomfortable.

The addition of these art pieces will greatly add to the serene, consoling quality of the healing garden, creating a lasting impact on the many community members who will utilize the garden in years to come.

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### **About French Hospital Medical Center**

French Hospital Medical Center, located in San Luis Obispo, California, has been named one of the Nation's 100 Top Hospitals by Truven Health Analytics, and is rated among the top hospitals in the nation for cardiac, orthopedic and GI services. French Hospital has achieved prestigious designation as a Primary Stroke Center by the Joint Commission. The Copeland, Forbes, and Rossi Cardiac Care Center provides the latest innovative cardiac and imaging technology. The hospital is home to the unique Hearst Cancer Resource Center offering free education, resources and support to cancer patients and their families. In addition, an expansion and modernization project is underway at French Hospital, including construction of the Copeland Health Education Pavilion, which will provide community access to comprehensive health care education resources free of charge. French is a Dignity Health Central Coast hospital which also includes Arroyo Grande Community Hospital in Arroyo Grande, CA, Marian Regional Medical Center in Santa Maria, CA, St. John's Regional Medical Center in Oxnard, CA and St. John's Pleasant Valley in Camarillo, CA. Dignity Health Central Coast is an integrated network of top quality hospitals, physicians from the most prestigious medical schools, and comprehensive outpatient services including primary care offices, premier ambulatory surgery centers, technologically-advanced laboratories and imaging centers and a full service home health agency; all recognized for quality, safety and service. Each hospital is supported by an active philanthropic Foundation to help meet the growing health care needs of our communities. To learn more go to

<http://www.dignityhealth.org/frenchhospital/>