

# Joseph P Cory Foundation Volunteer With Us!



Empowering people and communities  
to achieve wellness and wellbeing  
through expertise, education and  
guidance.



GARDENS OF HOPE  
JOSEPH P CORY FOUNDATION

# Nada Cory



- From as early on as she could remember, Nada's life involved planting, tending, and harvesting herbs, vegetables, and fruit trees.
- She was raised by her maternal grandparents in beautiful Croatia on a farmstead, and there she became an integral part of the land and everything her family practiced; all in the name of wellbeing. Those lessons learned have remained and given her the aspiration to create scrumptious meals from a garden's bounty, vast knowledge of gardening practices, and to comfort and heal using natural remedies.
- Her impact educating students, families and communities, are imparted through the mission and programs of the Joseph P Cory Foundation.
- Nada is a licensed medical assistant, certified in Healing Dhan Hag Yoga, Reiki, Essential Oils/Raindrop Therapies, Philanthropist, Entrepreneur, and a Dream Builder/Life Mastery Coach.



# Addressing An Important Issue

- Gardens of Hope Program
  - Onsite Organic Gardens
  - Approved Curriculum
  - Afterschool Garden Clubs
  - Aftercare Garden Program
  - Teachers Guides
  - Newsletter Support
  - Pre/Post Testing



## Helping Our Students and Community: Mind, Body, Spirit

- **1 in 5 school-aged children is obese**
- **Obesity results in diseases once considered adult-limited**

School gardens represent a unique opportunity to influence childhood health outcomes by providing an empowering setting, with opportunities such as, but not limited to:

- Early exposure to fruits, vegetables, and herbs
- Hands on nutrition education
- Cultivation of an early appreciation for healthy food

Previous studies that have suggested strategies to improve childhood fruit and vegetable consumption include:

- Increasing food literacy
- Availability/convenience of fruits and vegetables: *Two aspects in which school gardens are exemplary.*

The Joseph P Cory Foundation, a non-profit organization, provides our Gardens of Hope program at no cost, a proven and impactful way to optimize health and wellbeing: Mind-Body-Spirit. Our on-site gardens and companion syllabus, is grade appropriate, supports SDPBC course standards, and has been adopted by teachers and parents in Palm Beach County and beyond.

We partner with The School District of Palm Beach County, Palm Beach County Parks and Recreation, and the University of Miami Miller School of Medicine.




# Strongest Collaborations

- **The School District of Palm Beach County**
  - Wellness Promotion Task Force, Paula Triana
  - Employee Wellness Champions, Carlye Fabrikant
  - Medical Academy, Dr. Miguel Benavente
  - Afterschool Programming, Kiwana Howell
  - Grow Green Gardens, Jeannine Rizzo
  - Transportation Facilities, Carlye Fabrikant
- **PBC Parks and Recreation**
  - Riverbend Park, Jupiter, Pat Rash, Stephanie Tannone and John Welch
  - Health and Wellness Programming, Jackie Lambert
- **Veterans Affairs, Harper Bruens**
- **University of Miami Miller School of Medicine MD/MPH Program, Julia Belkowitz, Vallerie Fellix**
- **In addition... Homeschool Groups, Leadership Clubs, Senior Programming, Gaines Park**



# PBC Parks and Recreation - Community Events



**"YOUR HEALTH IS YOUR WEALTH"**

Adults ages 18 and over, please join us for our popular FREE lecture series covering assorted gardening and health and wellness topics. Co-sponsored by Palm Beach County Parks and Recreation and the Joseph P Cory Foundation. Limited outdoor seating, so please reserve.


**June 17, 2021**

**10 - 11 AM**

**LAKE BIWA PAVILION  
MORIKAMI PARK - DELRAY BEACH**

- **Topic:**
- **Closing Down Your Garden**
- **Summer Gardening Ideas**
- **Hands On Project Today**

To reserve your spot, contact Carolina Rodriguez: 561-966-7033 or [cadres1@pbcgov.org](mailto:cadres1@pbcgov.org)



Programs will adhere to all state, county orders, and CDC guidelines.  
In accordance with ADA provisions, this flyer may be requested in an alternate format. Contact: 561-968-7088



RIVERBEND PARK  
9060 INDIANTOWN ROAD  
JUPITER, FL 33478

## Pioneer Kids Day!

Venture out to the Riverbend Farmstead for a day of outdoor activities, games, animal encounters, crafts and more!

**SATURDAY • NOVEMBER 6TH • 10AM - 2PM**  
**FREE EVENT • NO RSVP REQUIRED**

**Activities:**

- Games
- Fishing
- Gardening
- Hiking Tour
- Sawmill Demonstration
- Animal Encounters
- Historical Reenactors
- Pioneer Activities

**Visit our Turn of the Century Farmstead Garden!**  
A collaborative program with the Joseph P Cory Foundation.  
Hands on craft projects, storytelling, "ready, set, grow" lessons.



In accordance with ADA provisions, this document is available in alternate formats. Please call 561-741-1359.

# Annual Grow It Forward Scholarship and Teacher Leadership Awards



GROW IT FORWARD!  
2022 Leadership Awards

PREVIEW

# April - Annual Gardens of Hope Awareness Day



**PROCLAMATION**  
**GARDENS OF HOPE AWARENESS DAY**  
**APRIL 28, 2024**

**WHEREAS**, local organizations are dedicated to empowering people and communities to achieve wellness and well-being through expertise, education, and guidance, and;

**WHEREAS**, local organizations can provide an absolute mind-body-spirit experience to students and all those involved, to include hands-on nutrition education, movement, leadership skills, and peer collaboration, and;

**WHEREAS**, community efforts grant opportunities to students, so they may utilize strategies that increase fruit and vegetable consumption, food literacy, and offer the availability, safety, and convenience of fresh organic produce, and;


**WHEREAS**, community organizations offer education in the form of cooking, gardening, and eating herbs/vegetables, thereby multiplying the learning experience through classroom and garden experiences, and;

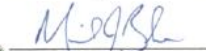
**WHEREAS**, community organizations offer a unique opportunity to combat obesity and foster improved health, while cultivating an early appreciation for beneficial foods, and;


**WHEREAS**, Palm Beach County School District employees, their families, and students are encouraged to participate in child nutrition programs, safe food practices, healthy eating environments, school gardens, nutrition education, and promotional outreach, with the intention of improving staff and students' health, academic achievements, and reducing childhood obesity.

**NOW THEREFORE BE IT RESOLVED** that the Superintendent and School Board of Palm Beach County do hereby proclaim Sunday, April 28, 2024 as Gardens of Hope Awareness Day.

Done this seventeenth day of April, two thousand twenty-four, in West Palm Beach, Florida.

  
Karen M. Brill, Board Chair

  
Michael J. Burke, Superintendent



# Adopt a Garden - Community Support

Donated by The Boca Raton Holistic Chamber of Commerce

## GARDENS OF HOPE

In Collaboration With

### THE JOSEPH P. CORY FOUNDATION

josephpcoryfoundation.org  
561.501.3538

GARDENS OF HOPE  
JOSEPH P. CORY FOUNDATION

Holistic Chamber  
of Commerce  
Boca Raton Chapter



# Comprehensive Monthly Newsletters

## Back"pack" to School!



GARDENS OF HOPE  
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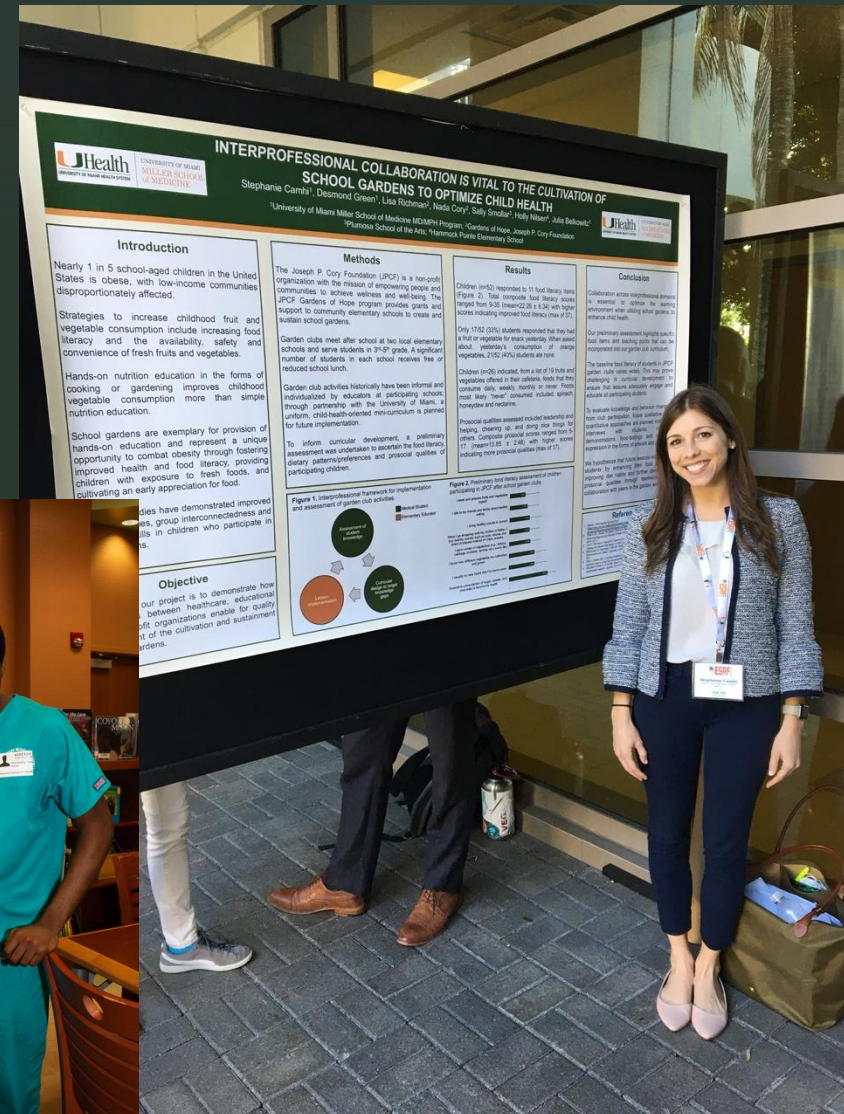
VOLUME XXVIII - AUGUST 2024

### WHAT'S INSIDE?

READY, SET, GROW EDUCATION    GARDEN TIPS IN THE BACKYARD    TEACHER/PARENT GUIDE    DIY PROJECTS  
GETTING STARTED IN SCHOOLS    "CRAB" CAKE RECIPE    MEMBERSHIP    SEED CAMPAIGN    COOKING WITH NADA 2024/2025

# Evidenced-Based – MD/MPH Program U of M

- MD/MPH Program Since 2019
  - University of Miami
    - 4 years of collaboration
    - Published paper
      - International Journal of School Health, July 2021
  - BMI Study
    - 2022-2023 School Year



# Staying Connected – Getting the Word Out

- Social Media Channels
- Brochures
- Lectures
- Newsletters



**MISSION:**

Empowering people and communities to achieve wellness and wellbeing through expertise, education and guidance.

**SIGNATURE PROGRAM**

GARDENS OF HOPE IN SCHOOLS/COMMUNITIES

**ADDITIONAL PROGRAM SERVICES**

- "GROW IT FORWARD" SCHOLARSHIP
- ONLINE WELLNESS LIBRARY
- "YOUR HEALTH IS YOUR WEALTH" LECTURE SERIES
- "COOKING IN THE CLASSROOM"
- HOMESCHOOL EDUCATION
- "VETERANS IN THE GARDEN"
- "ADVENTURES OF BO AND DONA" SHORT STORIES FOR KIDS

**How Can You Support Us?**

**SPONSORSHIP**

- Adopt a Garden (IMO/IHO)
- Grant Funding
- Corporate Collaborations

**VOLUNTEER**

Gardeners, Nature Lovers, Students, Veterans... You have what we need - Join Us!

**MEMBERSHIP**

Help us plant seeds of knowledge and wonderment by becoming a member today!

**DONATE TO EDUCATE**

Donations to our 501(c)3 organization are tax deductible.

**GET SOCIAL WITH US!**

This trifold was printed on recycled paper

**GROWING HEALTHY LIVES ONE SEED AT A TIME!**

561.501.3538  
josephpcoryfoundation.org  
EIN# 47-5340787

  
GARDENS OF HOPE  
JOSEPH P. CORY FOUNDATION

- PARTICIPATE
- COLLABORATE
- DONATE

  
DONATE TO EDUCATE




# We Love Our Volunteers!

## VOLUNTEERS NEEDED!

STUDENTS, FAMILIES, GARDENERS, VETERANS,  
SCHOOL CHOICE PROGRAMS, AND FRIENDS - ALL WELCOME.

## BE A SEED OF CHANGE!

YOUR EXPERIENCE, TIME, AND PASSION, WILL MAKE AN  
IMPACT OF STUDENTS, FAMILIES, AND COMMUNITIES.

YOU WILL BE SURPRISED AT HOW GOOD YOU TOO WILL FEEL;  
MIND - BODY - SPIRIT.

### Interested in joining us?

Call: 561.501.3538  
[info@josephpcoryfoundation.org](mailto:info@josephpcoryfoundation.org)

### Looking forward to your help!



GARDENS OF HOPE  
JOSEPH P. CORY FOUNDATION

### WE NEED HELP WITH:

- Weeding, Pruning, Planting
- Mulching, Hauling, Building
- Events, Education...

### FOR YOUR EFFORTS:

- Community Service Hours
- Creating a safe outdoor learning environment for Kids
- A great mind-body experience!



GARDENS OF HOPE  
JOSEPH P. CORY FOUNDATION

# How Can You Help?

- Hands on in a classroom
- Physically tending to a school or park garden
- Helping at a community event
- Education
- Creating lists in a spreadsheet format
  - Seed companies for donations
  - Community partners
  - Possible grant opportunities



GARDENS OF HOPE  
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*Empowering people and communities to achieve wellness and wellbeing through expertise, education, and guidance.*

## Volunteer Skills and Abilities – Please mark the circles

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Phone: \_\_\_\_\_ What I like best: \_\_\_\_\_  
Creative thinker? \_\_\_\_\_ Analytical thinker? \_\_\_\_\_

- |  |  |
|--|--|
| <input type="radio"/> Social media           | <input type="radio"/> Grant writing              |
| <input type="radio"/> Working with children  | <input type="radio"/> Proof reading              |
| <input type="radio"/> Graphic design         | <input type="radio"/> Garden Clean up            |
| <input type="radio"/> Website design         | <input type="radio"/> Health fairs and Expos     |
| <input type="radio"/> Website management     | <input type="radio"/> Cooking                    |
| <input type="radio"/> Education              | <input type="radio"/> Nutrition                  |
| <input type="radio"/> Microsoft Office suite | <input type="radio"/> Healing                    |
| <input type="radio"/> Planting a garden      | <input type="radio"/> Prepare “Awareness” bags   |
| <input type="radio"/> Garden liaison         | <input type="radio"/> Prefer working with kids   |
| <input type="radio"/> Community outreach     | <input type="radio"/> Prefer working with adults |
| <input type="radio"/> Public speaking        | <input type="radio"/> Photography                |
| <input type="radio"/> Event set up           | <input type="radio"/> Sponsorships/partnerships  |
| <input type="radio"/> Event break down       | <input type="radio"/> Budgets                    |
| <input type="radio"/> Event check in         | <input type="radio"/> Strategic planning         |
| <input type="radio"/> Silent auction         | <input type="radio"/> Bookkeeping                |
| <input type="radio"/> Advertising and design | <input type="radio"/> _____                      |

1281 Ocean Drive, Suite 18 Singer Island, FL 33404 561-501-3538 EIN#: 47-5340787



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“Why try to explain miracles to kids when you can have them plant a garden.”  
-Robert Brault

