



Sierra Nevada Memorial Hospital Foundation

FOR IMMEDIATE RELEASE

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Email: kirsten.dees@commonspirit.org

Contact: Kirsten Dees, Marketing and Communications

Phone: 530-477-9700

Savvy Women Talk in the Garden: Cultivating Health and Wellness at Sierra Nevada Memorial Hospital

Grass Valley, 6/6/25 – Join us for a special edition of *Savvy Women Talk* on **Wednesday, June 18**, from **5:15 PM to 6:30 PM**, set amidst the serene Sierra Nevada Memorial Hospital (SNMH) Wellness Garden. This event features **Ellie Lightfoot**, SNMH Garden Educator, who will share the inspiring vision behind this flourishing space.

Ellie will share how the garden is envisioned to be more than just a source of fresh, nutritious produce. Over time, the hope is that it will grow into a space that supports wellness through hands-on learning opportunities, particularly for those managing conditions like cancer, diabetes, and heart disease. There are also early conversations about future collaborations with the hospital's Nutritional Services Department to explore incorporating garden-grown produce into the café. While still in its early stages, the garden holds great potential as a space for healing, education, and connection.

Beyond its physical health benefits, the garden serves as a sanctuary for mental wellness, offering hospital staff and visitors a peaceful place to recharge and connect with nature.

Event Details:

- **What:** Savvy Women Talk in the Garden
- **When:** Wednesday, June 18, 5:15 PM – 6:30 PM
- **Where:** SNMH Vegetable Garden, 155 Glasson Way, Grass Valley (near Building 4)
- **Cost:** Free
- **RSVP:** Please email Shawn.Ryley@commonspirit.org to reserve your spot.

Please note: This event takes place outdoors in the garden; comfortable footwear is recommended.

“Our vision is that the garden will eventually be a space where cancer, diabetes, and cardiac patients can learn about healthy food choices and how to grow their own vegetables,” explained Sandra Barrington, SNMHF Executive Director. “As the garden expands, we also will work with the hospital's Nutritional Services Department to provide fresh food for the café.



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Additionally, we want the garden space to be a place of mental wellness and relaxation for hospital employees.”

Don't miss this opportunity to explore the intersection of health, nutrition, and community in the heart of Grass Valley.

About Sierra Nevada Memorial Hospital Foundation: Since its inception in 1984, the SNMH Foundation has played an integral role in enhancing the quality of healthcare in Nevada County through fundraising and community engagement. Past projects include the transformation of the Emergency Department, updates to the Surgery Department, and improvements to critical care access points, including helipad resurfacing and technology upgrades.



SNMH staff enjoying the Wellness Garden on Earth Day

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