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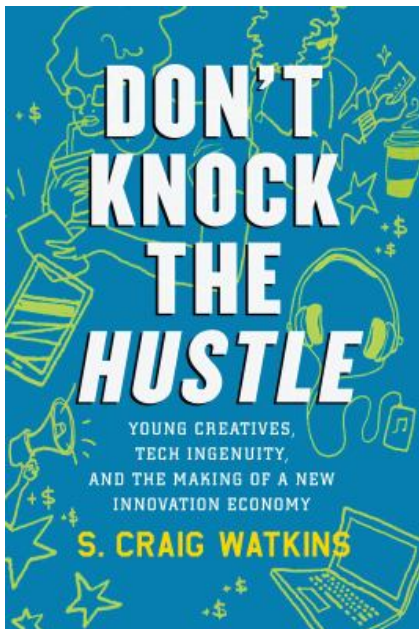
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NEW BOOK SPOTLIGHT



Summer 2019

Welcome to the Summer edition of the SBRC Newsletter! In this issue we'll cover a book review on productivity from Michael Hyatt, and an interview with a horticultural therapist, as well as our New Book Spotlight!

Good Work: Horticultural Therapist with Lynn Van Haveren

The world of work is complicated: according to the Bureau of Labor Statistics, there are over [800 types of jobs in the US](#). It's difficult to even comprehend them all. In this newsletter, we're exploring a particularly interesting one: horticultural therapist, a professional that uses the art of horticulture to help patients reach their therapeutic goals.

Steve: I'm here with Lynn Van Haveren, board member of the Michigan Horticultural Therapy Association (MHTA). What sparked your interest in Horticultural Therapy, and how did you pursue it?

Lynn: I started getting interested in Horticultural Therapy (HT) in 2000. There were some classes offered at Frederik Meijer Gardens. The first class I took I was enthralled; I knew that was what I wanted to do. There were no local possibilities for further education, but the trainer had been out to the Denver Botanical Gardens for her own education. She highly recommended their HT certificate program to me. I went to Denver for 5 long weekends between 2000 and 2002.

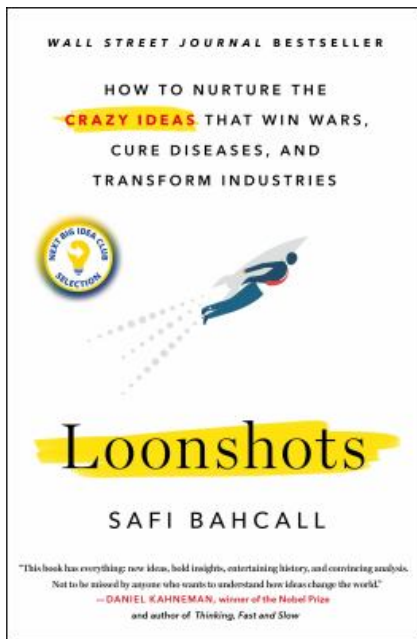
Before I went, I had a degree in psychology. A degree in Human Services was one of the requirements to obtain the certificate. I had a master gardener certificate too, and that was something that they recognized. I was in the last class to get my HT certificate through the Denver Botanical Gardens itself. That program evolved into Horticultural Therapy Institute.

Today, program requirements have become more involved; horticulture classes and an internship in addition to working hundreds of hours in the field is required to become a registered Horticultural Therapist (HTR). I was working in a dental office when I received my certificate in 2002. There wasn't enough interest or funding to start new HT programs; the economy was really bad at that time. I kept involved in the profession by volunteering and serving on the board of directors of the Michigan Horticultural Therapy Association for many years.

Steve: What sort of activities would a horticultural therapist do to help clients?

Lynn: There are many, many activities that can be done. It depends on the population you're working with. A big part of horticultural therapy is understanding the needs of a client so you can help them reach their therapeutic goals. For example, with an Alzheimer's population, or people in a memory care unit, you may have a courtyard and have some raised beds there, so in the spring you would have clients start planting and caring for the plants. They can grow vegetables and herbs for their facility to use in cooking their meals, which gives people a real sense of accomplishment and pride. Programs can go year round, using plants and plant materials for activities. It's not just growing and gardening. It's more of an ecosystem in and of itself.

Steve: What are the benefits of horticultural therapy?



Lynn: There are a lot of benefits, physical, emotional, spiritual. Socially, it makes people feel less isolated, more prone to share experiences. Emotionally, I can't say enough about it. You see people blossom and change. There are enormous benefits for all populations, all ages.

True horticultural therapy is done as part of a treatment program. It's goal driven, working in concert with other therapeutic professions to reach a goal they've set for the client and striving for a measurable outcome. That's the difference between therapeutic horticulture and horticultural therapy. Client goals can vary quite a lot. You have to figure out the needs of the population you want to help, but anyone can really benefit from this.

Steve: What are the exciting things happening in horticultural therapy? Where are they happening?

Lynn: There's a lot of exciting developments and programs happening across the country. Our [national association](#), the American Horticultural Therapy Association (AHTA), is constantly working to get the message out there. Locally MHTA hosts an annual conference every March at Michigan State University that's always very successful. In the Midwest, it's been slow going. That's why we need more education in horticultural therapy. Funding is always an issue. Unless you have an administrative person who recognizes the therapeutic benefits, it's difficult. That's why we're investing in research and advocacy.

Steve: Now let's say someone who's starting out in their career and is interested in horticultural therapy. What would you recommend that person do?

Lynn: I would recommend they learn as much about HT as possible by searching info on the internet and the websites of our association (www.michiganhta.org and www.ahta.org) as well as search out the educational opportunities. I really appreciate the program in Denver, Horticultural Therapy Institute. They gave me my start and it's a high-quality program. Other program locations are changing all the time. For undergrad education, you'd be looking for a degree such as recreational or occupational therapy, social work or psychology and then get the horticultural therapy certificate and finally become registered.

Steve: What developments do you see on the horizon for horticultural therapy?

Lynn: I think with the aging population, especially with expanding memory care facilities, this kind of therapy is going to become much more prominent in the coming years. Any population can benefit. Successful prison programs have been put in place. One of our board members was employed at one of the local prisons, where incarcerated citizens would garden in pots on the premises. She even brought seeds and cuttings to board meetings. Many schools have started gardening programs. For anyone, when they take ownership of a plant and have the experiences of caring for and nurturing growth, self esteem as well as so many other good feelings shine.

Steve: Any parting words for our readers?

Lynn: I encourage anyone interested to check out our website and the AHTA website. You can get a good sense of what students are learning, and the paths they've taken. It's really interesting reading.

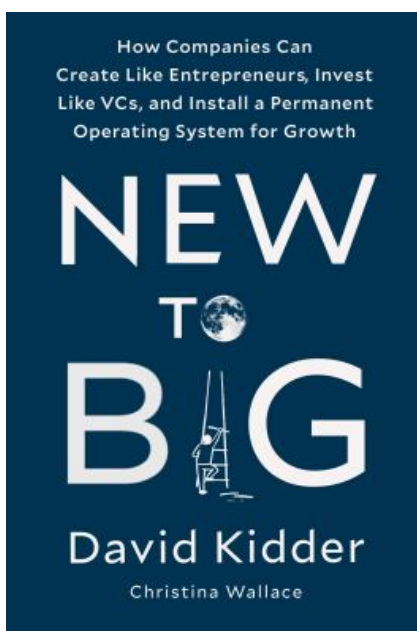
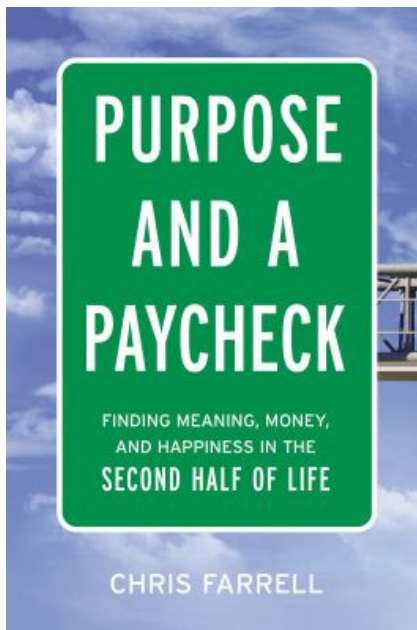
You can read more about horticultural therapy at www.michiganhta.org and www.ahta.org

Book Review: [Free to Focus: A Total Productivity System to Achieve More by Doing Less](#) by Michael Hyatt

A Review by Bob McVay, Interim Business Librarian

Do you often feel like you wish there were more hours in the day to get things done? Work is important, but should it be invading your life at home? Many people who work feel that all their time is spent at their job, leaving little time for family obligations, a social life, or hobbies. Working for a paycheck can allow people the ability to do things they want, but what if all their time is already spoken for?

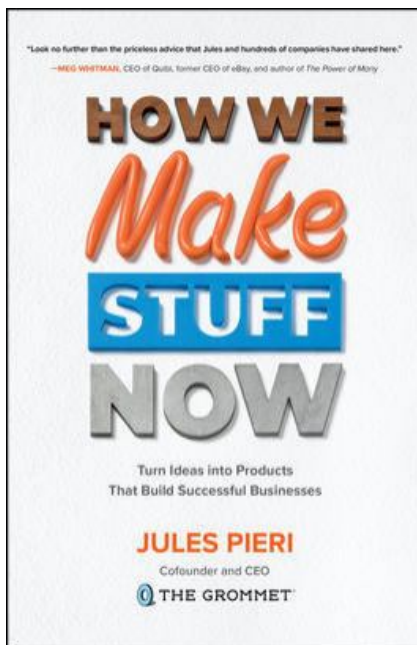
In his book [Free to Focus: A Total](#)



CHITRA ANAND

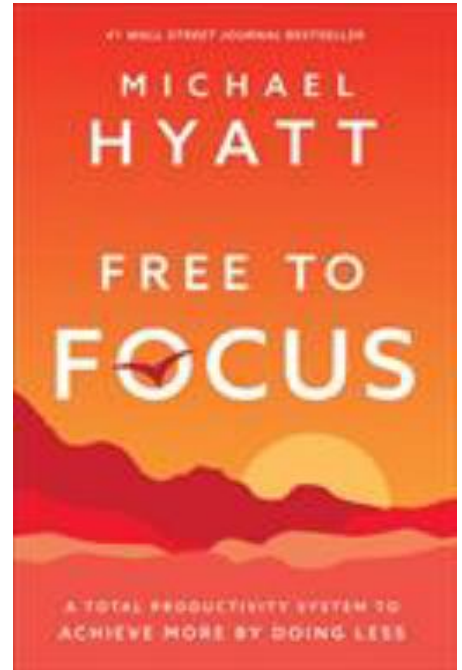
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[Productivity System to Achieve More by Doing Less](#), Michael Hyatt wants to help people cut down on their stress and take back their lives outside of work. There are nine points he gives on a three step plan; Step 1 (Stop): Formulate, Evaluate, Rejuvenate. Step 2 (Cut): Eliminate, Automate, Delegate. Step 3 (Act): Consolidate, Designate, Activate. Hyatt also offers an assessment that you can take at <https://freetofocus.com/assessment> to see where your baseline productivity is in order to get the most out of the book. Throughout the book, Hyatt delivers wonderful information in an incredibly readable tone. Complex ideas are conveyed simply, and it almost feels like you're having a casual conversation (or a therapy session if you need it) with him.

[Free to Focus](#) works well because it comes from Hyatt's real life experiences as chairman and CEO of Thomas Nelson Publishers. He has seen what it's like to have work take up your life firsthand. The book includes manageable objectives as well as relatable situations to help connect the reader with the material.



Hyatt's advice is all about making the most of your time, and helping you to work smarter, not harder. He also doesn't assume anything or blame the reader for why they might be having issues with their time. With the productivity assessment he writes, "Don't beat yourself up if your score is low. That's why you bought this book, right? You're already aware of some problems, so there's no point in trying to hide them now. And, if you score high, don't think you're ready to set aside this book just yet. No matter how well you're doing now, there's always another level of success for those dedicated to pursuing it."

It's no secret that people work too hard and have trouble with their work-life balance. There's no silver bullet when it comes to productivity, but this book "helps readers redefine their goals, evaluate what's working, cut out the non essentials, focus on the most important tasks, manage their time and energy, and build momentum for a lifetime of success."

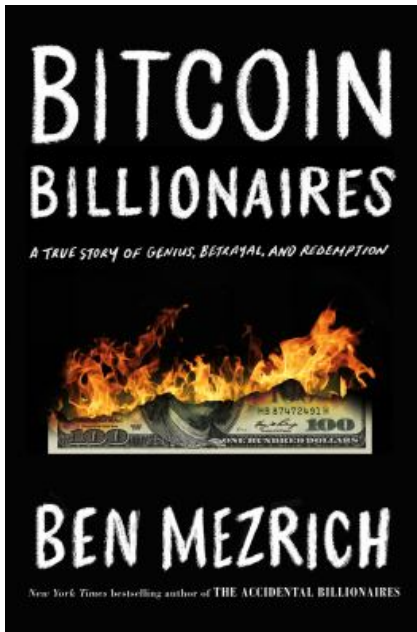
SBRC Services

The Small Business Resource Center has books, trade papers and magazines, pamphlets, and research databases you can use to help your business. But that's not all the SBRC can do for you! We have a number of services that can be useful to the entrepreneur, the non-profit grantseeker, and the job seeker as well!

Remote Reference – If you are looking to start a business, research is critical. A consultation with our Business Librarian can get you off on the right research foot. If you can't come down to the library, we offer the same help remotely. We will dig into market research to provide you with the information you can use to make your business successful.

Non-Profit Funding – Finding funding for your non-profit organization is a big task; the SBRC can make it a bit easier. We not only have books on fundraising for non-profits, but at the Main Library, you have access to the Foundation Directory Online Professional, where you can find the perfect funding source.

Resume Help – The resume can be a pretty frustrating document. You can schedule a consultation with the Business Librarian and he will sit with you and go over your resume. If you like your resume, but you'd just like some extra eyes on it, he can do that too. If you want to write a resume, but don't know where to begin, the SBRC can help you there, as well.



Cover Letter Help – Some people breeze through resume writing, but they freeze when they come to the cover letter. If you schedule a consultation with GRPL’s Business Librarian, he’ll sit down with you and give you useful feedback on your letter.

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