

SOUTH SHORE LIVING

EXPLORE • EXPERIENCE • ENJOY



HOPE IN BLOOM

As springtime arrives on the South Shore, flowerbeds begin to erupt with new life and color. For Roberta Dehman Hershon the founder of Hope in Bloom, a charitable organization that plants gardens at the homes of breast cancer patients, it's planting season. After losing her close friend Beverly Eisenberg to breast cancer in 2005, Hershon decided to do something to honor her. Both women had grown up in Sharon and enjoyed being outside in nature and gardening. Hershon wanted to help other people battling breast cancer benefit from the soothing effects of having their own gardens. "Being surrounded by nature allows your body to slow down and revive itself. This in turn boosts energy and increases serotonin levels, which helps ward off depression. Being in a garden allows patients to take their mind off their treatment and regroup," says Hershon. I think gardens can help cancer patients take their mind off their treatment and helps ward off depression." Hope in Bloom planted their first garden in July of 2007 and then went on to plant 24 more gardens last summer with the help of many volunteers and the generous donations of local garden centers. This year they have over 100 gardens planned, 17 of which will be planted here on the South Shore. Gardens are generally 12' by 12' and include a bench and water feature like a birdbath or fountain. The organization is entirely volunteer run and all donations collected go to pay for supplies. To make a garden request, volunteer, or make a donation, visit www.hopeinbloom.org.