

Woodcrest Villa Nature Trail & Arboretum

<http://rhodyman.net/WCV>

November 2025 Newsletter

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Woodcrest Villa Arboretum is Dedicated To Those Recognized with Trees & Benches

A Walk on our Nature Trail Might Be Just What the Doctor Ordered

Exposure to nature and green spaces offers a wide array of mental health benefits, including reduced stress, improved mood, and



enhanced cognitive function. This connection, supported by decades of research in environmental psychology, is often referred to as “ecotherapy.” Time spent in nature activates the parasympathetic nervous system — the part of the body responsible for rest and relaxation.

Lowered cortisol: Studies show that exposure to natural environments decreases levels of cortisol, the primary stress hormone.

Nearby nature: Even urban parks, street trees, and small gardens can provide significant mental health boosts

Escape from overstimulation: Natural environments provide a reprieve from the sensory overload of urban life, helping to alleviate mental fatigue. Connecting with nature increases happiness and overall life satisfaction.

Increased positive emotions: Nature can boost the production of feel-good hormones such as serotonin and dopamine, which are linked to improved mood and motivation.

Calming: It also leads to a lower heart rate and blood pressure, creating a sense of calm.

Sense of awe: Experiencing the beauty and vastness of nature can inspire awe, which in turn fosters empathy and social connection. Nature also has a restorative effect on the brain, particularly on attention and memory.

Attention restoration: The effortless engagement with non-demanding natural stimuli — such as rustling leaves — allows your brain to rest and recover. This helps restore your ability to focus and pay attention.

Increased working memory: Even brief exposures to nature have been shown to improve working memory, which is essential for decision-making and cognitive flexibility.

Enhanced creativity: Time spent outdoors has been linked to increased creativity and problem-solving ability. The benefits of nature can be accessed in many ways, from simple daily habits to more immersive experiences.

continued on next page

Reduced negative emotions: Time in nature helps decrease feelings of anger and irritability.

Two hours a week: A large UK study found that people who spent at least two hours a week in nature reported significantly better health and well-being.

Small “nature pills”: Short, purposeful breaks outdoors — just 15 to 20 minutes — can effectively reduce stress and improve focus.

“Forest bathing” (Shinrin-yoku): This practice involves mindfully immersing yourself in a forest setting and engaging all your senses. It has documented benefits for reducing stress and improving mood. *(Please keep your clothes on!)*

Indoor nature: For those unable to go outside, studies show that even having indoor plants or a view of nature from a window can provide measurable calming effects.

Late Boneset Feeds Migrating Monarchs



The Pollinator Garden in the Arboretum is providing nectar for migrating Monarch butterflies. The star plant is Late Boneset — an excellent late-season pollinator in Pennsylvania that supports a wide range of bees, butterflies, moths, beetles, and wasps. Late Boneset provides crucial nectar and pollen when most other blooms are fading and even serves as a host plant for the larvae of certain moth species. Its timing and abundance make it an invaluable lifesaver for late-season pollinators.



Campus Bench



Arboretum or
Trail Bench

Honor & Memory Benches Available

Now, both the original arboretum and the expansion area are filled with honor and memory trees. A new opportunity to honor or remember a loved one is with a bench, either a campus bench or an arboretum/nature trail bench. Each bench includes a plaque where you can place your message. For more information contact Steve Henning at acer103@earthlink.net or call 7116.

IN MEMOR OR HONOR OF SOMEONE

Message Here (up to 55 characters & spaces per line)
...remembrance, dedication, sponsorship, inspiration...

Thanks for Donations

Thanks to those who donated for the Trail Crew to buy supplies for the Nature Trail & Arboretum such as saw blades for trimming, mulch for the trail, and service for the tractor.

Make donations out to:

Tandem Living

with the note:

WCV Nature Trail & Arboretum

Send all donations to:

Bruce Metzler, Treasurer
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