



FOR IMMEDIATE RELEASE

## **Eldergrow is Centerpiece of CMP Grant Awarded to LeadingAge California**

Eldergrow, a Seattle-based company that brings nature indoors to elders in senior living communities, is the centerpiece of a Federal Civil Monetary Penalty (CMP) grant awarded to the State of California and LeadingAge California Association. The Initiative, named the GARDEN Project, will reach the needs of elders living in LeadingAge California's skilled nursing member communities. There are 75 communities involved in this grant, receiving a total number of 150 indoor therapeutic gardens across California.

Established in 1961, LeadingAge California is dedicated to its mission of developing progressive and innovative strategies for Californians to age well into the future. Jeannee Parker Martin, CEO of LeadingAge California had this to say, "Partnering with Eldergrow on the GARDEN Project matches our organization's commitment to providing our members with the support they need to improve the quality of care and life for their residents."



Eldergrow's Therapeutic Horticulture program includes an indoor, mobile garden filled with a variety of plants that give residents the opportunity to engage in sensory stimulation and reminiscing. The program also includes an Eldergrow Educator who conducts ongoing, interactive nature-based classes and provides garden maintenance.

The mobile, indoor gardens that the Eldergrow program is centered around are handcrafted in partnership with a job training program that employs and trains veterans and adults living with disabilities. The gardens include a custom grow light and wheels that mobilize the garden.

"We are thrilled to grow in this partnership," said Orla Concannon, Eldergrow's CEO, and Founder. "LeadingAge California has been working on this project for two years - it's rewarding to see their dedication come to life. They provide the most innovative wellness programs for their members and residents."

The value that Eldergrow brings to these communities is more than simply a garden club. A 2014 report done by the University of Washington has shown that therapeutic horticulture reduces depression, improves self-esteem, improves balance, coordination, and endurance, and can lower the risk factors for dementia by 36%.

The CMP grant is making it possible for LeadingAge California and Eldergrow to enhance the lives of hundreds more elders living in skilled nursing facilities. Rollout begins on April 26th with Eskaton Care Center Manzanita, located in Carmichael, CA.

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