

New Indoor Culinary Herb Garden at Three Pillars Senior Living Communities Adds Purposeful Flavor to Wisconsin Senior Living

Research shows horticultural therapy lowers the risk factors for dementia

Dousman, Wi. March 6, 2020 — Three Pillars Senior Living Communities has partnered with Seattle-based Eldergrow to bring a mobile Culinary Herb Garden and D-I-Y Herb of the Month program to their independent living residents at Village on the Square. On Monday, March 9, 2020 the two organizations will host an event to begin filling the garden with fragrant herbs that will be used in culinary demonstrations and activities.



Eldergrow, an award-winning company, offers seniors a therapeutic connection to nature through innovative gardening programs that bring nature indoors. Recent studies show that horticultural therapy reduces depression; improves balance, coordination and endurance; and lowers the risk factors for dementia by 36 percent*.

“We are delighted to incorporate Eldergrow’s innovative programming here at Village on the Square,” said Chief Operating Officer, David Rademacher. “Three Pillars is always looking for new and innovative ways to engage our residents. The new garden will give our residents the opportunity to nurture something with their own hands, giving them a sense of pride as they use the herbs they grow in delicious recipes that they can make with our Executive Chef.”

Three Pillars Senior Living Communities is the first senior living community to use Eldergrow’s culinary herb garden and D-I-Y Herb of the Month program in the state of Wisconsin. With the D-I-Y Herb of the Month program, communities receive fresh herbs delivered to their front door, along with recipes and tutorials for activities directors and chefs to easily follow. This program allows residents to focus on the culinary aspect of gardening, playing off of the growing farm-to-table movement. The herbs grown in the Eldergrow garden can then also be used in the community dining program.

“Eldergrow’s indoor gardens not only provide residents with a meaningful connection to nature, but also offer evidence-based mental and physical benefits.” said Orla Concannon, Eldergrow Founder and CEO. “We are excited to grow smiles and laughter with the residents of Village on the Square!”

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About Three Pillars Senior Living Communities

Three Pillars Senior Living Communities is a not-for-profit organization located in Dousman, WI and is sponsored by the Masonic Fraternity. Three Pillars Senior Living Communities takes pride in meeting the social, physical, and spiritual needs of older adults by providing high quality senior housing and services. For more information, visit www.threepillars.org

About Eldergrow

Eldergrow was founded by Orla Concannon in 2015 to offer senior living residents a therapeutic connection to nature through two innovative indoor gardening programs. The unique Therapeutic Horticulture Garden program brings nature inside 12 months a year. Eldergrow Educators teach evidence-based, therapeutic horticulture classes that improve quality of life for our growing community of elders living in residential and nursing care. The new D-I-Y Culinary Herb Garden program brings farm-to-table into senior living with fresh herbs delivered every month along with a unique Herb of the Month program. All of our gardens are handcrafted by disabled veterans and people living with disabilities. For more information, visit www.Eldergrow.org

Media contacts

Josh Van Den Berg, Chief Marketing & Communications Officer
Three Pillars Senior Living Communities
Contact: Josh Van Den Berg
jvandenber@threepillars.org
262.95.7391

Sarah Dirckx
Eldergrow
Sarah.dirckx@eldergrow.org
909-667-9102 (mobile)

*Data from 2014 University of Washington/USDA Forest Service Report