

FOR IMMEDIATE RELEASE

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Meridian Senior Living Teams with Eldergrow™ to Provide Horticulture Therapy in their Magnolias of Chesterfield Memory Care Community

Chester, VA – 12/19/2018 - Meridian Senior Living is proud to partner with Eldergrow™ to provide horticulture therapy in its memory care community: Magnolias of Chesterfield in Chester, VA. To provide extraordinary value and experience to their residents and families, Magnolias launched the Eldergrow™ mobile therapeutic sensory garden and indoor therapeutic therapy program on Monday, December 17th, 2018. Magnolias is the first senior living community in Virginia to partner with Seattle-based Eldergrow™ to offer their program to their residents.

At the program kick off, twenty-five engaged, smiling residents enjoyed the hands-on planting of a beautiful indoor sensory garden. Eldergrow is an indoor therapy garden that will allow our residents to care for the plants all year long. It is in a raised flowerbed that allows everyone, including those at the wheelchair level, to work in the garden. It consists of all organic materials which are non-toxic if consumed. Patti, the expert garden Educator, demonstrated to Magnolias' residents the different types of plants and herbs she had prepared for the garden. Then she helped each resident pick out a seedling and plant it into the garden. Each resident and the plant they picked was recorded and the residents will continue to take care of the plant and help it grow. Every day, a different resident will water the garden and twice a month Patti will come back to the facility to lead various activities with the residents using the garden. The garden will also be used for various programs throughout the month including sensory stimulation. Based on scientific findings, the community expects to see a vast number of benefits with this garden therapy including increased independence in caring for living objects, a sense of purpose and accomplishment, as well as improvements in the sensory, social, physical, cognitive, and spiritual domains that Magnolias strives to enhance for those in their memory care facility.

Katie Butler, Director of Life Enrichment at Magnolias, raves, "This is such a wonderful tool to be able to use with our residents and it is already bringing so much interest and life into the room it's in. There were so many smiles during our kickoff event, and I know they're only going to continue with the garden activities that follow." Annie, a participation resident, commented that, "It was just beautiful! Such a blessing to be a part of!"

For more information about Magnolias of Chesterfield visit: www.magnoliasofchesterfield.com. For more information about Eldergrow™, visit: <http://www.eldergrow.org>.

About Meridian Senior Living:

Meridian Senior Living, LLC, a privately held company, owns and operates senior housing communities across the United States. With more than 7,000 beds, Meridian is currently the eighteenth largest senior housing operator in the United States. Meridian prides itself on providing the highest quality care and affordable living options to residents in their own communities. Although large in scale, Meridian focuses its growth effort on building state-of-the-art properties in cities outside major markets. For more information on Meridian Senior Living, visit us online at www.meridiansenior.com.

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