



**FOR IMMEDIATE  
RELEASE**



## **Allendale Senior Living Brings Nature Indoors**

**Allendale, N.J., Sept. 29, 2022** – [Allendale Senior Living](#), an assisted living community in Bergen County, has found a new way to connect its residents to nature. This week, Allendale launched an innovative indoor gardening program – [Eldergrow](#)'s D-I-Y Culinary Herb Garden program. Eldergrow, an award-winning Seattle-based company, offers therapeutic gardening programs to seniors in residential and skilled communities. Through this new partnership, Allendale's residents are now able to nurture a lush and fragrant indoor herb garden from the safety of their community.

"We are so grateful that our residents can safely interact with nature throughout their day. Eldergrow and our incredible staff now make that possible", says Lynda Gaspar-Craan, Executive Director at Allendale Senior Living.

Studies show that therapeutic horticulture reduces depression, improves balance, and lowers the risk factors for dementia by 36%. Allendale will maintain their garden and therapeutic program through Eldergrow's 'Herb-of-the-Month' program. The community will receive fresh herb deliveries and curriculum every month, and will conduct ongoing cooking and herb activity demos with residents. Further, Allendale Rehabilitation & Healthcare Center, the continuing care campus' skilled nursing component, will participate in the partnership via Eldercare's Therapeutic Garden program.

"We are excited to start our new partnership with Allendale," says Eldergrow's CEO & Founder, Orla Concannon, "This is easily a reflection of the innovative wellness that the community provides to their residents because if you have a healthy garden, you know you have a healthy community!"

###

About Eldergrow: Eldergrow, a Seattle-based company, brings nature indoors to elders living in senior living through therapeutic gardening programs. Founded in 2015 by founder Orla Concannon, Eldergrow offers innovative indoor programs and activity kits. The DIY Culinary Herb Garden is designed for assisted and independent living settings and is complemented by an 'Around-the-World' Herb of the Month program. The Therapeutic Horticulture Garden program is a hands-on wellness program facilitated by in-person Educators who teach therapeutic gardening classes and provide garden maintenance for memory and skilled care settings. Each of the programs is centered around indoor, mobile gardens which are handcrafted in the United States. For more information, visit [www.Eldergrow.org](http://www.Eldergrow.org)

### **Media Contacts:**

Eldergrow Communications & Marketing - Madison Stoehr, 503-332-4518,

[madison.stoehr@eldergrow.org](mailto:madison.stoehr@eldergrow.org)

Allendale Senior Living – Bari Siegel, Caryl Communications, 201-796-7788, [bari@caryl.com](mailto:bari@caryl.com)