



FOR IMMEDIATE RELEASE

Oxford Enhanced Senior Living Brings Nature Indoors

LANGHORNE, Pa. (Oct. 7, 2022) – [Oxford Enhanced Senior Living](#), a personal care community in Bucks County, has found a new way to connect its residents to nature. This week, Oxford launched an innovative indoor gardening program – [Eldergrow](#)'s D-I-Y Culinary Herb Garden. Eldergrow, an award-winning Seattle-based company, offers therapeutic gardening programs to seniors in residential and skilled communities. Through this new partnership, Oxford's residents are now able to nurture a lush and fragrant indoor herb garden.

"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 Karen Fota, executive director at Oxford.

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

"We are excited to start our new partnership with Oxford," says Eldergrow's CEO and founder, Orla Concannon. "This is easily a reflection of the innovative wellness that the communities provide to their residents, because if you have a healthy garden, you know you have a healthy community!"

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About Oxford Enhanced Senior Living: At [Oxford Enhanced Senior Living](#), in Langhorne, Pa., residents can enjoy a fulfilling lifestyle with everything they need on campus. With beautifully appointed apartments, gourmet dining, onsite rehab care, and an engaging mix of programming and activities, residents have access to the services they need, when they need them. Experience this charming community by scheduling a visit and tour. Call (215) 752-9730 for more information.

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 are centered around

indoor, mobile gardens which are handcrafted in Washington by veterans and adults living with disabilities. For more information, visit www.Eldergrow.org

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