

NEWS RELEASE



For immediate release

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Integris horticultural therapist to discuss the benefits of gardening for seniors with dementia

EDMOND, Okla. – Annie Napier, horticultural therapist with Integris Jim Thorpe Rehabilitation, will present “In Touch with Life through Gardening” and discuss the use of terrariums as therapy for those living with Alzheimer’s disease or other dementia during Touchmark at Coffee Creek’s “Garden Party.”

The party and tour of Prairieview Memory Care Residences is scheduled 1-3 p.m. Saturday. The event is open for experienced gardeners and beginners. Attendees also will be able to learn about Touchmark’s Growing Together™ Garden, and everyone will be able to create their own terrarium. Touchmark is located at 2801 Shortgrass Road in Edmond.

Napier is also adjunct professor at Oklahoma State University-Oklahoma City, and graduated from Kansas State University.

She explains that gardening as therapy can restore vitamin D levels, as a person gets sun exposure; strengthen the bones, as it is good weight-bearing exercise; help reduce blood pressure; and help reduce pain- and sleep-control medicines. Also, she will offer tips for adapting garden tools and using proper body mechanics when gardening.

The Prairieview garden is in a courtyard between two paired memory-care neighborhoods and includes raised-bed gardens featuring flowers and other plants.

Prairieview was designed to provide appropriate levels of stimulation and support in a homelike, secure area. Attention to detail is evident in everything from the lighting to colors, furniture and accessories.

Touchmark’s memory care program offers personalized daily programs, supervised weekly outings, excursions, Life Enrichment/Wellness activities, 24-hour monitoring and an emergency call system.

Prairieview is one of a wide range of homes and lifestyle options at Touchmark, which is part of North Edmond’s Coffee Creek planned residential development that includes 638 acres of homes, a golf course, recreational centers and walking and biking trails for Coffee Creek homeowners. For more information, visit Touchmark.com or call 405-340-1975.

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Caption: A secure, outdoor garden provides residents contact with living plants. The Prairieview gardens and courtyard includes nontoxic plants, raised garden beds and seasonal plantings to provide year-round color, just as with the plants resident Mary Coulson has. This Saturday, a ‘Garden Party’ will host Integris horticultural therapist, who will speak about terrariums, among other gardening topics.

TOUCHMARK at Coffee Creek

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