

PLANT SOME SUNSHINE

Many senior homes and care facilities lack brightness and energy causing increased stress, depression and anxiety amongst its residents. According to behavioral research conducted at Rutgers, The State University of New Jersey, the presence of flowers triggers happy emotions, heightens feelings of life satisfaction and affects social behavior in a positive manner far beyond what is normally believed. The study showed flowers having a long-term positive effect on moods. Specifically, study participants reported feeling less depressed, anxious and agitated after receiving flowers, and demonstrated a higher sense of enjoyment and life satisfaction.

The goal of this program is to create flower pot kits to brighten nursing home rooms and provide a tangible benefit to people's moods as they watch their elegant flowers bloom.

Each flower pot kit includes:

- Flower pot – make your own design
- Seeds Packet
- Soil Packet
- Plant Markers
- ... and more!

Participants not only pack the kits with the necessary materials, they also decorate the flower pots and gift boxes with colorful flower/gardening themed designs and messages along with creating a care card with instruction on how to take care of the flower.

Depending on the timing, a beneficiary representative can attend the event and say a few words of thanks!

