

Grace Senior Living of Douglasville Residents Revolutionize Gardening

2 vertical, aeroponic tower gardens use only water and nutrients, not dirt

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SUMMARY

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Using two tower gardens that use only water and nutrients rather than dirt, residents are experimenting with growing up to 20 different herbs, plants, flowers, vegetables, or fruit. Grace Senior Living residents are currently producing lettuce, tomato, basil and cucumbers.

“It is a miracle to be able to grow vegetables without planting them in the ground. It is so relaxing to hear the water running while watching them grow. We love being able to pick the lettuce right off and eat it in the process,” Karen Cabral, Executive Director at Grace Senior Living, said.

“The residents tend to the tower garden about three to four times a week. They enjoy spending time outside as they watch the plants grow and produce. They are anxiously awaiting to eat them!” Cabral said.

“Many people in this generation grew up tending their gardens every day. Having the tower garden gives them something to do and something to look forward to. It is very therapeutic for all of us,” Cabral said.

“We are thrilled to provide another life enrichment opportunity for our residents at Grace Senior Living. This unique aeroponic garden grows without soil, so the residents find it very intriguing, fun and enjoyable! They are looking forward for the next harvest, so they can eat the food it provides,” Bryan Cook, chief operating officer of Legacy Senior Living, Management Company of Grace Senior Living, said.

About Grace Senior Living of Douglasville

Situated in beautiful Douglas County at 8847 Hospital Drive, Grace Senior Living of Douglasville is a personal care home in Douglasville, Ga., that offers assisted living type services in a safe, attentive,

homelike atmosphere. The facility, which is in the metro Atlanta area, is committed to serving the greatest generation with honor, respect, faith and integrity. More information is available at graceseniorliving.net or by calling (770) 920-2273.

Grace Senior Living is part of a family of senior living communities throughout the Southeast owned and/or operated by Legacy Senior Living of Cleveland, Tenn. The parent company specializes in offering independent living, assisted living, and Alzheimer's care services. It was founded in 2002 by Barry Ray and Bryan Cook, senior living industry veterans. More information is available at legacysl.net.



QUOTES

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— Bryan Cook, chief operating officer of Legacy Senior Living, Management Company of Grace Senior Living

IMAGES



SPOKESPEOPLE



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ABOUT GRACE SENIOR LIVING - DOUGLASVILLE, GA

Conveniently located across from Wellstar Douglas Hospital, Grace Senior Living in Douglasville, GA, is a licensed Personal Care Home in metro Atlanta designed specifically to meet the needs of seniors. This convenient location makes for easy access to shopping, dining, medical facilities and other senior needs. While maintaining the privacy of their own apartment, residents are free to enjoy the company of others, participate in meaningful activities, or simply relax and enjoy a wonderful way of life.



Grace Senior Living - Douglasville, GAnewsroom