
November 20, 2017
PRESS STORY
FOR IMMEDIATE DISTRIBUTION

CONTACT:
Kelly Leger
(770) 467-4750

SPALDING COUNTY SENIOR CENTER RECEIVED STATEWIDE PROGRAM AWARD

Spalding County Senior Center was recognized at the state level and presented with the Program of the Year Award for the “Come Grow With Us” raised bed garden initiative at the Senior Center. The program was recognized as an innovative and outstanding program made possible through the collaborative efforts of the Spalding County Parks, Public Grounds and Leisure Services, the Spalding County Cooperative Extension Office, the Georgia Resource and Development Council/Two Rivers Regional Commission, the Natural Resources Conservation Service, Towaliga Soil and Water Conservation District, the Griffin Home Depot, Boy Scout Troop 37 and Cub Scout Pack 103.

The program included educational classroom instruction on food demonstrations, tea making classes, hands-on-planting, gardening and general maintenance, harvesting and composting. “Come Grow With Us” has impacted the seniors by providing gardening skills and knowledge that teaches them how to grow their own food. Participants have been encouraged to try new things such as Asian coleslaw during a food demonstrations and lemon grass tea at the tea making class; they are trying things they never would have thought about trying before!

“Come Grow With Us” has made its mark on the Spalding County Senior Center and has empowered seniors to learn new skills in their later life that will help sustain their health and wellness. This program initiative has built a community of gardening friends that involves participation and interaction with one another. These relationships are built on trust and responsibility that will have a lasting impact on each individual involved with the program.

The seniors are uncovering new passions, through gardening practices, for growing their own affordable food. They are gaining knowledge about seasonal crops and how to grow and eat from their gardens all year long!

#