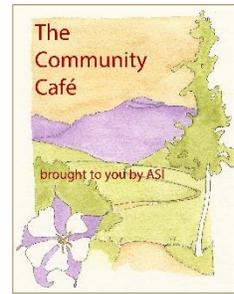


PRESS RELEASE

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Pagosa Springs, CO



NEWS FROM THE COMMUNITY CAFÉ

Gardening

Gardening and other outdoor have long been proven to assist in rebuilding skills after surgery, accident, stroke, or other misfortune, regardless of an individual's age. With spring exploding all around us, those with a passion for being out of doors are flocking to their gardens, local trails, and ranches to accomplish the early season tasks so essential for a productive summer season.

Now horticultural activities have also been shown to have a positive effect on "immunosenescence" in a pilot study reported in [The Journals of Gerontology](#). This finding matters because immunosenescence – in which natural aging processes lead to increased chronic, low-grade inflammation – is one of the age-related factors that pose a serious risk to health for adults 60 and better. In part, this factor has repercussions for an individual's ability to respond to infections and long-term immune memory – in other words, building a strong response to vaccinations.

Contact with nature and the activities associated with being engaged in nature boosted immunity in adults age 60-85. As an added bonus, "exposure to green spaces is also associated with enhanced cognitive function, including prolonged attentiveness and [better working memory performance](#)." A five minute warm up stretch and breathing session followed by an hour of either indoor or outdoor gardening once a week provided positive results.

You can learn about ASI programs here in Pagosa Springs, find resources for wellness and aging, and make reservations with The Community Café for take-out and Meals on Wheels at: <http://www.psseniors.org/>.

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