



News from the Somerset County Board of Chosen Freeholders

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FOR IMMEDIATE RELEASE

Somerset County Celebrates Horticultural Therapy Week

SOMERVILLE – Just in time for spring, the Somerset County Board of Chosen Freeholders issued a proclamation declaring March 15 to March 21 as Horticultural Therapy Week.



Freeholder Deputy Director Patricia L. Walsh and Freeholder Patrick Scaglione celebrated Horticultural Therapy Week at the Adult Day Center March 18. They participated in the cultivation of a wheelchair-accessible planter during a workshop facilitated by certified horticultural therapist Laura DePrado.

“Horticultural therapy is the practice of utilizing garden environments to aid in rehabilitative and vocational therapies and is also used in treatment of mental illness,” said Freeholder Deputy Director Patricia Walsh. “Somerset County is pleased to promote the use of this beneficial and effective therapy this week and throughout the year.”

Deputy Director Walsh and Freeholder Patrick Scaglione celebrated at the Adult Day Center of Bridgewater, where they helped 26 participants plant a variety of early spring primroses and daffodils in a wheelchair accessible planter table. The focus of the workshop was to engage participants in a fun activity that stimulated the senses, encouraged teamwork and socialization, inspired curiosity of nature and utilized motor skills.

“The people-plant connection empowers the individual to learn and grow,” said Freeholder Patrick Scaglione. “At the root of horticultural therapy is the opportunity to engage with nature for individual and collective benefits.”

There are many different types of therapeutic gardens but all share seven characteristics. These characteristics are scheduled, regular activity in the garden facilitated by a trained and certified horticultural therapist, accessibility modifications, well-defined perimeters, an abundance of plants and opportunities to interact with them, safe and secure settings, universal design and satisfying, interesting place making.

In honor of Horticultural Therapy Week, Somerset County invites residents to celebrate in the outdoors – to start a garden, set aside time outdoors to reflect and rejuvenate and learn more about the many benefits of horticultural therapy.

To stay up to date with Somerset County events and information, sign up for free [email alerts](mailto:alerts@co.somerset.nj.us) at www.co.somerset.nj.us/subscribe.html or follow us on [Facebook](https://www.facebook.com/somersetnj) and [Twitter](https://twitter.com/somersetnj).

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