

Grow Community & Good Health

Agrihoods are organized communities that integrate agriculture into residential neighborhoods.

The purpose of these communities is to facilitate fresh food production while at the same time providing recreation and health benefits for members of the community.

Angel House works to 'retrofit' Agrihood into suburban South FL to Benefit Schools, All Faith-Based, HOA/Condo Associations, Home-schoolers, Scouts, Small Business, civic or volunteer groups (Think "Habitat" projects) Autism, as well as Families, Retirees, Students, Unemployed, Veterans and those in Addiction Recovery.

Seniors are not the only ones who can benefit by participation in the growing trend of Urban Agriculture. People of all ages and abilities, particularly those with special needs - autism, mentally or physically disabled, addiction issues and just those 'going through a rough patch' on their journey, can benefit from horticultural therapy as well. Angel House's Tower Garden is just the first step in urban farming for Doreen, Andrea and the team. We're out to build resilient families and self-reliant Agrihood Community around us.

GoAgrihood provides volunteer and internship opportunities to employment. Learn more about this expanding, entrepreneurial, creative, cutting-edge and new-old way of prosperity and health as we grow food, community and our local economy, organically and holistically.

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Urban Farming

A Growing Trend in Healthy Living
at Every Age.



Learn about the 4 huge benefits of horticultural therapy for children, adults and seniors. Addiction Recovery, Autism, PTSD, Diabetes, Immune and Inflammatory conditions and more.



Posted On [09 Oct 2015](#) By : [Krystal Chan](#). *aPlaceforMom*.

A diverse and creative activity program is not only a great selling feature for a senior living community, but also a way to maintain resident satisfaction and retention.

A horticultural therapy program in your community not only helps new residents transition into their new home, but can help support current **residents' health and wellbeing**.

1. Elevated Mood

Many people who live in northern climates are familiar with Seasonal Affective Disorder (SAD), which causes depression and decreased energy during winter months when many of us lack enough **sunlight**. Orla Concannon, founder of Elder grow, points out that deprivation of **nature** causes similar ailments. Studies show that people who participate in horticultural therapy experience elevated mood and a reduction in depression for up to three months.

“We have so much time on our hands and we spend all of our time looking backwards. Whether it's with fondness or regret, but **gardening is one thing that helps us to look forward**”. One Senior Resident.

2. Decreased Risk Factors

An NYU study from 2005 looked at patients who were in cardio-pulmonary rehab and were also participating in therapeutic gardening. They found that their patients' heart rate decreased immediately following a horticulture therapy session. The patients saw a lift in mood as well. A separate Australian study from 2006 showed that gardening on a frequent basis was found to reduce the risk factors for dementia by 36%.

3. Improved Motor Skills

Gardening can be considered a gentle form of physical therapy. Gardening has been shown to improve bone mineral density and improve dexterity in those with arthritis.

4. Stronger Sense of Purpose

An effective horticultural therapy program will also allow residents to contribute to the community and to their families, whether it's by growing herbs that the chef can use, or growing a gift for their loved ones.

Angel House Experience

In early May, 2018 Angel House, a small, diverse, very holistic plant powered Assisted Living Facility, planted a vertical aeroponic garden. This advanced soil-free technology will provide convenient, safe urban agriculture for the wellbeing of their residents. The immediate engagement of residents and daycare clients was phenomenal. From the moment the tiny seedlings were placed in the tower, an urban farm family was born. Clearly, this is their garden, viewed as food from the seedling stage! Everyone enjoyed trying tiny mint leaves and garlic chives, full of fresh, intense flavor, despite their small size.

Doreen Campbell, founder and administrator, shared her experience with residents & staff, finding them not only focused, but insightful, animated and verbal. Several unexpected benefits include the tranquil sound of water, as the Tower Garden bathes plant roots in nutrient solution.



Feeling needed or productive, an equal to their caregivers, is a common goal for residents of assisted living or nursing homes, leading to more activity, better cognitive function and less depression. The improvement in various clinical health measures as seen here, can also lead to reduced medication, and thus fewer side effects. Alongside food, we see independence, confidence and community taking root. There's hardly an area of life that isn't improved by gardening. Angel House residents are healthier and happier already!