



AFFORDABLE LUXURY ADULT DAY CARE

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Press Release

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FOR IMMEDIATE RELEASE
3pm, EDT, April 23, 2009

THE IVEY® ADULT DAY CARE PLANTS VEGETABLE GARDEN ON EARTH DAY

SOUTH PARK, CHARLOTTE, NC, APRIL 23, 2009

Contributing to the Earth Day celebration on April 22nd, The Ivey®'s members, care partners and staff took part in planting its first vegetable garden.

The Ivey® is an adult day care center located in the SouthPark area of Charlotte, NC, that serves the older adult population who are struggling with the challenges of aging, such as social isolation, memory challenges, physical frailty, but who still want to remain independent in their own home or the home of their adult children.

The 80 square foot garden is now home to four different kinds of tomatoes, zucchini, yellow squash, red and yellow peppers, green beans, swiss chard and spinach. The Ivey's chef, Rick Dobrowski, had a definite goal in mind with this garden: "My goal was to plant a mix of ingredients that I could use frequently in our daily menus, including herbs such as rosemary, which is known to improve memory and other cognitive functions. Having our garden onsite not only puts fresh vegetables and herbs on our members' plates but it also give them a feeling of accomplishment when they recognize that they've just picked the tomatoes that are now in their lunch salad."

According to Lynn Ivey, Founder, "...having a sustainable garden is one of the ways The Ivey® contributes to a greener environment, provide fresh delicious nutrition daily, and creates activities that have life purpose for our members. It is a well-known fact that reduced amounts of certain dietary nutrients are associated with memory loss and other thinking problems-especially in older individuals. With a proper diet, rich in fresh vegetables and fruits, our brains and bodies work more efficiently and we have more energy."