

"From the Ground Up" - Putnam County

Eliminating Obstacles to Gardening: Green Thumbs, Healthy Joints Grant 2017

Once again, Putnam County Aging Program received a gardening grant to benefit seniors with arthritis and joint issues.

Last year the provider established raised garden beds at each of their Putnam County centers, which have been lovingly tended and are now in full bloom.

This year's grant will enable each center to establish a perennial garden and offer seniors an opportunity to explore vertical gardening.

As part of the grant, special gardening tools for those with arthritis and other joint related conditions were purchased. Ergonomic gloves, which offer protection for the skin yet allow pressure to be alleviated from the joints, were also obtained.

In addition, Putnam County Aging purchased an ergonomic garden shovel, allowing those with arthritis to comfortably dig up the ground for the perennial planting.

If you would like more information about center gardening beds or to try out our tools at the center or be a part of our gardening programs, please contact Karen Johnson at 304-755-2385 for more information.

This grant is funded by the WV Bureau of Public Health, Division of Health Promotion and Chronic Disease and administered by the Center for Excellence in Disabilities.







