

PINE GROVE, PA, October 09, 2013 **/24-7PressRelease/** -- Solar Innovations, Inc., a custom manufacturer of residential and commercial greenhouses; skylights; windows; conservatories; sunrooms; folding, sliding, and stacking walls, doors, windows, and screens; provides greenhouses for retirement communities. Solar Innovations, Inc. has completed multiple greenhouses for use in retirement communities. The implementation of a greenhouse setting provides residents with mental, social, and physical benefits.

Retirement greenhouses provide climate controlled environments that allow residents to safely garden year round. Weather fluctuations often deter individuals from venturing outside and enjoying nature. Because of increased sensitivity to extreme high or low temperatures and the fall risk presented by rain, ice, or snow senior citizens tend to remain indoors more often. Greenhouses provide an opportunity for residents to experience nature without ever leaving the safety of their retirement facility.

In a study conducted by the Administration of Aging, it was found that adults 65 years and older are at a greater risk of disease as a result of decreased levels of exercise and poor dietary and/or lifestyle choices. Greenhouses provide older adults the ability to grow their own fruits and vegetables; and consume them with family and friends. Solar Innovations, Inc. can provide all the accessories required to easily produce fruits and vegetables in a greenhouse. From cold frames where lettuce and carrots can be grown to tropical greenhouses that can house citrus trees, Solar Innovations, Inc. can customize a greenhouse to fit any need.

Horticulture scientists at Kansas State University found the moderate physical activity that takes place during gardening can improve mobility, strength, and endurance in the elderly. The study showed that a gardening session can burn up to 350 calories and the required movements increase hand strength, joint flexibility, and motor skills.

Even residents who do not partake in gardening activities will find time spent in the greenhouse therapeutic. Exposure to sunlight can alter moods and natural light has been used to treat mild forms of depression for more than 25 years. Because Solar Innovations, Inc.'s greenhouses employ laminated glass, residents can experience the benefits of sunlight without being directly exposed to the sun's harmful UV rays. A study by the Baker Research Institute found that natural sunlight increases serotonin levels -- a natural antidepressant released by your brain.

Solar Innovations, Inc. takes into account that the greenhouse is going to be used by retirement home residents during the design process. Special care is taken to make sure the space between gardening benches has a turning radius of at least 60 inches, which is ADA compliant. The benches' heights can also be adjusted to accommodate specific requirements and for ease

of use. Taking into account the need for wheelchair and handicap accessibility, an ADA sill is used on the greenhouse door's threshold.

Retirement community greenhouses can be freestanding, although they are more often attached to a pre-existing building, allowing residents to visit the greenhouse without exiting the main facility. The greenhouse can also feature ridge vents and/or windows to promote air circulation. When purchasing a greenhouse, Solar's team of in-house engineers and greenhouse experts will work to create the ideal environment for your retirement community. Turn-key greenhouse can be customized with accessories and environmental control systems, allowing elderly residents to comfortably and safely tend to their plants.

Because the happiness and healthiness of residents is paramount, the benefits provided by a greenhouse are priceless. An article published by HortTechnology, showed 84 percent of gardeners agree with the statement, "I have made plans for things I'll be doing a month or year from now." The same article claims that 75 percent of gardeners who participated in the survey rated their health as "very good" or "excellent." The article reads, "These factors in conjunction with higher physical activity result in healthier lifestyles and increased quality of life."

More information on greenhouses can be found on Solar Innovations, Inc.'s website. If you would like more information on Solar Innovations, Inc.'s retirement greenhouses or are interested in speaking with a greenhouse expert, please contact the marketing department at skylight@solarinnovations.com or call 800-618-0669.

Solar Innovations, Inc. has succeeded by listening to its customers and delivering a complete line of high performance structures and accessories including doors, windows, ridge vents, and more. Solar now resides in a state-of-the art 225,000 sq. ft. corporate office and manufacturing facility that is located in Pine Grove, PA, and employs over 120 team members.