

Nature & Nostalgia

A TNAC sensory engagement program for older adults

Since 2011, the Trumbull Nature and Arts Center has provided environmental education to students and families in Trumbull and the surrounding region. We are now expanding our outreach to the senior community.

A One-Hour Session at Your Facility

Led by an Environmental Educator from the Trumbull Nature & Arts Center, this sensory-based program invites participants to engage with a curated collection of natural and nostalgic objects. Each item is specifically chosen to foster memory recall, sensory stimulation, and social connection.

During the session, participants can:

- **Awaken Memories:** Experience natural and nostalgic aromas designed to evoke fond, familiar scents from nature and daily life.
- **Listen & Connect:** Reconnect with familiar sounds of the outdoors that recall childhood experiences.
- **Engage & Share:** Handle textured natural objects that serve as catalysts for storytelling and peer interaction.

This program is informed by a 2025 meta-analysis of over 700 seniors in care settings. This research indicates that nature-based activities have a significant effect on lowering stress and agitation. The study found that indoor nature experiences are highly effective, providing major benefits through engagement with natural elements like scents and sounds.*

**Healthcare 2025, 13(14), 1727; https://doi.org/10.3390/healthcare13141727*



Program Details

- **Length:** One hour
- **Space Needed:** Any group or common area in your facility
- **Availability:** Weekdays | 9:30 AM – 2:00 PM
- **Cost: $300 for a group of up to 20 participants**

For more information or to schedule this program, contact:
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