

October 2019

Brentwood at Fore Ranch News & Notes



4511 SW 48th Ave
Ocala, FL 34474



Today's Trend Virtual Reality Alternative

The words “virtual reality” may sound like something out of the future, but this technology is actually being used to return to the past as well as to experience life in the present. Through the use of a headset or goggles, a person can experience a virtual world from every angle. VR is often associated with video games, but it has practical uses as well, such as helping to train pilots and surgeons.

With VR, seniors can also revisit their pasts by taking a virtual stroll through their hometown or returning to a favorite vacation spot. Along with enjoyment, the use of VR can offer seniors therapeutic benefits, including improved mood and reduced anxiety. The technology has been used as a comforting tool for dementia patients and to treat chronic pain.

COME ON IN AND JOIN US

Oct 10th Birthday Bash 2pm

Oct 11th Sunshine Singers 2pm

Oct 15th Bean Bag Competition 2pm

Oct 24th Taste & Tell

Oct 28th Community Out Reach Helping Hands

Oct 30th Fall Festival 3pm



Benefits of Essential Oils:

Essential oils are used in aromatherapy by breathing them in from a cloth, diffuser, vaporizer or spray; massaging them into the skin; or mixing them in bathwater. Many essential oils have a calming effect, helping to ease stress, anxiety and depression. Some oils may relieve minor pain, headaches & arthritis symptoms, or help treat conditions such as psoriasis, constipation & hair loss relieve minor pain, headaches & arthritis symptoms, or help treat conditions such as psoriasis, constipation & hair loss.

Here are the benefits of some common essential oils:

Lavender. The relaxing effect of this oil can relieve insomnia and soothe migraines.

Lemon. The stimulating scent of lemon boosts your energy and mood.

Tea tree. The antimicrobial properties in this oil are ideal for treating bacterial and fungal infections.

Peppermint oil can provide relief from tension headaches and nausea.

Rosemary. This oil can ease muscle pain and improve memory and concentration.

Eucalyptus. This oil can help relieve the airways during a cold or flu. It is often combined with peppermint. Many people are allergic to eucalyptus, so care should be taken.

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