

October 2019

Villas at Sunset Bay News & Notes



7423 Kauai Loop
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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.

What's Happening?

It's hard to believe that October is already here we in Florida are teased with the idea of cooler weather, but we will take whatever comes to us. The plan is that whenever weather permits we will hold our activities out of doors, since we have a beautiful patio. So don't be surprised if you drive by, to see and hear us enjoying Noodle-Loon or cheering each other on in Putt-Putt or Corn-hole. We will have our popular Taste and Tell on the 16th and the 31st brings our Halloween party. Temperature permitting we will sneak a picnic.



Spotlight on Margaret

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

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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.

October Birthday's

Pearl S. 12th
Dorothy P. 17th
Don H. 19th

Be sure to plan on joining us for our special Birthday Lunch with Ronnie on Thursday, 10/17 in the Private Dining room

Spotlight on Margaret cont.

Let me tell you about this amazing lady, Margaret hails from Chicago, Illinois. If you are very lucky you may hear her playing the piano or see her participating an one of her favorite activities Bingo. Margaret is always positive and quick with a smile, oh by the way did I mention that she is 103 years old!

