

October 2019

Evolve at Rye News & Notes



295 Lafayette Rd.
Rye, NH 03870



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.

Upcoming Events in Our Community:

***Our Birthday Party Bash will be held on
Friday, October 18th at 3:00 p.m.***

***Our Taste and Tell with Chef Rob will be
held on Tuesday, October 29th at
2:00 p.m.***

***Our Halloween Gathering and Parade
will be held on Thursday, October 31st at
2:00 p.m.***

Looking Forward to seeing you!



Happy October!

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.

Evolve at Rye Wishes Our Residents a Very Happy Birthday!

Fern C October 7th

Evelyn K October 11th

