



How Aromatherapy Can Help You

Have you ever taken a deep breath and been reminded of a special moment in your life? Someone you love, a meaningful experience, or a place that carries deep meaning? Maybe the smell of fresh-cut lilies reminds you of your mother, a gardener. Sitting at a gas pump, you may be reminded of your grandfather, who loved to work on cars. The smell of salt water transports you to a family vacation long ago, and you can almost hear the seagulls...

Our sense of smell can open doors to memories that lift us up, comfort us, and remind us to smile. For those with memory loss, smell can serve this purpose and so much more.

Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. The simple inhalation of specific scents can help remedy a broad range of negative emotions often experienced by those with memory loss.

Memory Boosters

Basil, Cypress, Lemon, Peppermint, Rosemary

Essential oils used for aromatherapy must be 100% pure, and can often be irritating if applied directly to the skin. To safely and effectively absorb oils,

mix them into lotions and smooth onto the skin or diffuse the oils into the air, where they can be absorbed by simply breathing. On a much smaller scale, different aromas can be achieved at home by purchasing over-the-counter lotions, massage oils and spices.

For example, lavender is known as one of the most powerful and versatile scents and can be used to assist those experiencing anxiety, aggression, or agitation. The scent of a rose is the most potent treatment for apathy, and the list goes on. Below is a list of emotions, and the scents that can be used to help remedy them.

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Happy Birthday!

Dana D.	March 05
Linda H.	- March 06
Mary M.	March 16
Neil H.	March 18
Carolyn M.	March 26
Irvin A.	March 30

Family Night

Join us for our Spring Fling Dance on March 12th from 4-6pm. This month we look forward to another meaningful celebration with families. Residents will spend the week preparing decorations, hand crafting jewelry, and reminiscing about special dances from proms to weddings! We encourage you to bring your loved one a special dress or tie the day prior to our family night. Live music, drinks and snacks will keep us dancing! Please RSVP by March 10th.

Outings

Oh, the places we'll go! Our bus has a beautiful new look, and residents at The Legacy at English Station are enjoying outings weekly. Lunches out, movie theaters, scenic tours, and sporting events are just a few destinations our residents request. If there is a special restaurant that is meaningful to your loved one, let us know so we can add it to our scheduled trips.

Executive Director Corner

Welcome to March!

It's hard to believe that springtime is already on the horizon. It seems like just yesterday that we were ringing in the New Year, and now we're well into our journey through 2020. If you're sentimental like I am, ask a member of our team about our Artisans program, where regular scrapbooking can help you capture and cherish precious moments as they come.

Recently, we kicked off our Mystery Theme Year with our Willy Wonka Theme Week and Themed Dinner. From Oompa-Loompas to Gene Wilder doppelgangers, it was amazing seeing everyone take a tour of our campus-turned-chocolate factory. Getting to try the Gobstopper Cake with new and familiar faces was a personal highlight of mine, and has satisfied my sweet tooth for the foreseeable

future. Thank you to our Life Enrichment and Dining Services teams for putting together such an incredible event!

Finally, in honor of National Employee Appreciation Day (March 6th), please join me in thanking all our teams for their part in our recent Theme Week, and for always striving to make each day more memorable than the last. While seeing to your immediate needs will always be their highest priority, our employees also believe in hearing your stories, celebrating your passions, and filling your days with joy.

It's been a great year so far, and I can't wait for you to see what we have planned for the weeks and months ahead. Until then, if you ever need anything, you always know where to find me!

Yours in Service,

Tori Harper

Executive Director

Creative Cooking

Creative Cooking is a favorite in our Daily Rhythms programming. Following Vitality and Keeping It Sharp, we walk to cooking class together and are excited to find out what our featured recipe is each day. Residents read the directions to one another, measure ingredients, stir the concoctions, discuss favorite recipes, reminisce about cooking with loved ones and often laugh as they share stories of recipe "mishaps" over the years.

LIFELONG LEARNING

Lifelong Learning at The Legacy at English Station gives our residents a chance to shine! We learn about each other's hometowns, travel experiences, careers, and hobbies by featuring the unique life histories of our residents during our Lifelong Learning programs. From college years in Paris to building beautiful homes in Louisville, we learn from the amazing lives lived while honoring our residents' stories and becoming Best Friends.

PHOTO HIGHLIGHTS



Clarence H. treated us to a delicious cherry cobbler!



Margie and Geri enjoy attending programs together...because everything is better with a Best Friend!



Geneva and Clarence are always ready to help during our evening Daily Rhythms!



Sandy, Sam and Dodie made dream catchers during our Artisan Group.



When the men took over Creative Cooking one morning, the ladies thought it was hilarious!



Sam R. made us artichoke spinach dip for Happy Hour!



Thank you, Dana! We enjoyed your piano music during happy hour!

Theme Dinner

It's Scrumdiddlyumptious! Our campus transformed into a chocolate factory as we celebrated our first Theme week of the year- Willy Wonka! We delighted in uncovering the mystery of the stolen golden ticket within our Daily Rhythms programming. Giant candy decorations, golden tickets, and Violet Beauregarde paintings kept our Artisan groups busy preparing for the big event dinner. Creative cooking featured Wonkariffic Popcorn, Willy Wonka Cupcakes, and candy making. Happy Hour included a chocolate fountain and music from the movie soundtrack.

Our dining services team contributed to our Willy Wonka week by treating us with a few delicious surprises. Oompa Loompa Pancakes, Willy Wonka Parfaits, and Violet's "Big" lunch built the excitement for our "Golden Ticket Dinner" at the end of the week. Residents enjoyed cabbage soup served with warm bread, tender pork cutlet served with brown sauce, a potato crusted salmon served with a horseradish dill sauce, tender glazed carrots, and German mac & cheese dumplings.

Residents and team members embraced the Willy Wonka dinner in high-fashion. Purple trench coats, candy earrings, top hats and bowties were all part of our attire! After dinner, we used our "golden tickets" to enter the Willy Wonka concert and enjoyed music, dancing and laughter with friends.



THE LEGACY AT ENGLISH STATION

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Director of Plant Operations

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Stay in the Loop

Keep up with latest campus news
and happenings by following
us on your favorite social networks!

*We strive to provide the best customer
service and quality care for our residents.*

*Our Department Leaders are here
to solve any concerns you may have.*

*In the event that you need further
assistance with any unresolved concerns,
we encourage you to call or email
our Compliance Hotline: 800-908-8618,
ext. 2800; or comply@trilogyhs.com*

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'Aromatherapy'

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Stress

Bergamot, Chamomile, Lavender,
Lemon, Orange, Patchouli, Vanilla,
Ylang Ylang

Anxiety/Fear

Bergamot, Chamomile (Roman),
Cedarwood, Frankincense, Jasmine,
Lavender, Neroli, Patchouli, Rose,
Sandalwood

Sadness/Grief

Bergamot, Chamomile (Roman),
Clary Sage, Frankincense, Grapefruit,
Jasmine, Lavender, Lemon, Orange,
Rose, Sandalwood, Ylang Ylang

Fatigue

Basil, Bergamot, Clary Sage,
Frankincense, Ginger, Grapefruit,
Jasmine, Lemon, Patchouli,
Peppermint, Rosemary, Sandalwood

Agitation

Chamomile (Roman), Lavender,
Mandarin, Sandalwood

To see if aromatherapy is the right
choice for you or your loved one,
check with your physician and talk
to a member of our team. We'd
be more than happy to help!



Word Search

S	A	N	D	A	L	W	O	O	D	F	O	X	P	F	L	T	N	I
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AGITATION
ANXIETY
AROMATHERAPY
BREATH

CHAMOMILE
JASMINE
LAVENDER
LOTIONS

MEMORY
OIL
PATCHOULI
POTENT

ROSE
ROSEMARY
SANDALWOOD
STRESS