



THE LEGACY
AT LIBERTY RIDGE

A Trilogy Senior Living Community

News

March 2020



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.

...continued on back page

Happy Birthday!

Charles A.

March 20



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,

Ross Homan

Interim Executive Director

Volunteers Needed

Are you looking for a way to give back to your community and give new purpose to your life? Look no farther than Legacy at Liberty Ridge. We offer a variety of volunteer opportunities for all ages and all schedules. Volunteers enjoy tasks like participating in a special group activity, attending outings out of the campus, spending time one on one with our residents, and so much more. If you or someone you know is interested in volunteering, please contact our Life Enrichment Department at (513) 342-8889. High school and college students, volunteer hours can be used to help meet the requirements for graduation! Call us to find out more.

BEST FRIENDS FOREVER PROGRAM

BFFs Diane and Rita enjoy the daily rhythms activities together! Meeting new friends is just one of the reasons we love the legacy life!





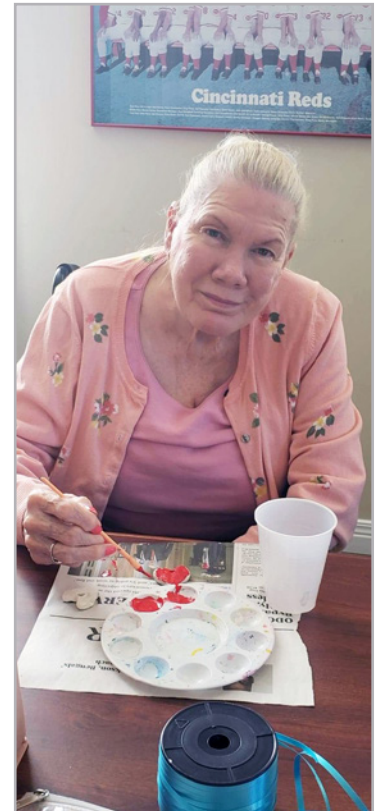
BRINGING IN THE NEW YEAR

Residents and Staff celebrated 2020 with a ton of decorations, food and fun. We wish all our BFFs the best that 2020 has to offer.



Artisans

Our artisans program keep us inspired to create beautiful art and new friendships.





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A Trilogy Senior Living Community

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West Chester, OH 45069

513-342-8889

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Ross Homan

Interim Executive Director

Donisha Thompson

Director of Health Services

Jodi Sucher

Customer Services Representative

Julie Ausman

Business Office Manager

Allison Chatterton

Director of Food Services

Taylor Walt

Life Enrichment Director

Brad Edwards

Director of Plant Operations

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
I	N	P	R	D	R	I	B	H	O	W	K	Z	K	C	Y	O	T	C
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AGITATION
ANXIETY
AROMATHERAPY
BREATH

CHAMOMILE
JASMINE
LAVENDER
LOTIONS

MEMORY
OIL
PATCHOULI
POTENT

ROSE
ROSEMARY
SANDALWOOD
STRESS