

September 2019  
FAMILY NEWSLETTER



[www.valleyviewgreeneia.com](http://www.valleyviewgreeneia.com)

### Why Aromatherapy in Health Care Makes Sense

- Provides an effective option to help reduce use of psychotropic and pain medications.
- Proven to reduce stress and agitation for Dementia and Alzheimer's.
- Proven to promote sleep, which in turn, may help to reduce falls.
- A welcome addition to comfort care. Resident specific, connects us to nature, soothes the soul, provides an opportunity for human connection, relaxation.
- Everyone benefits, staff, residents and families!

Essential oils have been used for thousands of years, but recently they have gained recognition as an alternative treatment in nursing homes. We would like to begin using essential oils at Valley View. Our goal is to improve the quality of life of our residents through a more natural way reducing medications and side effects from medications. Our Medical Director, Dr. Lisa Kapler, is on board with our initiative to use essential oils.

### Are Essential Oils Safe to use? YES!

- Side effects are RARE when used according to best practices- proper dilutions, methods of use and selection of oils used.
- Cost effective when compared to cost of pharmaceuticals and over the counter medications.
- Caregiver and resident are engaged.
- Can address both chronic and acute conditions.
- Rejuvenates, comforts, relaxes, uplifts.

### Methods of use

- Aromatically- diffusing within a room.
- Topical or inhalation ex: a drop on a cotton ball or diffuser.

### Essential oils (just to name a few)

- Lavender is calming and can balance strong emotions. It has also been used to help with depression, anger and irritability, and can help in some cases of insomnia.
- Peppermint is an energizer and can be used to stimulate the mind and calm nerves at the same time.
- Rosemary is an uplifting oil used to stimulate the mind and body. It may even improve cognitive performance and mood. Rosemary has also been known to ease constipation, symptoms of depression, and reinvigorate the appetite.

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Come check out the Rock Garden on the right side of the main entrance!!! Residents, staff, and children from Clarksville Child Development have Colored rocks and they are scattered in the landscaping. If you want to plant a rock in our Garden - color one but be sure you the rock with sealer... and plant a rock!! We have sealer if you need it.

**CELEBRATE "COUNTRY" WITH US THURSDAYS IN SEPTEMBER - SEE THE CALENDAR FOR DETAILS!!!!**