

## 'SCENTSATIONAL MEMORIES!'

Happy May! We've had some lovely weather recently which we've taken advantage on! Residents have been enjoyed the sunshine in the garden and work for the garden competition is underway too!

We started the month of to fab start with Mr Piano Man! Always popular, Mark played some wonderful music and the residents danced and sang along with him! The smiles on faces was awesome!

Following Mr Piano Man, we had our regular music sessions, Musica and Singing for the brain. Both thoroughly enjoyed. It's amazing how music can lift spirits. Even those who aren't able to take part singing are relaxed and it's lovely to see.

Our residents are great fans of Craig and many of them enjoy seeing his legs as much as doing the exercise!! In one session, Craig had an offer of marriage! Craig asked the residents why they stretched at the beginning and end of the sessions. It all went quiet and then Kelly shouted "To get taller!!" Everyone started laughing and kept the session light hearted and as a result, always enjoyed.

As part of Dementia Action Week, we hosted an 'Enchanted Tea Party! We had a bubble tree, toadstool cupcakes, tea and coffee and of course our lovely residents!



It was a magical morning and was enjoyed by everyone who attended!

Georgie: "What a wonderful tea party! Really wonderful!"

The awesome Magdalena made everyone smile and spirits were uplifted with her wonderful dulcimer playing! A peaceful start was followed on by residents starting rhythms on the drums. Everyone loved playing and now can't wait until the next session!

Some of you may be aware of our sensory room. Over the last couple of months we have managed to finish it and it won't be long before we will be able to use it for individual and group activities.

We have an LED lights that can play music, fibre optics, bubble tube, comfy sofa and we have a colour changing scent diffuser.

The scent therapy has been working really well with our residents and of course, we will still have scented relaxation therapy in individual rooms for those unable to come into the sensory room on a regular basis. We do aim for everyone to be able to use the room however, and additions to the room will happen in the future. If you have any ideas on how we could enhance the sensory experience, please let us know!

### Aromatherapy and Dementia

Several studies have found compelling evidence that certain aromatherapy oils have a positive effect on the mood, behaviour, and even on the cognitive functioning of people with dementia. Aromatherapy is the use of volatile plant oils to improve psychological and physical health and prevent disease, and to affect mood.

These “essential oils” are distilled from different parts of plants and contain the essence of the plant and may have the following effects:

- Ease symptoms of anxiety
- Reduce symptoms of depression
- Improve quality of life

In particular, there are 7 oils that may be beneficial:

- \* **Lavender:** Calming, balance emotion, promote sleep.
- \* **Peppermint:** Stimulate mind, but calm nerves.
- \* **Rosemary:** Uplifting, improve cognitive performance and lift mood.
- \* **Bergamot:** Relieves anxiety, agitation, depression.
- \* **Lemon Balm:** Calming, relieves anxiety, improves memory and eases digestion.
- \* **Ylang Ylang:** Eases depression, promote good sleep.
- \* **Ginger:** Improve appetite, ease constipation, promote good eating habits.

Over to Kerry.....

Thank you team!

Well another busy month, and I know everyone is looking forward to the Bennetts Garden trip next week! I would like to thank all the residents and relatives for attending the community meetings this month, it is so important to get your feedback and ideas for your service. Thank for your positive comments .

Meetings for the year are displayed in the reception area and on each community if you were unable to attend this time round.

Planning for the summer fete is well underway and we are receiving some wonderful prizes for the raffle so watch this space!

The garden is taking form and is looking bright and colourful—a special thanks to Sheila (relative) and our head gardener Steve! Who are taking the lead in driving this forward and a special thanks to Mandy our deputy manager and Philippa our administrator for taking trips out to purchase wonderful colours and helping plant and of course to all our residents participating!

The planned trip next month is the Tank Museum, please do keep your ideas coming!

Thanks for reading!



Barbara  
Maggie  
Ron

Happy Birthday to you  
Happy Birthday to you  
Happy Birthday to Barbara,  
Maggie and Ron!  
Happy Birthday to you!



To the families of those who passed, we send our deepest sympathies. They will be missed by everyone at Signature House.



# COMING UP...

## JUNE

- 4th Beach Adventures (weather dependant)
- 8th Queen Elizabeth II Official Birthday
- 8th Royal Garden Party—Celebrating birthday of Queen Elizabeth and Prince Philip
- 8th ‘Trooping the Colours’
- 10th Prince Philip’s Birthday
- 11th Oomph! Trip—Bovington Tank Museum
- 12th Singing for the Brain with Jane & Pretzel
- 13th Alzheimer’s Society Cupcake Day!
- 14th Yanis Greek Dancer
- 25th Musica with Rosie/Josh
- 26th Creative Minds with Sarah Jane
- 28th National Care Home Open Day—Arts in Care

We have many other activities that can be found on the calendars that are on each floor, next to the entrance for the dining rooms. Also there is one in the notice board by reception!

Please note: we are always looking into new activities that our residents would enjoy. If you have any ideas or know of someone who could provide an activity, please let us know!



# Activities @ Signature House



## Mr Piano Man

## Enjoying the Garden

## Enchanted Tea Party

## Magdalena

