

# Legacy Village at Park Regency Diffuses Essential Oils to Calm Memory Care Residents

Caregivers have observed a remarkable change in many residents of the Moultrie, GA Alzheimer's and memory care facility, who appear much less agitated and more relaxed

10 AUGUST 2016, MOULTRIE, GA.

## SUMMARY

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Legacy Village at Park Regency is diffusing peppermint and lemon scents during the day and lavender and geranium after dinner. "Lavender and geranium is helping the residents sleep better at night. They are waking up much more rested and refreshed. We change over to peppermint and lemon first thing in the morning and we have noted that it is making them more alert when they wake up," Melissa Carr, Legacy Village at Park Regency's director of resident care, said.

"The caregivers have noticed quite a change in many of our memory care residents. They have been documenting different behaviors in the residents. Some of the progress and mental awareness we are seeing is amazing," Carr said.

"One of our residents has become very calm, as outbursts of yelling and excessive counting has decreased tremendously. Another resident is much less agitated with her husband; she goes and sits down near the diffuser instead of agitating her husband. One resident is much more aware and clearer when she talks and has become much more social with other residents. As a whole, all of the residents are much calmer and relaxed as they seem to have relief of agitation," Carr said.

"The area of most impact is during meal times. We have placed the diffuser in the dining room and all of the residents are less stressed and agitated during meal times. They tend to stay seated during the meal, where as they usually try to get up and roam around," Carr said.

"Our daily mission is to better serve the greatest generation in any way possible. Every day we see

and experience the storms that accompany dementia and Alzheimer's. We are so excited and blown away by the calming effects these essential oils have on our memory care residents," Melissa Carr, executive director of Legacy Village at Park Regency, said.

### About Legacy Village at Park Regency

Situated on 11 beautiful acres at 3000 Veterans Parkway South, Legacy Village at Park Regency is an assisted living community in Moultrie, Ga., that offers assisted living type services and Alzheimer's care services in a safe, attentive, homelike atmosphere. The facility, which is a short drive from Valdosta and Albany, Ga., is committed to serving the greatest generation with honor, respect, faith and integrity. More information is available at [legacymoultrie.net](http://legacymoultrie.net) or by calling (229) 890-3342.

Legacy Village at Park Regency is one of three Legacy Village facilities in South Georgia. Legacy Village at Park Regency in Moultrie, GA., Legacy Village at Plantation Manor in Thomasville, GA., and Legacy Village of Tifton in Tifton, GA are three of the 11 facilities owned and/or operated by Legacy Senior Living of Cleveland, Tenn. The parent company specializes in offering independent living, assisted living, and Alzheimer's care services. It was founded in 2002 by Barry Ray and Bryan Cook, senior living industry veterans. More information is available at [legacysl.net](http://legacysl.net).

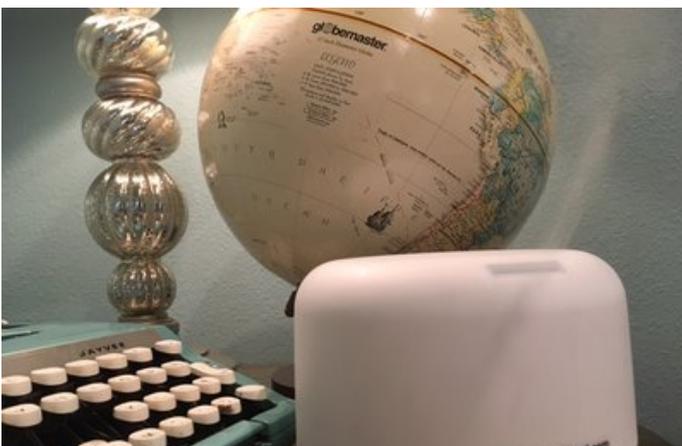


### QUOTES

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— Jennifer McLendon, executive director of Legacy Village at Park Regency

### IMAGES





#### SPOKESPEOPLE



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Legacy Village at Park Regency is part of a family of senior living communities throughout the Southeast owned and/or operated by Legacy Senior Living, LLC, of Cleveland, Tenn. The parent company specializes in offering independent living, assisted living, and Alzheimer's care services. It was founded in 2002 by Barry Ray and Bryan Cook, senior living industry veterans. More information is available at [legacyss.com](http://legacyss.com).



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