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Contact:

Feldscher Horwitz Public Relations, 215-627-0801

Hope Horwitz, ext. 102, cell: 215-760-2884, [hope@fhpublicrelations.com](mailto:hope@fhpublicrelations.com)

Sharla Feldscher, ext. 101, cell: 215-285-4868, [sharla@fhpublicrelations.com](mailto:sharla@fhpublicrelations.com)



## **KEEPING SENIORS HEALTHY AND HAPPY THIS SUMMER AT POET'S WALK FREDERICKSBURG**

Fredericksburg, VA (July 30, 2018) – With the heat of summer in full swing, now more than ever it is important to keep seniors healthy. Nobody understands this more than the team at the Poet's Walk Memory Care Community in Fredericksburg, located at 3020 Gordon W. Shelton Blvd. Keeping seniors active, healthy and happy is a major focus for the team at Poet's Walk Fredericksburg. The community offers activities that emphasize the mind-body-spirit connection through the *Signature Touches* program. This will encompass exercise, aromatherapy, horticulture therapy, music therapy, art therapy and so much more.

"It's all about being creative, fun and excited about wellness, especially as the days grow hotter," said Anna Gatewood, Director of Resident Engagement. "Simply engaging seniors in our Aeroponic Tower Garden is a great form of physical exercise as well as therapeutic for the mind, body and soul."

The horticultural therapy program allows the residents to grow not just flowers, but many different kinds of herbs and vegetables using their indoor gardens. The Aeroponic Tower Garden keeps the residents out of the heat of summer on days that are too hot. Poet's Walk Fredericksburg enhances traditional gardening by incorporating a unique vertical garden system to grow fresh fruits and vegetables without the use of soil. On days when the weather is perfect for gardening, there are also three spacious courtyards with raised gardening beds that harvest fresh herbs and spices. All of the herbs and vegetables grown by the residents are used in Poet's Walk *Signature Dining*, a farm to table approach to dining.

Poet's Walk Fredericksburg's *Signature Touches – Aromatherapy* program introduces the use of essential oils into the daily routine of their residents. The use of lavender infused water in the evening can promote a restful night sleep. In addition, lavender is considered to be a mood booster and a natural antidepressant. Lemon essential oil is also a beneficial part of the program. Infusing it in water works as a digestive aid and can relieve headaches. It also helps to improve focus. Aromatherapy during exercise are another way to keep seniors exercising while not over-exerting anyone in the heat. Chair yoga, tai chi, jazzercise and Zumba are just some of the activities the residents enjoy. Enjoying water with an essential oil in it and many fruits will help the resident feel invigorated.

Making small adjustments in a senior's day, like providing them with an essential oil infused drink or a hydrating snack, can improve their overall health tenfold. This process does not have to seem daunting and can be a fun addition to the day.

**About Poet's Walk Fredericksburg:**

Poet's Walk Fredericksburg provides memory care with the finest amenities and is located at 3020 Gordon W. Sheldon Boulevard in Fredericksburg, VA 22401. For more information, visit [www.poetswalkfredericksburg.com](http://www.poetswalkfredericksburg.com) or call 540-370-8000.

**About Spring Hills Senior Communities & Memory Care Communities:**

All Spring Hills Senior Communities and Poet's Walk Memory Care Communities offer a distinctive and innovative approach to assisted living, memory care and Home Care Services as led by Alexander Markowits, President/CEO. Signature Touches is the company's approach to offering services that are designed to meet the needs and preferences of residents and clients. Personal choice is top priority, which is exemplified by recreational programs led by professionals in one of the company's Spring Hills communities located in NJ, VA, OH and FL, in the company's Poet's Walks communities located in TX, NV, VA, FL and soon-to-be MD, or in their own home. For more information about their commitment to senior living, including information on Spring Hills Home Care Services, visit [www.spring-hills.com](http://www.spring-hills.com) or [www.poetswalk-spring-hills.com](http://www.poetswalk-spring-hills.com).