

Low Functioning Aromatherapy



Domain: Sensory and Cognitive stimulation

Goal: To help clients improve cognitive functioning and alertness

Population: Geriatrics, lower functioning

Outcome: Research suggests aromatherapy for individuals experiencing dementia can assist in decreasing agitation/anxiety (bergamot), improve memory and anxiety (lemon), energize and calm nerves (peppermint), and calm and decrease irritability (lavender).

You will need: Lemons, lemon essential oil, diffuser, knife, cutting board, sugar, water, ice, zip lock bags, straws, pictures of lemon tree, lemon blossom, and lemon leaves (or real lemon leaves if you have them), facts about lemons, sounds of a sunny day

(<https://www.youtube.com/watch?v=GRMm1O1C3XU>), You Are My Sunshine Video

(<https://www.youtube.com/watch?v=rc2jsjnt-HY>), tablet (to play sounds/songs on)

Directions:

Put lemon oil in the diffuser and have it going in the room about 10 minutes before the activity; have the sounds of a sunny day video be playing as group starts as well. Sit activity participants in a semi-circle, introduce yourself to each resident, and explain to the residents that today they are going to do an activity about lemons! Hand residents lemons and ask them:

- What color is it?
- What shape is it?
- Is it rough or smooth?
- Is it heavy or light?
- Is it soft or hard?
- Which end is the stem-end that was attached to the tree?
- Does your lemon have a stamp on it?
- What does the stamp say and what does that mean?
- Smell the lemon...is it strong or mild?
- Do you like the way it smells?
- What are lemons used for?
- What recipes have you all made with lemons?
- Lemonade?

Make lemonade with the residents. Give each resident a zip lock bag with quarter of a lemon (with the seeds removed), a ½ cup of water, 1 teaspoon of sugar, secure the bag and give back to the resident to mix the contents together for up to a minute. Put a straw in the bag and allow them to enjoy it.

Following making the lemonade, discuss some fun facts about lemons, lemon blossoms, lemon leaves, and lemon trees:

- Lemons
 - Lemons help with soothing sore throats.
 - When do you think they first began to grow lemons?
 - Food historians say lemons have been cultivation around the Mediterranean from as early as the first century A.D.
 - What vitamins are lemons high in?
 - High in vitamin C, lemons prevent scurvy, a disease that causes bleeding gums, loose teeth, and aching joints. To this day, the British Navy requires ships to carry enough lemons so that every sailor can have one ounce of juice a day.

- The demand for lemons and their scurvy-preventing properties hit a peak during the California Gold Rush of 1849. Miners were willing to pay huge sums for a single lemon. As a result, lemon trees were planted in abundance throughout California.
- During the European Renaissance, fashionable ladies used lemon juice as a way to redden their lips and.
- Lemon juice also can assist in lightening your hair.
- What 2 states in the United States produce the most lemons?
 - California and Arizona produce 95% of the entire U.S. lemon crop.
- Lemon Tree (show pictures)
 - Lemon trees are easy to grow in the right climate, and require less sunshine and heat than oranges...because they aren't as sweet.
 - How tall do you think a lemon tree can grow?
 - Lemon trees grow from 10 to 20 feet tall.
 - How many pounds of fruit do you think a lemon can produce each year?
 - Lemon trees bloom and produce fruit year-round. Each tree can produce between 500 and 600 pounds of lemons in a year.
 - When do you think lemons were brought to America?
 - Christopher Columbus brought the first lemon seeds to Haiti in 1493 from the Mediterranean and then brought it to America
 - Where do you think lemons were first grown?
 - Lemons were first cultivated in Genoa, Italy
- Lemon Leaves (show pictures)
 - Lemon leaves are used for decoration and can be found in many floral arrangements.
 - Lemon leaves are used for marinating foods and made into teas.
 - The Greeks used to use a bed of aromatic lemon leaves as pillow under the head of the dead.
- Lemon Blossoms (show pictures)
 - They are edible, sweet, and are often used in desserts
 - The meaning behind the lemon blossom means: fidelity in love, or promising to be true.
 - They are often used in perfumes and have a light, airy smell, similar to an orange blossom or jasmine flower

Following going through the facts and trivia about lemons, explain to the residents that lemons remind you of a song, and that you would like to sing it with them. Play You Are My Sunshine and sing with the residents. End by thanking the residents for attending the activity.