

Engage Your Senses This Fall

By the beginning of October, autumn is in full swing. The leaves are morphing into vibrant fall colors, the air is crisper, the temperatures are finally turning cooler, and pumpkin spice is brewing in every coffee shop. Our senses—sight, touch, taste, sound, and smell—connect our minds with world we live in. Stimulating our senses, especially as we age, has many positive benefits. According to [The Alzheimer Society](#), benefits are not limited to a person living with dementia, and include increased socialization, increased concentration, improved self-awareness, and increased alertness. There are no boundaries to engaging your senses. Engage your senses this autumn by trying a few of the ideas below.

SIGHT

There is certainly a lot to see as the leaves change colors. Find a comfortable seat outdoors and pause to soak in the sight of autumn. Watch the squirrels search for and bury nuts as they prepare for winter. Feed the birds and watch nature fly into your backyard. Go for a fall foliage drive and pay attention to pumpkins, corn stalks, scarecrows, and other fall decorations in your neighborhood. Play “I Spy” with your grandkids and see fall through their eyes.



TOUCH

Fall feels different than other seasons. Pause when you walk outdoors to feel the change in the air. Pick up fallen leaves and touch the crispy, dry leaves. Feel the crunch of the leaves under your feet as you walk through the park. Pick up small gourds of all textures and roll them between your hands. Invite the grandkids over to scoop out the guts of a pumpkin. Feel the gooey, sticky texture of the pumpkin guts and set aside the pumpkin seeds to taste later.

TASTE

While pumpkin spice is the official flavor of fall, there are many other flavors of fall to taste. Visit an apple orchard and taste a variety of apples, apple cider, and apple donuts. Branch out from your usual coffee selection at your local coffee shop to try anything pumpkin spice. Try to describe the taste of pumpkin as you eat pumpkin pie. Include a variety of fall soups, such as butternut squash or creamy potato, in your menu planning and enjoy a taste of fall throughout the week. After scooping out the guts of a pumpkin, bake the pumpkin seeds and then taste them with your grandkids.

SOUND

Listen to Vivaldi's "Four Seasons" and envision the seasons as the classical piece walks you through each season. Save autumn for last and compare Vivaldi's take on autumn to the sounds you hear out your window. Hear the scurry of animals prepping for winter. Listen for the sounds of crunching leaves as you walk in your neighborhood.

SMELL

There are many pleasant aromas to experience this autumn, breathe deep and take in the smell of fall. Before you sip your pumpkin spice latte, take a moment to smell the aroma and see if you can taste the flavor through your sense of smell. Purchase fall scented candles and experience fall any moment at home by enjoying the fragrance. Take a deep breathe as you sit outdoors and smell the scent of fallen leaves. Pause to enjoy the aroma of fall recipes—chili cooking in the crockpot or apple cider mulling on the stovetop.

For some, autumn is a much anticipated season. Fall means that the heat and humidity of summer is finally ending and the holiday season will soon be upon them. For others, autumn is a season that initiates feelings of sadness and loneliness. As the days grow shorter, some feel pushed aside as their families grow busier as extracurricular activities pick up. Fortunately, at [Visiting Angels](#), we understand the busyness of this season and we have Angels ready to step in where you or your loved ones need help. Whether you need help running errands, assistance with bathing or dressing, or are looking for a companion to keep you company, you can depend on us. Our team would be honored to work with you. [Give us a call](#) to set up a consultation so that we can learn more about your situation.

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