



Letter from the Administrator



Our wonderful community continues improving day to day! We are continuing to move forward and have accomplished many of our goals. Fern Gardens is a wonderful place to be, for both staff and residents alike! It is a happy place that we all enjoy!

I would like to introduce two new staff members to our community! Joseph Lands, our new Marketing Director, has been in the sales field for most of his career. He is dedicated and brings a diverse background to our staff. I look forward to the many exciting Marketing events on the horizon!

In addition, we have also added Teresa Jensrud. She is our new Staffing Coordinator and Lead Resident Care Coordinator. As a licensed Administrator, she brings valuable knowledge and passion to the care for our residents!

I would also like to extend a heartfelt thank you to all of our staff. They are hardworking, dedicated, and they make my job easy!

Lynn Rawlins, Administrator



STAFF

Karina M.	10/9
Stephen C.	10/14
Tynesia F.	10/14
Susan P.	10/21
Shalonda E.	10/24
Dennis D.	10/28

RESIDENTS

Adeliade V.	10/13
Pat H.	10/15
Bud O.	10/31
Pat S.	10/31

LIVING LIFE FULL OF JOY, INDEPENDENCE, AND WELLNESS



The three amigas! Deb C., Brenda S., and Teresa G.



Wow! Our sunflowers really took off!



Shari S. and Sandy C. showing off their art!



Cammi E. and Enda L. spending time together



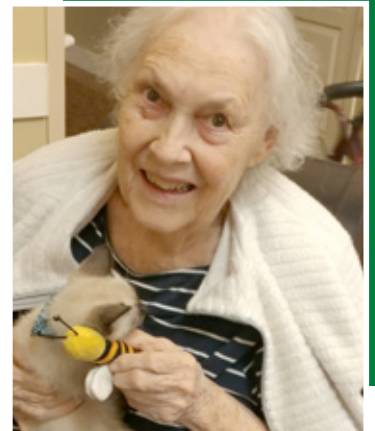
Edna L. showing off her watercolor abilities!



It's baking time! with Sondra H.

OUR FEATURED RESIDENT BETTY C.

Betty has been a member of our community since December of 2016. She was born here in Medford and has five children. She is a history buff, loves outdoor activities, camping, and reading. Here at Fern Gardens she enjoys music and visiting with our wonderful staff. She is also a big fan of our cute little Mochi, who always brings a smile to her face! We are glad to have you in our community Betty!



Betty C. with Mochi

Featured Employee: Robin C.



Robin is one of our new staff members here at Fern Gardens. She has been working in the caregiving field for over 26 years! She was inspired to get into this field because her grandfather had been abused for 27 years in a facility, and she vowed to do her part to make sure that never happens again. So far she says her favorite things about Fern Gardens is: "I love the environment. It's cozy, warm and feels like home. My co-workers and staff are great to get along with. We have awesome teamwork. I

am glad to be a part of it. My residents mean the world to me! A simple smile or a hug to or from them just brightens my day! I know I am where I need to be in life, that's to help others!" Her supervisor, Teresa says: "Robin is a fun and compassionate person. Anyone that knows her loves to be around her. She is very outgoing and eager to help you with anything. She is a 'give you the shirt off her back' kinda girl!" In her spare time, Robin takes care of her 3 sons, a dog and a cat. She loves to watch football (Dallas Cowboys) and doing DIY project. Thank you Robin for all you do and welcome to the Fern Gardens Family!

NURSE'S NOOK Flu Season has Arrived... So Flu In A Nut-Shell:



Flu is an infectious disease caused by various mutant viruses (5,000+ strains).

Flu spreads by tiny drops from coughs, sneezes, and even regular

conservation. The tiny droplets can fan out a distance of 3 feet plus, and you can get them by direct inhalation, direct contact to our body (face, hands) and skin contact with any surfaces that these droplets have fallen onto (grocery cart handles, door handles, desks, computer keyboards, etc.)

The highest risk populations are: Memory Care Residents, pregnant women, infants to young adults up to 24 years of age, and anyone that has asthma, diabetes, cancer, or a compromised immunity.

Common symptoms: sometimes described as "sort of a cold" and can

include: fever, cough, sore throat, body aches, headache chills, fatigue, nausea, diarrhea, vomiting, and possible respiratory distress too.

So...what can you do?

The best defense is and has always been: Good Hand Washing!!!! Use hand sanitizers, do a good wipe down frequently of your equipment, door handles, shared tools and supplies, even a pen can harbor flu! Also, for those who are at higher risks, please consider shots/vaccinations. They can make a big difference for some, even life or death.

What if I still get the flu?

Don't come to work! Stay home and get lots of rest! You can take acetaminophen for any aches and pains. Stay hydrated, I like to drink lemon lime soda. If available, you can try Tamiflu. Take care of yourself and try not to spread the illness to others.

—Dennis Dale; RN, BSN

Activity Highlights Or Special Events for the Upcoming Month

October Music Performances

KATHY KALI

October 11th at 10am

RICHARD GYURO

October 3rd & 17th at 2:00pm

CELIA CANTY

October 19th at 9:45am

TRACY DAVY

October 23rd at 2:00pm

PET THERAPY DAY WITH MOCHI! - Sundays

SUNDAY NIGHT FOOTBALL

Sundays at 5:30pm

BIBLE STUDY WITH THE POLLARDS!

October 15th & 29th at 9:00am

AFTERNOON OUTINGS

Wednesdays

HARVEST FESTIVAL CELEBRATION!

- 10:00am Pumpkin Carving/Decorating
- 1:00pm Pumpkin Seed Roast
- 2:00pm Hot Apple Cider
- 3:00pm Spooooky Movie with Candy!

Please see our Calendar for many other fun events! If you would like to participate feel free to come in! If you have any comments or suggestions please feel free to contact our Activities Director, Sarah Shipley, at 541-779-3368 or email her at activities@ferngardensalc.com

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Medford, OR 97501

Office: 541-727-0018

www.ferngardensalc.com

Community Staff

LYNN RAWLINS

Administrator

DENNIS DALE

Registered Nurse

DAVID GRUNDVIG

Business Office Manager

JOSEPH LORDS

Marketing Director

TERESA JENSRUD

Staffing Coordinator/Lead RCC

TYNESIA FISHER

Resident Care Coordinator

BRIAN KUVAAS

Maintenance Director

SONJA R.

Dietary Manager

SARAH SHIPLEY

Activities Director

AMBER SMITH

Administrative Assistant

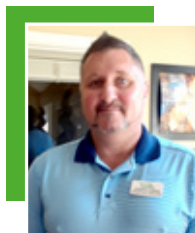
Office Hours:

8:30a.m.–5:00p.m.



WELCOME TO THE TEAM!

JOSEPH LORDS



Joe is our new Marketing Director. Most of his career he has been in Sales and Marketing, but in the last five years he has devoted his life to senior care. He says that he chose this field because he is truly dedicated to provide for and help seniors, since they have laid the foundation for us. In his own words "In the short time I have been here at Fern Gardens I have enjoyed seeing the smiles on our residents faces and the whole staff working as a team to provide that. Working at Fern Gardens is a blessing to me. I want to help families the best that I can during the difficult times they are facing." In his spare time Joe is the proud father of 5 children, 4 girls and 1 boy. He loves the outdoors, camping, hiking, fishing, and most of all spending time with his loved ones. Welcome Joe!

TERESA JENSRUD



Teresa is our new Staffing Coordinator and Lead Resident Care Coordinator. She started with Fern Gardens in July of 2017. She has worked off and on in Skilled Nursing, Assisted Living, and Memory Care since 1997. Through the years, she has received her CNA, Certified Med Tech, Long Term Care certification with the Division of aging, and just recently her Administration Certificate. When asked what made her want to work in this field she says: "I had friends tell me to try this field. They said it is a job that you would feel good about at the end of every day because of the residents. When you care for them they give back to us with love and appreciation. They are like family. And, my friends were right!" In her spare time Teresa enjoys camping, karaoke, loves family time, and spending time with friends. Welcome Teresa!