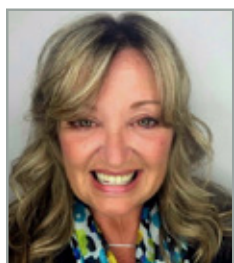




Letter from the Administrator

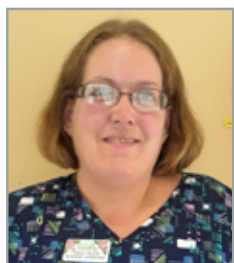


As the holiday season approaches I am reminded of all we have to be thankful for: family, friends, and holiday treats! Our hardworking staff continues to help us improve our wonderful building day to day. I am very thankful for all their efforts and impressed with how far we've come. I am looking forward to the opportunity to spend quality time with my family. In addition, our work family is just as important and

we have several upcoming events that will give us a chance to celebrate our improvements together. I express a warm invitation to all friends and family to feel welcome to visit our community during the holidays so we can spend them together.

Lynn Rawlins, ADMINISTRATOR

Featured Employee: Haley A.



HALEY A. started with Fern Gardens in August of this year. It is her first experience being a caregiver, but we are glad to have her! In her own words: "I have always been very passionate about helping people and I have wanted to become a caregiver to help my seniors. I absolutely love my job. My favorite thing is seeing all the residents smiling when I get to work in the morning I am truly blessed to work and help so many amazing people!" In her spare time Haley loves to collect agates (she says she has a large

collection!), enjoys the outdoors, adventure trails, going to the park with her son Isaiah and daughter Julieann. "I especially love to be part of such a good team and know that I have done something good for somebody that needs a little help to get whatever task done they need." Dennis Dale, her supervisor, says about Haley: "It is a pleasure to work with Haley, she is dependable, compassionate, caring, sincere, a team player with strong integrity, and is very passionate about her work!" Thank you Haley for all you do!



STAFF

Blahnca R.	November 04
Samantha H.	November 09
Norma H.	November 20
Crystal C.	November 24
Taylor D.	November 25

RESIDENTS

Jackie H.	November 03
Jean G.	November 04
Tom P.	November 13

LIVING LIFE FULL OF JOY, INDEPENDENCE, AND WELLNESS



Fred A. and Mochi, the kitten.



Hazel J. with Mochi, the kitten.



Alexis G., Edna L., and Anita F.



Susan P., Shari S., and Erna B.



Edna L. bowling for a strike!



Deb C. going for a touchdown!



Wow! Give that ball all you've got, Loretta M!

LETTER FROM THE ACTIVITIES DIRECTOR



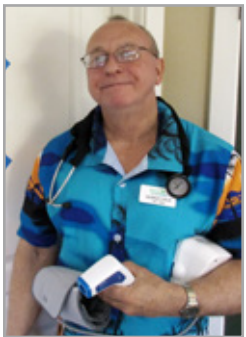
Of course the holiday season is upon us! **Please see our calendar for all the fun events!** We have copies available in our lobby area, as well as on our website. Also, check out our Facebook page! I love to share the fun we have every day!

With all the flurry of activities just around the corner I wanted to take a moment to thank my wonderful assistants. Their hard work, dedication, and caring make our Activities Department shine! Susan is always willing to help in any way that she is needed, even if it means covering a shift unexpectedly or helping to assist a challenging resident. Alexis is a master organizer, endlessly patient with the challenges of our day to day, and very passionate about treating our residents with respect and dignity. Thank you two for everything! So, if you see them around, share an

idea, give them a thank you, or join in the fun!

Sarah Shipley
ACTIVITIES DIRECTOR

NURSE'S NOOK



"As your humble servant, I may be bound by paperwork, short on time, sleep, energy, and supplies

like a simple band aide, but I am rarely short of sincere caring."

—Dennis Dale, RN, BSN.

With Autumn in the winds of change, so is our life liken to the leaves of nature that bud forth, full of energy, unfold unto a truly beautiful shape and purpose, but then all too soon, fall to the ground.

Thus, some advice for all you folks from an old fart like me:

1. Embrace the life of all the beautiful Autumn warmth in earthy fall colors, the foods are so

rich in nutrients and absorbing the vibrational energy to boost your immune system.

2. Enjoy the cooler temperatures and get out of your houses to enjoy a walk on the beach, and do not ever stop exercising but embrace new activities like bowling, fishing on a lake, or how about baking some bread?
3. Enjoy this season which has shorter daylight hours and longer nights, as it is the perfect time to give yourself permission to relax at home. Watch a long romance movie like "Titanic", drink some Chai tea, make some popcorn, or just snuggle in front of the fireplace and enjoy the crackling sounds while you reflect upon your dreams to be...

—Dennis Dale; RN, BSN

Activity Highlights Or Special Events for the Upcoming Month

PET THERAPY DAY WITH MOCHI! - Sundays

VETERANS DAY
November 11th

BIBLE STUDY WITH THE POLLARDS
November 5th and 12th at 9:00am

THANKSGIVING LUNCHEON
November 22nd at 12:00pm

November Music Performances

RICHARD GYURO
November 7th and 21st at 2:00pm

KATHY KALI
November 22nd at 10:00am

TRACY DAVEY
November 27th at 2:00pm

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

2636 Table Rock Rd

Medford, OR 97501

Office: 541-727-0018

www.ferngardensalc.com

Community Staff

LYNN RAWLINS

Administrator

DENNIS DALE

Registered Nurse

DAVID GRUNDTVIG

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, BRITNEY BROTHERS

Administrative Assistant

Office Hours:

8:30a.m.–5:00p.m.



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NOVEMBER – WORD SEARCH

A	P	P	R	E	C	I	A	T	I	O	N	O	K	N
K	P	T	E	X	R	N	B	F	T	I	X	O	I	K
S	W	H	G	T	H	Z	N	S	J	P	T	A	K	T
P	K	A	R	V	T	O	A	Z	Y	T	A	D	I	U
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X	I	K	T	R	F	A	I	E	U	E	A	B	D	K
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U	K	G	F	A	Z	W	E	L	P	X	Z	E	E	Y
X	F	I	U	L	K	S	T	T	K	V	X	K	S	P
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V	M	I	V	P	Z	R	R	U	N	S	H	Y	A	P
M	I	N	R	S	I	V	A	J	P	E	I	E	C	E
Z	L	G	L	C	D	I	N	V	I	S	R	C	R	Z
C	Y	U	W	B	K	C	S	V	E	A	M	I	K	O
X	Y	S	X	Q	K	E	A	E	P	I	Z	Z	A	K

APPRECIATION

FAMILY

FEAST

FLU

GRATEFUL

HEALTH

HERO

KINDNESS

PIZZA

PUMPKIN PIE

SERVICE

SICK

THANKSGIVING

TURKEY

VETERANS