



## Letter from the Administrator



As the summer comes to an end and the weather starts to change, we here at Fern Gardens have gone through a lot of change as well! I would like to extend a big thank you to all of our dedicated and loyal staff! It is a pleasure to get to know you and work alongside you. You are the backbone of our community and I am impressed by all of your hard work!

As I have settled into my role as Administrator of Fern Gardens, it has been an amazing experience to get to know our wonderful residents. Their rich personalities, kindness, sense of humor, and caring really shine through. They are the reason that we all work so hard and they make our community joyful!

You may notice as you visit that we have updated all the common area furniture in each of the cottages. The new furniture is specially designed for communities such as ours and all of our residents are very excited by the upgrade! We are all very proud of our beautiful home and look forward to future enhancements! So, come on in for a visit and enjoy the comfy furniture, our dedicated staff and wonderful residents with us!

**Lynn Rawlins, Administrator**



### STAFF

Honorine I.	September 09
Maria R.	September 16
Alexis G.	September 17
Marlene S.	September 27
Teresa J.	September 29

### RESIDENTS

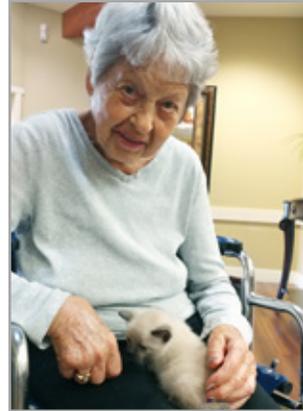
Betty C.	September 18
Shirley H.	September 21
Janet K.	September 26
Jimette B.	September 30

# AN UNEXPECTED SURPRISE

We had a bit of unexpected excitement in our parking lot this past month! Three of the tiniest of kittens were found, their mother nowhere in sight! Of course, our compassionate staff were to the rescue! They were all taken immediately to the vet and given a close examination. With a little TLC we are happy to report that they have been lovingly adopted. You can now see our newest addition to our Pet Therapy program: Mochi! This little fella will be visiting on Sunday's with his adopted mom Alexis (Activities Assistant). Come in and check him out! Our residents love this little cutey!



*Teresa G. with Mochi*



*Lorraine S. and Mochi*



*Shari S. and Mochi*

## Activity Highlights Or Special Events for the Upcoming Month

### LABOR DAY CELEBRATION!

September 4th

### FIRST DAY OF FALL!

September 22nd

### PET THERAPY

with Mochi the founding kitten! Sundays in September

## September Music Performances

### RICHARD GYURO

September 5th and 19th at 2:00p.m.

### CELIA CANTY

September 24th at 9:45a.m.

### KATHY KALI

September 25th at 10:30a.m.

*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](mailto:activities@ferngardensalc.com)*

## Featured Employee: Shalonda E.



Shalonda began working with us here at Fern Gardens in February of 2012! She says she got into this line of work because her mother's father was diagnosed with Alzheimer's and dementia and she helped take care of him. In her own words: "Grandpa Joe was an amazing man!" She says her favorite things about working at Fern Gardens are the residents and staff. She says: "I love caring for them and making them look and feel good." She likes the staff because they all work as a team to provide excellent care for our residents. We all love to make them laugh, because of the happiness we share with them. In her spare time she enjoys spending time with her friends and family. She loves to camp, go on road trips to the coast, reading books on her kindle, hosting parties and BBQ at her house, and enjoys spades and bingo! Thank you Shalonda for all you do.

## LIVING LIFE FULL OF JOY, INDEPENDENCE, AND WELLNESS



*More fun with Arts and Crafts!  
Shirley J and Cammi E.*



*Pearl W. and Blahnca R.  
playing stack the chairs!*

# OUR FEATURED RESIDENT

## PAT C.



Pat C. with Mochi, the therapy kitten we found last month!

Pat is a member of our Fern Gardens community. She was born in Montana to a hard working ranching family and in the oldest of six children! She is very active around the community, she loves to visit from cottage to cottage and is speedy in her wheelchair! She loves animals, music, chocolate, and babies. You can always find her involved in some activity! She has a funny sense of humor and loves to laugh. We are happy to have you in our community Pat!

## Add a Drop in the Bucket!

**ATTENTION FAMILY AND FRIENDS!** Don't forget to take a look at our "Drop in Your Bucket" bulletin board, located in front of the entrance to our round about! This is where we highlight the achievements and kudos for our very hard-working staff! **Feel free to add a drop if you see a resident assistant going above and beyond for our residents!** We appreciate all they do and we want your help in showing it!

## NURSE'S NOOK Hot & Smokey Current Conditions



We've all noticed the hot and smoky conditions out there! But, how might

it affect your loved one? **Older adults with dementia, especially those over 50, are more likely to develop a secondary health issue because of these conditions.**

They are often unaware or unable to get out of the heat and the smoke. Chronic health issues, decreasing body/physical changes, and even possible side effects with some of their medications can all be attributed to excessive heat/smoke.

### So...what to do??

- Monitor, watch, and keep your loved one out of direct sunlight and smoky conditions.

- Help keep your loved one well hydrated by bringing in their favorite drinks and encouraging them to drink frequently!
- Encourage your loved one to dress in light colored clothing, loose fit & lightweight as possible. I highly recommend broad brimmed hats for all!
- We have sunscreen in each of our Med-rooms - feel free to request some if you or your loved one insist on being outside! Apply liberally and frequently!
- Lastly, AIR CONDITIONING IS YOUR FRIEND!! Take advantage of it and enjoy some sun-tea too.

—Dennis Dale; RN, BSN

## Beer-Simmered Grilled Sausages

### Ingredients:

- A needle or pin and a cork
- 3 pounds uncooked sausages
- 1 onion, thinly sliced
- 3 cups beer, as needed
- 1 tablespoon vegetable oil
- Mustard, for serving

### Directions:

1. Prick each sausage a half-dozen times with a needle or pin stuck in a cork. Arrange the onion slices on the bottom of a sauté pan. Place the sausages on top and add beer and water to cover (the ratio should be about 3 parts beer, 1 part water). Place the pan over medium heat and gradually bring the liquid to a simmer. Poach the sausages until half-cooked, 4 to 5 minutes. Transfer the sausages to a rack on a baking sheet to drain or drain in a colander. Separate the sausages into links.
2. Set up the grill for direct grilling and preheat to medium-high.
3. When ready to cook, brush and oil the grill grate. Lightly brush the sausages on all sides with oil and place on the hot grate. Grill until the casings are crisp and nicely browned and the sausages are cooked through, 4 to 6 minutes per side. Use a slender metal skewer to test for doneness. It should come out hot to the touch.
4. Transfer the sausages to plates or a platter and let rest for 3 minutes. Serve with plenty of mustard.

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## Community Staff

**LYNN RAWLINS**

Administrator

**DENNIS DALE**

Registered Nurse

**DAVID GRUNDTVIG**

Business Office Manager

**TERESA JENSRUD**

Staffing Coordinator

**JUSTINANA FONSECA**

Resident Care Coordinator

**TYNESIA FISHER**

Resident Care Coordinator

**BRIAN KUYAAS**

Maintenance Director

**SONJA R.**

Dietary Manager

**SARAH SHIPLEY**

Activities Director

**AMBER SMITH**

Administrative Assistant

## Office Hours:

8:30a.m.–5:00p.m.



## LIVING LIFE FULL OF JOY, INDEPENDENCE, AND WELLNESS ...CONTINUED



*Pearl W. and Kristina B. showing off their Sensory Sensations pouches!*



*Shari S. and DJ goofing around as usual! Great work on your pouch, Shari!*