

Considering a Move?



Compare COSTS. We'll help you compare the cost of where you're currently living versus moving to a Fields Senior Living community. You will be pleasantly surprised!

Assisted Living at Weatherly Court features:

- 24-hour on-site care staff seven days a week
- Consistency and longevity of staff (1-14 years)
- Complete medication services
- Diabetic management program
- Activities seven days a week
- Scheduled transportation five days a week, including doctor appointments
- Nursing services available in every apartment
- Three nutritious meals daily/special diets accommodated
- Respite care available

Call 458-226-2300 today to schedule a private tour with a complimentary lunch or dinner!



WEATHERLY
COURT

2184 Poplar Drive • Medford, OR 97504 • WeatherlyCourt.com



Helping Families Facing the Challenges of Loved Ones with Memory Loss



The Weatherly Court Alderbrook Team is continually working with Medford Families to provide support to their loved ones quality of life.

Here are just a few of the areas our team is providing information and ongoing care coordination to support to local families:

- Host regular local educational presentations on Memory Loss
- Conduct regular support group for caregivers and their loved ones
- Provide regular small group activities appropriate for those with Memory Loss
- Conduct home safety evaluations to identify potential areas of concern
- Available for “crisis calls” as needed
- Provide and suggest pertinent reading and technical materials
- Weekly “support calls” to those families needing extra support
- Consultation on “when is it time” to prepare family members as to if placement is necessary
- Educate families on area services available to support their loved one at home

Education | Support Services | Hands-On Help

If you know someone who is facing the challenge of living with memory loss, please call **458-226-2300.**



WEATHERLY
COURT

2184 Poplar Drive • Medford, OR 97504 • WeatherlyCourt.com



Ten Signs of Caregiver Stress

Warning Signs You Should Know

Stress and burnout are the most common problems for those who care for a loved one with Alzheimer's disease. Be aware of your stress level by asking yourself if you're experiencing any of the following emotional and physical symptoms. If your "yes" answers outnumber your "no" answers, or if several categories apply to you, consider taking some steps to ease your situation.

1. **Denial** about the disease and its effect on the person who's been diagnosed. *"I know Mom is getting better, she's just having a bad day."*
2. **Anger** at the person with Alzheimer's or others, anger that no cure exists or that people don't understand what's going on. *"If he asks me that question one more time I'll scream!"*
3. **Social Withdrawal** from friends or activities. *"I don't really need to see my friends."*
4. **Anxiety** about facing another day and what the future holds. *"What happens when he needs more care than I can provide?"*
5. **Depression** that begins to break your spirit and affects your ability to cope. *"I don't care anymore."*
6. **Exhaustion** that makes it nearly impossible to complete necessary daily tasks. *"I'm too tired for this."*
7. **Sleeplessness** caused by a never-ending list of concerns. *"What if she wanders out of the house or falls and hurts herself?"*
8. **Irritability** that leads to moodiness and triggers negative responses and actions. *"Leave me alone!"*
9. **Lack of Concentration** that makes it difficult to perform familiar tasks. *"I was so busy, I forgot we had an appointment."*
10. **Health Problems** that begin to take their toll, both mentally and physically. *"I can't remember the last time I felt good."*



WEATHERLY
COURT

Information provided by
Alzheimer's Association

To find out more information about Weatherly Court please call 458-226-2300.

2184 Poplar Drive • Medford, OR 97504 • WeatherlyCourt.com



Weatherly Court



Top 10 Reasons to Choose Fields Senior Living Communities

1. Family owned and operated with a hands-on approach and attention to detail.
2. Third generation of care since 1958.
3. 24 hour on-site care staff.
4. Our Connections™ Program.
5. High care team ratios.
6. Continual staff training and high retention rate.
7. Integrated activities seven days a week.
8. Accommodating aging in place.
9. Caregiver Support Groups.
10. Respite Stays.

Where it feels like home and you're family



WEATHERLY
COURT

To find out more information about Weatherly Court please call 458-226-2300.
2184 Poplar Drive • Medford, OR 97504 • WeatherlyCourt.com

