

# With winter, comes lovely Daphne



**NICOLE HACKETT  
GARDEN GIRL**

Daphne is winter's garden beauty. This dramatic evergreen has lovely variegated foliage, many tiny blossoms and a fragrance that is as sweet as any citrus' flower that you may have come across.

Daphne does excellent in Clayton Valley yards and gardens. Planted in the right place, this evergreen is easy to care for and quite fulfilling for any level gardener.

This plant cannot tolerate extreme sun, so installation on the north or east side of the home or garden is recommended. Plant Daphne in a bed with other shade lovers, around a patio or deck area or outside a widow – any place where the fragrance can be enjoyed. Daphne is prized for the rosy-pink blossoms that open to white, expelling a dense fragrance that perfumes the air.

Daphne requires well-drained soil. Our clay does not drain fast, so use organic soil

conditioner and planting mix when installing. Mixing large pieces of bark into the soil within the hole will help with the drainage issue. It is possible to drown the Daphne, so resist extra watering, especially on hot days. Regular water will help the roots establish.

your home. They both last long as a cut flower.

After the flower has faded in late February, feed with a general multi-purpose fertilizer, like a 16-16-16 or anything balanced that you may have. Use a granular fertilizer and resist heavy cultivation at the roots. Just slightly

out there. My favorites are Happy Days, with its double petal style purple blossoms, and Red Ruffles, another double style rosy-red flower. These azaleas are famous for their fall re-bloom, and they also have dramatic early through mid displays. Grouping these evergreens together would give an extension of flower power.

Surround a deciduous tree with the Daphne. The Coral Bark or Ever Red varieties of Japanese maples would love the evergreen support provided by the Daphne. These plants mixed together will give the yard or garden an Asian feel. Daphne was originally a native to China, thousands of years ago. It is said to be in Japan as early as the 1300s and finally in Britain around 1770.

Plant some campanula at the base of your Daphne for evergreen groundcover support, or Wojo's Gem Vinca if you feel the urge for a punchy blast of variegation.

Be prepared to pay more for a Daphne. A one-gallon plant will set you back \$14-16, and five-gallon versions may cost more than \$60. This evergreen is a yard or garden splurge and makes a great gift for any gardener.

*Nicole is the Garden Girl at R&M Pool, Patio, Gifts and Garden Contact her with questions, comments or suggestions at gardengirl@claytonpioneer.com*



**DAPHNE**

Winter Daphne blooms in early February; it's one of the earliest flowers around. You can expect it to bloom at the same time as your mid-season camellias. Use these plants' blossoms in early season arrangements in

scratch the product into wet soil and follow up with a watering session. Never fertilize a dry plant anywhere in your garden.

Great companion plants to consider with Daphne would be any one of the fabulous azaleas

# For most seniors, moving is an emotional experience

Moving can be a very stressful and overwhelming time for seniors and their families. Moving a senior relative can be one of a child's biggest challenges, say people who have been through it.

Presenting this change in a positive light is half the battle. Experts who deal with the elderly urge children of seniors to be aware of the effects of moving.

In a way, moving is like grieving. When you're giving away many of the things you have saved throughout the years, you realize you are no longer in the middle of your life.

To help ease the move, make sure to give the moving party choices in the process when possible. Remember, they are feeling a sense of losing control, so any control they can have in moving is important.

Children need to be support-

ive of their parents' decision to change residences. Patience and understanding are crucial to make the transition as smooth as possible. A lifetime of memories is not an easy thing to sort through, and deciding what precious things to discard and which to keep is even more difficult.

Moving to senior or assisted living can be a positive and exciting time in their life. Many are genuinely pleased about their moves because they are going to a place that is brand-new and clean, to a place with people around and something to do.

Research tells us that moving ranks third behind divorce and death of a spouse in life's most traumatic events. A multitude of decisions must be made. Selecting a place. Designing room layouts and deciding what

to take. Finding a mover, packing, moving, unpacking and getting rid of the leftovers.

The "stuff" being moved represents a person's history, the tangible things of their life. Giving up any of those things can be difficult. With family members often spread far and wide, boomers and seniors often do not have the local assistance needed to prepare for a downsizing move.

Luckily, there are numerous senior move management companies that help coordinate these aspects:

- Moving services.
- Downsizing.
- Assistance with packing.
- Estate sales.
- Staging your new home.
- Transfer of services (utilities, cable, phone).
- Organizing of important papers and documents.



**KELLY FERRO  
SENIOR MOMENTS**

These organizations provide families with emotional and physical assistance. When feeling burdened with the stress of moving an entire household, a senior move manager can provide just the peace of mind one needs.

If you take advantage of the services now offered in this area, this does not have to be an overwhelming time in your life.

*Kelly Ferro is Marketing Director for Aegis of Concord. Send comments or questions to kellyferro@aegisliving.com*



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