



1155 East Springfield Avenue
Reedley, CA 93654

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Thank You Everyone . . .

We cannot begin to express our sincere gratitude and appreciation for all your acts of kindness, comfort and support during Ken's stay in Marden's Place. Also thank you for the beautiful plant that we will enjoy thinking of Ken.

The Family of Ken Tsuboi

Thank you for allowing me to stay with Ken for part of every day for four years hoping he will not forget us altogether. I enjoyed my stay at Marden's Place also.

Thank you, Josie Tsuboi

Sierra View Homes Retirement Community
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In the Company of Friends

November 2017



EXECUTIVE DIRECTOR'S NOTE . . .

November brings a conscious effort to count our blessings. "Thank you Lord for all your blessings and help me accept my circumstances as they are now" was my mom's favorite prayer.

Recently, Adriana and I attended a conference on Senior Living entitled "Shades of Grace." One of the presentations was given by Sr. Gretchen Hailer, RSHM. Sister Grechen, former Vice President of Multimedia International and a Catholic Nun for 55 years, is a noted leader in media literacy and educator. She warns that "we need to mind the media so that the media doesn't mind us." With the awareness of how the media works, its influence and its money streams, we can use the media as a tool for knowledge and education.

The Los Angeles based inspirational speaker had some simple advice for seniors who want to continue to live a full life. Here are her proven tips on "Aging with Grace:"

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| Live in the Now | Do less, BE more |
| Learn to say "Thanks!" | Stop Whining, Pain Happens |
| Waste Time with God | Admire Creation |
| Grow Something | Discover the Whole World |
| Write a Poem | Nurture Relationships |
| Eat Colorfully | Exercise Regularly |
| Face Your Addictions | Get rid of "Stuff" |
| Mess Up Your Bible | Mentor Someone |
| Expect Surprises | Sing, Hum or Whistle Often |
| Experience Diversity | Drive Responsibly |
| Take Your Medicine | Stop Gossip |
| Learn New Technology | Draw, Paint, Color Something |
| Listen Actively | Speak Out Against Injustice |
| Read Widely | Prepare for End of Life |
| Smile, then Laugh! | |
| Practice the Spiritual and Corporal Works of Mercy | |

Notice they all start with a verb or action word. So no matter what your circumstance, take time out to thank God for His many blessings of life and perhaps use some of these helpful tips to stay connected.

Happy Thanksgiving - Happy November!

Vito Genna

Top Performing . . .

Sierra View Homes Care Center has been named as a "Top Performing" nursing home in the country. Only 15% of the facilities that the U.S. News and World Report rated achieved "Top Performing" status. The ratings for the "2017-2018 Best Nursing Homes" was published on the last day of October.

U.S. News and World Report assigned each facility a rating using their own analysis of data posted by the federal Center for Medicare and Medicaid Services. As you are aware, Sierra View Homes continues to retain the highest five-star rating from Medicare as well. Well done staff!

New Stars On Board . . .

Three of Sierra View Homes employee's have been working double duty up until a month or so ago. These three moms brought children into the world. Our little new stars are: Amaya Faith, daughter of Paola Sanchez, RN Assessment Nurse; Kevin Ernesto, son of Analleli Ceden, CNA and Damian Isaiah, son of Crystal Mata, CNA. Their body weight was 7 lbs., 8 lbs. 8 oz., and 10 lbs. 4 oz. respectively. We are happy to welcome our new stars on board and we congratulate our moms for a job well done.

May God Richly Bless You . . .

There is so much that you gave to our Dad, Vernon Ens, and our family in the way you cared for him in the last years of his life. Your staff, whether in Residential Care, Marden's Place, The Terraces, or Skilled Nursing, all cared for him with such kindness.

You were ready with help in so many ways, from talking with us to storing something until we could get to Reedley. You watched Dad's progress and lovingly helped him deal with difficult issues. You are the hands and feet of Christ and we so appreciate all you have done for Dad and us. May God richly bless you.

Sincerely, Deb, Cherri and Brad
Children of Vernon Ens

ACTIVITY HAPPENINGS

SATURDAY, NOVEMBER 11, 2017 at 12:00 P.M.

VETERANS DAY LUNCH AND CELEBRATION

Join us for a time of honoring our veterans at

Sierra View Homes

Kings Canyon and Founders Dining

Please RSVP to the office by Wednesday, November 8

Cost - \$6.00

No charge to veterans

THURSDAY, NOVEMBER 23, at 12:00 P.M.

THANKSGIVING DINNER

Kings Canyon and Founders Dining

Join us for a traditional Thanksgiving meal

Please sign up in the office by Tuesday, November 14

Cost - \$8.00

Being Thankful . . .

I am thankful for loving parents that taught me the love of God. I married a godly husband and God blessed us with five wonderful children. God has seen me through cancer twice and I thank Him for his His healings. I am also thankful for leading me to this home and the many friends here.

To God be the Glory, Doris Hofer apt. 105

I am thankful for family, friends, relatively good health and my great apartment here at Sierra View.

Karen Takasaki

CAREGIVING IS HOLY WORK!

Shortly before Jesus was taken into heaven, he confronted Simon Peter with this important question, “Simon, son of John, do you love me?” John 21:16 records Peter’s answer and our Lord’s response to that answer: “Yes, Lord, you know that I love you.” Jesus said, “Take care of my sheep.”

Caregiving was practiced by the Apostle Paul as well. He wrote the following in a letter to the church in Thessalonica: “Just as a nursing mother cares for her children, so we cared for you. Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well.” (1 Thessalonians 2:7b-8)

In short, caregiving is holy work! That is true not only for church leaders, but for all followers of Jesus Christ. But caregivers also need support as they seek to meet the needs of family members and friends under their care. For this reason, Sierra View Homes seeks to give Christian support and encouragement to people who have loved ones with Alzheimer’s or other forms of dementia.

One of the ways Sierra View fulfills this goal is by hosting a monthly Caregivers Support Group. Whether you and your loved one are far along on this difficult journey, or are brand-new to dealing with this challenge in life, you are invited to join us.

This group provides a safe place to connect with other caregivers who truly understand what you are going through. More specifically, the Caregivers Support Group provides its participants an opportunity to:

- Develop relationships with other caregivers**
- Exchange advice and caregiving solutions**
- Learn about valuable community resources**
- Gain empowerment through encouragement**
- Know you are not alone**
- Receive emotional and moral support**

As the facilitator of this group, I invite you to attend our next meeting on November 7, 2017, at 2:00 p.m. in the Kings Canyon Room.

Arlee Johnson, Chaplain