



1155 East Springfield Avenue
Reedley, CA 93654

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Thank you so much . . .

Dear Sierra View Family,

We wish to convey our deep appreciation for your loving care over our dad and mom. During the nearly six years of calling Sierra View home for them, we have seen and experienced personal attention and consideration.

The Family of Dr. Jake and Ruth Friesen

Sierra View Homes Retirement Community
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In the Company of Friends

December 2018



EXECUTIVE DIRECTOR'S NOTE . . .

Happy Chanukah! Merry Christmas! The Sierra View Homes campus will be packed full with decorations, music, carolers, and festivities for the month of December. We are even seeing a bit of rain already. One thing we weren't expecting was another full week Annual Federal Survey since we had one at the end of January. . .

As we emotionally and spiritually ready ourselves for the Christmas season, its easier to understand our common humanity. The things that divide us such as our race, our nationality, our gender, our educational degree, or even our individual disabilities, are much less significant than the things that unite us.

We are united by our common human emotions, our fundamental desire to be happy, avoid suffering, find meaning in life and to find God in our experiences to strengthen faith. We all have a human brain, a human body and a human heart that emanate to the same human longings. Of course with that, we have the same human frailties and vulnerabilities. Despite appearances we are deeply connected even when we do not see it.

During the Christmas season, it is easier to spot that common humanity. People tend to be a little more joyful, more courteous, more forgiving, more warm, open-hearted and generous. Although we have a common humanity, how we process each experience in our lives can vary quite a bit. Feelings may creep in and our feelings can sway what we experience. Some residents will talk about a long ago experience that still flavors their feelings to this day.

Throughout this joyous time, I hope we find it in our common humanity to bring joy to others, alleviate the loneliness of others, and to tone down the divisiveness in the world.

May God's peace overshadow any darkness in your life.

Vito Genna

Sierra View Homes Food Policy . . .

There are times when residents and their families would prefer to eat familiar, cultural and/or favorite foods. We do not dissuade families from bringing in these dishes, but we do want to follow safe food guidelines and want the families to do so too. The guidelines are established to prevent foodborne illness.

Many of our residents are on modified diets. If you want to bring in a special food or drink item, please check at the nursing station to see if the resident can tolerate the food or drink. All food brought from home or other sources must be ready to eat and given to the resident immediately. Left overs may be brought back home with a family member or discarded. If it needs to be stored, the food must be in a tight closing container with the resident's name and the date on it. This food can be stored in the refrigerators in the dining rooms. It is the policy of Sierra View Homes that outside food will not be kept for more than a day.

Safe food preparation tips include:

- Eat foods within 4 hours of refrigeration, preparation or cooking that contain meat, fish, milk, eggs, cheese, mayonnaise, potatoes or rice
- If reheating food brought in for the resident, heat to 165 degrees F for 15 seconds.
- It is recommended that beef, and pork items be cooked to 155F, poultry to 165F, Fish to 145F and eggs 155F

Snacks or beverages, not requiring heating or refrigeration to remain safe, can be stored in the resident's room in airtight containers.

Antibiotic Stewardship . . .

Improving the use of antibiotics in healthcare to protect residents and reduce the threat of antibiotic resistance is a priority for Sierra View Homes. Many minor conditions do not require antibiotics. Antibiotic stewardship refers to a set of commitments and actions designed to "optimize the treatment of infections while reducing the adverse events associated with antibiotic use."

Antibiotics are among the most frequently prescribed medications. Possible harm from antibiotic overuse are significant for the frail and older adults. Risk of serious diarrheal infections from *Clostridium difficile*, increased adverse drug events and drug interactions, and colonization and/or infection with antibiotic-resistant organisms can all be harmful.

Sierra View has established an antibiotic stewardship team. Guidelines have been established for the nursing staff to monitor residents. Everyone on an antibiotic is tracked and the doctors are kept informed about signs and symptoms of the resident receiving treatment so that antibiotics can be discontinued as early as possible. Indeed, there is constant surveillance of any unnecessary medication. Quality of life is our goal for everyone in our nursing care.

ACTIVITY HAPPENINGS

WEDNESDAY, DECEMBER 5, 2018 at 11:30 A.M.

GOLDEN AGERS LUNCH

Kings Canyon Room

Entertainment by Reedley Middle College High School

Sign up in the office

THURSDAY, DECEMBER 13, 2018 at 10:00 A.M.

SIERRA VIEW AUXILIARY CHRISTMAS BAKE SALE

Kings Canyon Room

WEDNESDAY, DECEMBER 19, 2018 at 6:30 P.M.

REEDLEY MENNONITE BRETHERN CHURCH

BELL CONCERT AND CHOIR

Kings Canyon Room

TUESDAY, DECEMBER 25, 2018 at 12:00 P.M.

CHRISTMAS LUNCH

Kings Canyon Room or Founder's

Sign up in the office

Cost - \$6.00

Dear Sierra View Friends . . .

Thank you for the plant you sent in memory of our Mother, Pauline Holland. She enjoyed the three years she spent in her apartment and we were glad to know she was in a safe and friendly facility.

A special thanks to the nursing staff who cared for her this past month. We appreciate that you treated her with such dignity and loving care in her last days.

Thank you for your kindness, Don and Susan Holland,
Paul and Flor Holland, Dean and Mary Thonesen

Life as Liturgy . . .

I attended a church service once that had a neat way of concluding their time together: After gathering in a circle and praying together they would say in unison: "The worship is over, let the service begin." It was a way to remind everyone that the purpose of gathering for worship is not to "put in our hour" of God time for the week, but to propel us into a new week of working for the Kingdom.

In seminary we talked a lot about "embodied living." How does our daily rhythm and routine that we develop for ourselves reflect the things we read, sang, prayed and spoke about on Sunday? Author Mike Cosper talks about life as liturgy. Liturgy is the form and tradition we engage in on Sunday morning to immerse ourselves in the worship experience. Our lives during the week should follow the same pattern.

The question is not, "do we have daily liturgies?" but rather, "what kind of liturgies do we have?" Is your phone the first thing you look to in the morning? Do you give the people you interact with your undivided attention? Do you put off devotions or writing notes of encouragement but still make time for your favorite TV show? Cosper says that our schedule is a net that guards our days. May we seek to develop liturgies that draw us into deeper and holier places.

Caley Ortman, Chaplain