



1155 East Springfield Avenue
Reedley, CA 93654

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Dear Sierra View Homes . . .

I want to thank all the staff and nurses that took care of my mom, Alyne Sherfield. The love you showed my mom allowed her to be “grandma.” Thanks a lot for your care; giving my mom a welcoming, and a room to be with friends. I just want to thank all the staff who cared for my mom. God Bless you all for your kind friendship you gave my mom.

Thank you,
The Family of Alyne Sherfield
Laura, Marty, Diana and Brenda

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In the Company of Friends

December 2019



EXECUTIVE DIRECTOR'S NOTE . . .

Well, we're down to the wire. December is upon us, Since Thanksgiving Day was late in November, the new month comes barreling in. With the political entertainment and theatre the whole year flew by. Hopefully, we stay focused on Advent and the true joy of the Christmas season despite all the noise and distraction.

Staff can relax a little; the unannounced Annual Recertification Survey for Medicare was completed by the Department of Public Health. The week-long regulatory survey is stressful even at the best of times. The findings were minor deficiencies, but overall we did extremely well: Congratulations to staff . . .

You ever notice how some people have a more difficult time during the holidays. It seems tougher for some when others around are positive and hopeful. Instead of enjoying, the time with family, friends, and thinking of God's gift, they're too busy being depressed. They will not even watch a Hallmark Christmas movie since it causes them angst, annoyance and anger.

I'm not making light of people who suffer from depression. Certainly, I'm concerned about the ever increasing number of people that have this chronic malaise. For each of them, the sadness and despondency is very real. Generally, it is not based on an incident that happened during the holiday; it is more an overshadowing state of mind that is not easily shaken.

Recently, I heard author Jen Shirkani discuss how "Emotional Intelligence" can re-frame your state of mind. She equates emotional intelligence to resiliency. The good news is that it can be improved and generally as we age it should get better. Choosing resiliency will keep you positive and optimistic. Statistics show that those with positive attitudes will live seven and a half years longer than those with negative attitudes. Some of the techniques improving your emotional intelligence and keep you positive are: Be mindful of your first reactions, catch yourself when you use negative language, know your "happy place" and visit it often, don't "believe" everything you think, be socially aware of situations, and practice "reading others."

As we near Christmas and focus on its true meaning, may you increase your optimism and hopefulness. And then give that gift away to others. Merry Christmas!

Vito Genna

Mural . . .

By now, hopefully you have noticed the mural being painted in the Kings Canyon Room. Let me give you it's origin. Shortly after the temporary wall went up on a Sunday morning, Susie Ewy and I were sitting there and looking at that big blank wood wall. I mentioned doing a mural for the time the wall was there. Susie quickly volunteered to draw it for us. As the residents saw it taking shape two ladies from the apartments ask to help. Barbara Richardson and Janet Foote are coming faithfully to help Susie paint. This mural will stay until the wall comes down. Thank you ladies for the beautiful work of art.

Susie Ewy has been volunteering here most of her life with events and about two years ago Susie joined the team on the second Sunday of the month to help with the music for the church service. She is not only a great artist, but also a pianist and vocalist. Her Grandmother, Melba Ewy, would frequently come and sing a duet with her. Susie has a long family heritage here at Sierra View. We here in Residential Care are so excited to welcome her to join the Campus Activity Staff. You will see her in Wellness Center and as Hostess and in Activities and many other niches. Offer her a Sierra View Welcome when you see her around campus.

By Kelly Brady and Jenny Penner

Change Can Be Good . . .

Many of you here on Campus already know Kelly Brady as Driver and Wellness Center coordinator. She has accepted a new role as Campus Activities Coordinator. Kelly has done an outstanding job keeping the wellness center operating and medical office transport coordinated. Her new role will be to plan and manage all activities for the Assisted Living and the Apartments residents. Kelly's family has a long legacy here at Sierra View. Her great grandfather, Herman Neufeld, and her grandparents, Madie and Merle Butts, were early supporters of Sierra View Homes; Christie Brady worked here for many years. Her mother involved Kelly in different activities including stuffing newsletters during her childhood. Kelly returned eight years ago. First in the Care Center activities and then campus-wide activities. Excitement is in the air as Kelly starts out this position busy with Christmas preparations and decorations.

We have already heard from Jodi Botello in her new role as City Senior Coordinator. She was setting dates for 2020 Senior Prom and asking for Assisted Living Nursing Staff to come to senior center once a month and take blood pressures. Sierra View also provides several meals a year for the senior center, in December it will be on the 10th. We look forward to working with the new "old" Reedley Senior Center Coordinator.

ACTIVITY HAPPENINGS

MONDAY, DECEMBER 2, 2019 at 2:00 P.M.

DECORATING PARTY FOR TERRACE LOBBY

Come out and help us decorate the trees

WEDNESDAY, DECEMBER 4, 2019 at 2:00 P.M.

HISTORY OF CHRISTMAS

With David Beaumont

Kings Canyon Room

THURSDAY, DECEMBER 12, 2019 at 10:00 A.M.

SIERRA VIEW AUXILIARY CHRISTMAS BAKE SALE

Kings Canyon Room

WEDNESDAY, DECEMBER 25, 2019 at 12:00 P.M.

CHRISTMAS DAY LUNCH

Kings Canyon Room or Founder's Room

Sign up in the office

Cost - \$8.00

FRIDAY, DECEMBER 27, 2019 at 2:00 P.M.

SERVICE OF REMEMBRANCE

Kings Canyon Room

This service is in memory of residents of Sierra View Homes Retirement Community who passed away during the last several months

SAVORING LIFE . . .

Do we use our time to really live or do we allow time to use us up? I recently encountered this question in Kathleen Norris' book, *Acedia & Me* and it was another reminder that the time we have is a gift from God. The way we use it matters. As a culture we sometimes worship at the altar of productivity. We boast of how many hours of overtime we put in this week or how little sleep we're running on. We fill every evening with activities and when those brief moments of open time do appear, we pull out our phones.

Jesus was undoubtedly productive during his time on earth, yet it is worth noting how often in the Gospels Jesus withdraws to a quiet place to recharge or carves out time to spend with just the disciples. In a similar way he sought to reclaim the way Sabbath was meant to be observed: "The Sabbath was made for man, not man for the Sabbath" (Mark 2:27).

Take some time this month to just "be," and instead of feeling guilty about it, remember that we honor God's gift of life by taking the time to truly savor it.

Caley Ortman, Chaplain