



1155 East Springfield Avenue
Reedley, CA 93654

[]

Thank You . . .

“I’d like to thank the staff of Sierra View for the care provided to my Uncle, Ruben Camacho. Your staff helped to make the transition from his home to Sierra View pleasant. I was so pleased with the level of care he received. I appreciated that he was always clean, nicely dressed and that he enjoyed a routine while there. A special thank you to Juana, Myra and Raul for their assistance and guidance these past few months. While I am heartbroken that my uncle has left his earthly body, I am confident that he is resting in peace. You all provide such a special service and I am so very thankful.”

On behalf of the Camacho Family
Mary Lou Wright

Sierra View Homes Retirement Community
1155 East Springfield Avenue, Reedley, CA 93654
1245 East Springfield Avenue (Apt. 1-56)
1140 East Evening Glow Avenue (Apt. 57-65)
1079 East Springfield Avenue (Apt. 101-319)
Phone: (559) 638-9226; Fax: (559) 638-6857;
www.sierraview.org

In the Company of Friends

August 2022



EXECUTIVE DIRECTOR'S NOTE . . .

“Happiness runs in a circular motion. Thoughts are but a little boat upon the sea. Everybody is a part of everything anyway. You can have everything if you let yourself be.” This Donovan song is running through my mind today. I often have a song in my head that I listen to through the day. At times, I even join in. I love to sing and with that love comes happiness. I choose to be happy and grateful for the blessings that come my way.

Happiness is a choice each person has to make for him or herself.

You may ask, “Is there a secret formula for finding happiness?” Here are a few of my favorite ideas. There are people who are naturally joyful and jovial. These folks keep everyone around them smiling. It is good to surround yourself with some friends like this. Another idea is to enjoy the simple pleasures such as watching a beautiful sunset or admiring a rainbow. Maybe a simple cup of coffee with a friend is reason to be happy. Do the things you love and have purpose for you. Doing something that makes a difference in someone else's life can bring pure joy to yours. Practice gratitude and you will be surprised how good you feel. Growing up, my mother was insistent my sister and I wrote thank you notes whenever we got a gift from anyone. To this day, I enjoy writing a thank you note to people who have touched my life in some special way. The act of showing gratitude not only lifts the sender's spirits but also lifts the receiver's spirit. I have kept many thank you cards that came my way relishing in the thoughtfulness.

It takes dedication to be aware of the little pleasures in life. It takes being grateful and to have a sense of purpose. Spend time with a friend, write a thank you note, listen to your favorite music and sing along, give someone a word of encouragement and see how it makes you feel. Create your happiness this month. Happy August!

Ro Linscheid

The Vegetable Gardens . . .

The vegetable gardens are for the residents of Sierra View Homes Retirement Community. You may pick and enjoy your favorite vegetables to eat. Please leave a little for the next person.

News on COVID vaccinations . . .

The CDC has approved a new Vaccine for COVID-19. It is called Novavax. It directly injects a version of the spike protein and another ingredient that stimulates the immune system, producing antibodies and T-cell immunity. Novavax Vaccine is a traditional vaccine, just like shingles, DPT and others. It is not alive and cannot infect you. This is the more conventional type of vaccination. It has proven to be safe in tests of twenty-five thousand test subjects. The vaccine is available through your pharmacy.

Wellness Walk-In Clinic

Beginning Wednesday, August 10, 2022

and continuing every 2nd Wednesday of the month.

Services include - Blood Pressure Check, Pulse Oximetry, and Vital Signs. If further treatment is needed Telehealth Visits are available for Cough or cold, Fever, Flu, Sore throat, Medication review, ECG, and Ear, Eyes and Throat exams.

First Come, First served.

Location and Time

Terraces (Room to left of mailboxes) - 9:00 a.m. to 11:00 a.m.

Garden Apartments (Room 10) - 11:30 a.m. to 1:30 p.m.

Changes in Staffing . . .

We are happy to announce that Homero Salinas has accepted the position of Plant Operations Supervisor as John Long is stepping down from that position. John Long will continue at Sierra View Homes working on special projects and helping to monitor the Wellness Center. Joshua Guillermo has joined the maintenance crew. He is working some evening and some night shifts.

Jesus Osario, Dietary Supervisor left Sierra View Homes. Brenda Soares has rejoined the Dietary Department and will once again take the responsibility as Food and Nutrition Director. Brenda Soares and Tony Adayan will co-manage the dietary department.

News on the Bus . . .

The arrival date of the new Sierra View bus keeps changing. Our latest report is it should be ready for pick up the third week of August. Larry Harder, former Board Member, is picking it up and driving it from Tennessee to California.

The Golden Agers . . .

If you want to know what is happening at Sierra View Homes, this meeting is the place to be. We meet in the new dining (Sequoia Welcome Room) the 4th Friday of every month at 2:00 p.m. The CEO will be there to talk about what is new, what projects we are working on and will answer questions. Come have a treat to eat and a conversation with the staff.

The Questions Imprinted on Our Hearts . . .

This last month I had the privilege of serving as Program Director for our youth at Camp Keola up at Huntington Lake. Shifting from working with people in their 80s and 90s to working with kids aged 9-18 is a significant shift in many ways. And yet in regards to their questions concerning faith and God, there are also many similarities.

While years of lived experience shape our questions, the essence of these questions remains the same: “Who made all of this?” “Why am I here?” “What am I called to do in this life that will give me meaning?” “Who is the person God created me to be that will allow me to find happiness?” To be created in the image of God means to seek the answers to these questions. It is what separates us from the other creatures on the earth that make up God’s creation.

This is true not only across age, it is also true across history. While scientific advancement has allowed us to gaze farther and farther into the night sky, giving explanations for the shape and movement of the universe, our questions echo those voiced thousands of years ago in the psalms: “When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is humankind that you are mindful of them, human beings that you care for them?” (Psalm 8:3-4). “I lift up my eyes to the mountains, where does my help come from? My help comes from the Lord, the Maker of heaven and earth.” (Psalm 121:1-2).

The same God that imprinted these questions on our hearts cares for us and is attentive to us when we voice them. We are never too young or too old to ask these questions and deserve the opportunity to voice them earnestly and honestly wherever life finds us. May we foster communities that encourage such questions and seek the Creator God who holds the answers.

Caley Ortman, Chaplain

(MK)=Mineral King Room (KC/FR)=Kings Canyon Room or Founder's Room	Daily activities are posted on the white boards in the Residential Care Facility	TURN YOUR TELEVISION TO CHANNEL 2 FOR A LIST OF DAILY ACTIVITIES.				
	<p style="text-align: right;">1</p> <p>10:15am-Sittercise 10:30am-Memory Jogger 2:00pm- Arm Chair Travel</p>	<p style="text-align: right;">2</p> <p>9:30am-Men's Coffee 10:15am-Sittercise 2:00pm-Bingo</p>	<p style="text-align: right;">3</p> <p>10:15am-Sittercise 10:30am- Resident Council (MK) 2:00pm-Bible Study (KC)</p>	<p style="text-align: right;">4</p> <p>10:15am-Sittercise 2:00pm-Bingo</p>	<p style="text-align: right;">5</p> <p>9:00am- Chats with Chaplain 10:15am-Sittercise 2:00pm-Nails</p>	<p style="text-align: right;">6</p> <p>10:15am-Sittercise 1:30pm-Movie & Popcorn (MK)</p>
<p style="text-align: right;">7</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails</p>	<p style="text-align: right;">8</p> <p>10:15am-Sittercise 10:30am-Memory Jogger 2:00pm- Residential Care Facility Birthday Celebration (MK)</p>	<p style="text-align: right;">9</p> <p>9:30am-Men's Coffee 10:15am-Sittercise 2:00pm-Bingo</p>	<p style="text-align: right;">10</p> <p>10:15am-Sittercise 10:30am-Coffee Social (MK) 2:00pm-Bible Study (KC)</p>	<p style="text-align: right;">11</p> <p>10:00am-Food Committee Meeting (KC) 10:15am-Sittercise 2:00pm-Bingo</p>	<p style="text-align: right;">12</p> <p>9:00am- Chats with Chaplain 10:15am-Sittercise 2:00pm- Nails</p>	<p style="text-align: right;">13</p> <p>10:15am-Sittercise 2:00pm-Movie & Popcorn (MK)</p>
<p style="text-align: right;">14</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm- Summer Refreshments (MK)</p>	<p style="text-align: right;">15</p> <p>10:15am-Sittercise 10:30am-Memory Jogger 2:00pm- Arm Chair Travel</p>	<p style="text-align: right;">16</p> <p>9:30am-Men's Coffee 10:15am-Sittercise 2:00pm-50's Malt Shop</p>	<p style="text-align: right;">17</p> <p>10:15am-Sittercise 10:30am-Coffee Social (MK) 11:45am-Ron Surabian (KC) 2:00pm-Bible Study (KC)</p>	<p style="text-align: right;">18</p> <p>10:15am-Sittercise 2:00pm-Bingo</p>	<p style="text-align: right;">19</p> <p>9:00am -Chats with Chaplain 10:15am-Sittercise 2:00pm- Nails</p>	<p style="text-align: right;">20</p> <p>10:15am-Sittercise 1:30pm-Movie & Popcorn (MK)</p>
<p style="text-align: right;">21</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails</p>	<p style="text-align: right;">22</p> <p>8:30am-Barber 10:15am-Sittercise 10:30am-Memory Jogger 2:00pm- Trivia</p>	<p style="text-align: right;">23</p> <p>9:30am-Men's Coffee 10:15am-Sittercise 2:00pm-Bingo</p>	<p style="text-align: right;">24</p> <p>10:15am-Sittercise 10:30am- Coffee Social (MK) 2:00pm-Bible Study (KC)</p>	<p style="text-align: right;">25</p> <p>10:15am-Sittercise 2:00pm-Bingo</p>	<p style="text-align: right;">26</p> <p>9:00am-Chats with Chaplain 10:15am-Sittercise 2:00pm-Movie & Popcorn (MK)</p>	<p style="text-align: right;">27</p> <p>10:15am-Sittercise 2:00pm- Watermelon Social (MK)</p>
<p style="text-align: right;">28</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails</p>	<p style="text-align: right;">29</p> <p>10:15am-Sittercise 2:00pm-Summer Refreshments (MK)</p>	<p style="text-align: right;">30</p> <p>9:30am-Men's Coffee 10:15am-Sittercise 2:00pm-Bingo</p>	<p style="text-align: right;">31</p> <p>10:15am-Sittercise 10:30am- Coffee Social (MK) 2:00pm-Bible Study (KC)</p>			