



1155 East Springfield Avenue
Reedley, CA 93654

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Recycle For Sight . . .

We are accepting used prescription glasses for donation to Lions Club International. There is a drop off box in the Terrace Lobby and the Administration Office. They do not accept sunglasses, loose lenses, or glass cases.

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)
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In the Company of Friends

July 2022



EXECUTIVE DIRECTOR'S NOTE . . .

What do you think about when you reminisce about the month of July?

The first thing that comes to mind for me is July 4. In your youth did you have huge Fourth of July celebrations or small gatherings? On the other hand, did you work the day away? I recall as I grew up on a South Dakota farm that July 4 was just like any other day. Work in the fields, in the barn and in the yard all needed to be completed. "The cows don't take a holiday," my dad used to say when I begged to go do something special.

When I first moved to Reedley, I enjoyed getting together with friends on July 4 for a meal and sitting in lawn chairs to watch the fireworks. Our children, well, actually all of us enjoyed lighting sparklers and various "safe" fireworks. Watching the Reedley fireworks colors light up the night sky was thrilling.

For me, July was a time for swimming, for cranking homemade ice cream, trying to stay caught up with the garden produce and enjoying delicious tree fruit. Speaking of fruit, the wonderful flavor of home-grown tomatoes cannot be beat. I have three varieties of tomatoes growing in my garden this year.

July is also a time to enjoy summer band concerts. I enjoyed going to band concerts in the park as a child and now I have the thrill again when I listen to the Kingsburg band play many familiar songs.

Sierra View Homes will celebrate July 4 with a BBQ lunch. We will have special activities in the afternoon and enjoy being in the company of friends.

July is full of warmth and sunshine giving us food rich in flavor, texture and color. I must say I am not so fond of the heat but I do love the long days of sunshine.

The month of July has arrived! That means the hot days of summer are here. Drink lots of water, stay cool and enjoy the celebrations as you create new memories of July.

Ro Linscheid

Ordinary, but not Commonplace . . .

It may come as a surprise to some, but the January through December calendars hanging on our walls are not the only calendars being observed. The Christian church has a calendar as well, which includes the seasons of Advent, Christmas, Lent and Easter. Much in the same way the Old Testament celebrated seven different agricultural festivals to commemorate God's faithfulness, the church follows the narrative of the Gospels, from Jesus's birth to his death and resurrection.

"Well, what season are we in now?" you might ask. The time from the end of May until the end of November is actually referred to as "Ordinary Time." It makes up over half of the Christian calendar, but we are mistaken if we interpret Ordinary Time as somehow unexciting or as a summer vacation from the life of the church. "Ordinary" actually gets its name from the fact we use ordinal numbers (first Sunday all the way to 34th Sunday) to count the Sundays, *not* because there is anything boring about the season.

It is our human tendency to get excited about Christmas and Easter and for our attention and enthusiasm to wane in between. Yet, we should not confuse "ordinary" with "commonplace." Bo McAllister reminds us that "Ordinary Time is extraordinary because it reminds us that God is with us even in the day-to-day ordinariness of our lives. God wants to be in our everyday lives, even the parts we view as ordinary and mundane."

As Christians, our faith is incarnational. God has entered our world in all of its messiness. Each moment and situation holds sacred value should we choose to invest the time to experience it. Let us enjoy the relaxed nature of summer break, but let us do so in a way that also celebrates the sacredness of ordinary time.

Caley Ortman, Chaplain

COVID-19 Update . . .

Despite COVID spreading in Fresno County, we had just one case of COVID in June in the Care Center. We were able to isolate the resident. Several staff members tested positive at different times throughout the month. It is believed most of the staff who were infected got it from family or a friend. None of them caused the resident to be infected. Assisted Living has had no COVID cases in residents or staff. We have had several people test positive for COVID in the Garden Apartments. At this writing, all those infected with the virus are recovering well.

Come For Coffee . . .

The Bistro is open for business on Tuesday afternoons at 2:00 p.m. and Thursday mornings 9:00 a.m. Gather up your friends and come have a cup of coffee, ice cream and/or some goodies in the new part of the dining room. Donations are welcome to help offset the cost.

The Eye In The Sky . . .

Mid Valley Alarm Company has been installing cameras around campus. Sixteen new cameras are being strategically placed to observe the driveways, sidewalks and parking lots. Sierra View Home's goal is to provide greater security for our residents.

Let's Move . . .

The Get Moving Program is starting up again. The Sierra Kings Health Care District has granted money to Sierra View Homes to continue the Get Moving Program. The Program runs for eight weeks, and classes meet three times a week. The program teaches strength building, better balance, and nutrition and health awareness. Sign up in the office to participate in the program.

The Get Moving Program is expanding to the Community Center. Watch the Community Center news for details.

ACTIVITY HAPPENINGS

MONDAY, JULY 4, 2022 at 11:30 A.M.

INDEPENDENCE DAY BARBECUE LUNCH

Kings Canyon Room

Free to residents and staff

Please sign up in the office

Wellness Walk-In Clinic

Beginning Wednesday, July 6, 2022

and continuing every Wednesday thereafter

Services include - Blood Pressure Check, Pulse Oximetry, Vital Signs, Triage Health Screening. 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 serve.

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.

(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.				
					1 9:00am- Chats with Chaplain 10:15am-Sittercise(MK) 2:00pm-Nails	2 10:15am-Sittercise(MK) 2:00pm- Watermelon Social
3 9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails	4 10:15am-Sittercise(MK) 12:00pm-Independence Day BBQ Lunch (KC) 2:00pm-Arm Chair Travel (MK) INDEPENDENCE DAY	5 9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo	6 10:15am-Sittercise(MK) 10:30am- Resident Council (MK) 2:00pm- Bible Study (KC)	7 10:15am-Sittercise(MK) 2:00pm-Bingo	8 9:00am- Chats with Chaplain 10:15am-Sittercise (MK) 1:30pm-Movie & Popcorn (MK)	9 10:15am-Sittercise(MK) 2:00pm-Nails
10 9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails	11 8:30am-Barber 10:15am-Sittercise (MK) 10:30am-Trivia 2:00pm-Residential Care Birthday Celebration (MK)	12 9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo	13 10:15am-Sittercise(MK) 10:30am- Current Events Coffee Social (MK) 2:00pm- Bible Study (KC)	14 10:00am-Food Committee Meeting (KC) 10:15am-Sittercise(MK) 2:00pm-Bingo	15 9:00am- Chats with Chaplain 10:15am-Sittercise (MK) 2:00pm-Nails	16 10:15am-Sittercise(MK) 1:30pm-Movie & Popcorn (MK)
17 9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails	18 8:00am-Barber 10:15am-Sittercise(MK) 10:30am-Memory Jogger 2:00pm-Spring Refreshments (MK)	19 9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo	20 10:15am-Sittercise(MK) 10:30am- Current Events Coffee Social (MK) 11:45am-Ron Surabian (KC) 2:00pm- Bible Study (KC)	21 10:15am-Sittercise(MK) 2:00pm-Bingo	22 9:00am- Chats with Chaplain 10:15am-Sittercise (MK) 1:30pm-Movie & Popcorn (MK)	23 10:15am-Sittercise(MK) 2:00pm-Iced Coffee Social
24 9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails	25 10:15am-Sittercise(MK) 10:30am-Trivia 2:00pm-Arm Chair Travel (MK)	26 9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-50's Malt Shop	27 10:15am-Sittercise(MK) 10:30am- Current Events Coffee Social (MK) 2:00pm- Bible Study (KC)	28 10:15am-Sittercise(MK) 2:00pm-Bingo	29 9:00am- Chats with Chaplain 10:15am-Sittercise (MK) 2:00pm-Service of Remembrance (KC)	30 10:15am-Sittercise(MK) 2:00pm-Spring Refreshments (MK)
31 9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails						