



1155 East Springfield Avenue
Reedley, CA 93654

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Budgeting Adventures . . .

Quite a lot of discussion on the difficulty trying to budget for the 2023 fiscal year took place at the recent Sierra View Homes Strategic Planning Committee. Runaway inflation causing wide variations in pricing, new regulations and higher governmental fees make it difficult to forecast next year's environment. We are trying to keep to an increase in our skilled care rates at 5 percent and 4 percent for Assisted Living and Retirement Living. It will be difficult given that the cost of living is averaging over 8 percent for the year. Final approval will go before the Sierra View Homes Board of Directors at the October meeting. Rates would be effective January 1, 2023, for our all levels of care.

Sierra View Homes Retirement Community
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In the Company of Friends

October 2022



EXECUTIVE DIRECTOR'S NOTE . . .

Many of us will travel a great deal to celebrate a birthday or a holiday. We just got back from Boise, Idaho. We went there because my youngest son moved there a little over a year ago and it was time for my husband and me to be the inquisitive parents. In addition, we wanted to celebrate our son's birthday with him. We enjoyed the city with our son as our guide. We saw where he works and what the outcome is of his job. It was great to see each other and to have conversations that are most meaningful in person.

Once again, I am reminded how important it is to stay connected even when there are miles and miles between us. It gives me pause to think of all the distant relatives that strive to get here to celebrate an occasion with our residents.

Our family and friends make life interesting and beautiful. We are refreshed and energized when we do things with people who enjoy some of the same things we do. Something special happens when a group gathers to chat, to share a meal together, or to work or volunteer together. We have something in common, something that binds us together.

I want to thank our staff on campus that assists putting parties together and brings activities and fun to the campus. Kelly Brady and her team are busy planning fall events that include Barbeques, the Arts, Concert Series, and outings on the new bus. Juana Duarte has been joined by Makayla Flenory in giving our Nursing Care residents times of enjoyment and fun. Some of the events that keep these residents busy are art classes, movies, dominos and spa days where fingers and fingernails get pampered and polished. They also hope to do some outings on the new bus. Facilitating the time spent together with long-distance relatives tops the cake.

The staff of Sierra View Homes comes every day to work and try their best to create the best living environment for our residents. The staff comes not only for the paycheck, but because there is a connection here between staff members and residents. We together make Sierra View Homes Retirement Community a vibrant place to be.

Have a great October!

Ro Linscheid

General Election . . .

The general election will be held Tuesday, November 8, 2022. Besides candidates for respective state and local offices there are some propositions on the ballot. Residents who need help to register and ensure their ballot is counted--residents in Skilled Nursing should contact Juana and residents in Retirement Living and Residential Care should contact Kelly Brady to get assistance.

Saturday, October, 15, 2022

Reedley Sunrise Kiwanis Club

Spaghetti Dinner—5:00 p.m. to 7:00 p.m.

Dinners will be take out only. The meal is \$20 and the proceeds go to the Reedley Sunrise Kiwanis funding for School and Community Activities.

Dear Friends . . .

To all the staff at the "Sierra View Retirement Homes" Community and everyone who contributes to the needs of others. My 16 months spent there was a blessing to my precious husband, Jerry R. Jarrett, as he was a patient during several months of care there. God has blessed my family so very much and my husband went quietly to be with the Lord while there! May God bless each of you as you continue your service to Him by helping others!

In Christ's Love,

Judy Jarrett

Thank you so much everyone at Sierra View for all that you did for our mom and Jerry.

Kim, Natalie, and Scott
children of Judy Jarrett

COVID Bivalent Booster Clinic

Be on the lookout for information in October about the clinic. If you want to receive the booster shot, fill out the consent form you received with your statement and bring it to the office to get signed up.

Sustaining the Dream . . .

This is the title of a new pamphlet that the Sierra View Homes Strategic Planning Committee has put together. Their task was to capture the original mission of the First Mennonite Church members and demonstrate how it evolved into the Christian mission driven residence and health provider it is today.

As we began to develop the pamphlet it became a labor of love because our organization's strength since its inception has gotten its strength from prayer, talent, commitment and support from so many. From a dream of members of our faith it became a fraction of committed supporters of many faiths.

Sustaining the Dream gives a brief overview of the Sierra View Homes effective attention to Christian care, concern and respect for all who pass through our campus gates. The legacy of that care will live on through those who give care, those who receive care and those who support our mission.

Stop by the office and request a copy or call and we will send you a copy.

Get Moving Program . . .

We received a promising grant from Sierra Kings Health Care District to continue the "Get Moving Program." Our first class under the new grant started July 6, 2022. Physical Therapist Phil, Registered Nurse Estella, Restorative Nurse Assistant Dinora, and Registered Dietician John, worked hard with the eight residents that participated in this class. Another class begins on October 3, 2022, with a full class of eight. The class schedule will continue at three times a week for eight weeks with strengthening exercises tailored to each participant. Nutrition instruction with information will be disseminated during one class period. Thanks to the grant, the class continues at no cost to you. Sign-up for the next class in the office.

SERVICE OF REMEMBRANCE

FRIDAY, OCTOBER 28, 2022

2:00 P.M.

Kings Canyon Dining Room

The Practices That Shape Us . . .

I imagine I learned to pray like many others have as children: Hands folded, eyes closed, and speaking aloud, as if God was sitting on the chair next to you or the bed beside you. There are many practical reasons to teach kids to pray in this way. Folding hands keep them from getting into trouble, eyes closed keep distractions out, speaking aloud helps formulate thoughts (and makes a spiritual practice concrete to a young mind.)

For some, this method of prayer will be meaningful and effective for their entire lives. Others, upon reaching adolescence or adulthood, might find that prayer doesn't "work" for them like it used to. They don't "feel" anything, or perhaps what they feel is a little goofy, as though they are talking to an imaginary friend they should have outgrown.

It is healthy, as we develop mentally, emotionally and spiritually, to revisit what it is about prayer that makes it meaningful. We all go through seasons in our prayer lives. In some we have thrived, in others we have struggled. In some perhaps we have walked away from prayer entirely. We experiment with different kinds of prayer and different methods to see what holds authenticity.

I believe all of this is a natural part of our faith journeys. We give thanks to God when we experience the transcendent and transforming power of prayer, and we also should give ourselves grace when our prayer lives experience growing pains. Tish Harrison Warren sums up well the goal of prayer, however it is we may get there:

Most often, we take up prayer not out of triumphant victory or unimpeachable trust but because prayer shapes us; it works back on us to change who we are and what we believe. Patterns of prayer draw us out of ourselves, out of our own time-bound movement, into the long story of Christ's work in and through his people over time.

Wherever you are in your prayer life, may the practice draw you out of yourself to see the broader tapestry God is weaving, and may you feel solidarity with all the believers, past and present who seek through prayer to draw closer to their Creator.

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.				
						1 10:15am-Sittercise(MK) 1:30pm- Movie & Refreshments (MK)
2 9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails	3 8:30am-Barber 10:15am-Sittercise(MK) 10:30am-Memory Jogger 2:00pm-Arm Chair Travel (MK)	4 9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo	5 10:15am-Sittercise(MK) 10:30am- Resident Council (MK) 2:00pm- Bible Study (KC)	6 10:15am-Sittercise(MK) 11:30am.Dan Shubin-Saxophone (KC) 2:00pm-Bingo	7 9:00am- Chats with Chaplain 10:15am-Sittercise (MK) 1:30pm-Movie & Popcorn (MK)	8 10:15am-Sittercise(MK) 2:00pm-Nails
9 9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails	10 10:15am-Sittercise (MK) 10:30am-Trivia 2:00pm- Residential Care Birthday Celebration (MK)	11 9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo	12 10:15am-Sittercise(MK) 10:30am- Current Events Coffee Social (MK) 2:00pm- Bible Study (KC)	13 10:00am-Food Committee Meeting (KC) 10:15am-Sittercise(MK) 2:00pm-Bingo	14 9:00am- Chats with Chaplain 10:15am-Sittercise (MK) 2:00pm-Nails	15 10:15am-Sittercise(MK) 1:30pm-Movie & Refreshments (MK) 5:00pm-Kiwanis Spaghetti Dinner Fundraiser (Tickets Required) Guests- take out only (KC)
16 9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails	17 10:15am-Sittercise(MK) 10:30am-Men's Nails (MK) 2:00pm-Fall Refreshments (MK)	18 9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo	19 10:15am-Sittercise(MK) 10:30am- Current Events Coffee Social (MK) 11:45am-Ron Surabian (KC) 2:00pm- Bible Study (KC)	20 10:15am-Sittercise(MK) 2:00pm-Bingo	21 9:00am- Chats with Chaplain 10:15am-Sittercise (MK) 2:00pm-Sierra View Talent Series Featuring: Joe Halpen-Photography (KC)	22 10:15am-Sittercise(MK) 2:00pm-Nails
23 9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails	24 10:15am-Sittercise(MK) 10:30am-Trivia 2:00pm-Arm Chair Travel (MK)	25 9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo	26 10:15am-Sittercise(MK) 10:30am- Current Events Coffee Social (MK) 2:00pm- Bible Study (KC) 6:15pm- Night at the Drive-In (E.T.) (KC)	27 10:15am-Sittercise(MK) 2:00pm-Bingo 5:30pm-Reedley Historical Society Dinner (Tickets Required) (KC)	28 9:00am- Chats with Chaplain 10:15am-Sittercise (MK) 2:00pm-Service of Remembrance (KC)	29 10:15am-Sittercise (MK) 2:00pm-Fall Refreshments (MK)
30 9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails	31 10:15am-Sittercise (MK) 10:30am-Memory Jogger 2:00pm-Arm Chair Travel (MK)					