



1155 East Springfield Avenue
Reedley, CA 93654

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SERVICE OF REMEMBRANCE

Friday, January 28, 2022

Kings Canyon Room

Get This Newsletter in Your Email Box . . .

We are working on saving money everywhere we can. You can receive this newsletter in your email box. Just contact Kecia Friesen in the Administration office at 559-638-9226 or by email at kfriesen@sierraview.org and let her know your email address and that you want to receive the newsletter by email.

Sierra View Homes Retirement Community

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In the Company of Friends

January 2022



EXECUTIVE DIRECTOR'S NOTE . . .

The New Year brings new beginnings and new goals for Sierra View Homes Retirement Community. Every December we establish some goals for the New Year to give us a plan for improving, and developing our thirteen acre campus.

Some of the goals we accomplished for 2021 were (1) to bring more residents to live on campus at all levels. (2) To encourage and support staff to stay with Sierra View Homes. (3) We dealt with COVID and all its uncertainties. We worked to gain knowledge and ability to keep COVID out. (4) We spent \$300,000 on capital improvements including new medical equipment, furnishings, air purifying systems and a new roof on the Skilled Nursing building.

The year 2022 is now upon us and a new set of goals have been developed. We continue to work toward a full house at all levels of the community. Our "Get Moving" program has received positive reviews and with that, we plan to keep the program going. We now have a class for people who want to participate for a second time. Sign up in the office if you are interested in the class.

We are going to start updating Assisted Living by refurbishing the showers and bathroom vanities. This will be a several year project. Parking lot lighting is being addressed and a new security camera system will be installed in 2022. We will have more cameras covering more of the campus.

Sierra View Homes Activity options are slowly growing. The "Coffee Break" in the new dining room will be expanded. Coffee, tea, treats and conversation are all part of the fun. We are very close to purchasing a nine passenger bus so we can do more off-campus activities.

We constantly look to provide staff ways to grow in their area. Both with education and with a flexible schedule so they can attend school. The Sierra View Homes staff has done a great job of meeting work challenges while availing themselves to internal and external education.

As we go forward with trying to accomplish these goals, we will work with the Strategic Planning Committee to ensure that goals are on point and worthwhile. Sierra View Homes strives "to be an outstanding full service retirement community that celebrates and enhances the lives of each resident and staff member, and that reflects Christ's message of hope and friendship." That vision will always be in front of us as we work at accomplishing our goals for 2022. Happy New Year!

Ro Linscheid

Being the Angels We Want to See in the World . . .

We have a deep love for angels, especially this time of year. They top our Christmas trees, they are coveted roles in our children's' Christmas pageants (not everyone can be Mary!) and they play prominent roles in our favorite Christmas songs. They exude an aura of peace, tranquility, awe and wonder, which are highly coveted feelings during the stress of a holiday season that comes at the coldest and darkest time of the year.

But when January rolls around and the ornaments are returned to the attic until next Christmas, angels tend to recede from our minds. There doesn't seem to be a lot of room for angels in our modern age.

In the original Hebrew texts, the word for 'angel' is the same word for 'messenger.' These messengers appear to God's people throughout the Bible, sometimes in breathtaking glamorous displays (such as to the shepherds in the Christmas story in Luke 2) and sometimes as ordinary strangers (such as Abraham's three visitors in Genesis 19).

Angels function as a link to remind us of our closeness to God, and at the same time as an intermediary, providing a necessary distance from a God so overwhelmingly powerful that even Moses was only allowed to see God's back in passing. Angels are one means among many that God uses to reveal Godself to those who seek and those who wonder. N.T. Wright encourages us to be attentive to these messengers year-round:

"We can listen for the song of the angels. It will come in surprising ways, as it always does. God doesn't call everybody in the same way. But if you are learning to love the Christ-child you will find your eyes gradually being opened to what the powers of the world are up to and your ears gradually becoming tuned to the particular song that God's angels are trying to sing to you, and, more dangerously perhaps, through you."

So when you put your ornaments back in the attic this January, continue to be attentive to the voices of God's messengers, whoever that may be. And may we be like Mary, who treasured up all these things and pondered them in her heart (Luke 2:19)

Caley Ortman, Chaplain

Infection Answers From Our Infection Prevention Nurse, Lance

Q: At the beginning of COVID in the US, March 2020, we heard from authorities that there would be mutations and variations as the disease wanes. Why is this Omicron variation so significant?

A: The Fear of Omicron is due to the increased virility (the measurement of how easily it spreads.) Several top virologists throughout the world told us about the scientific theory of Muller's Ratchet. This scientific theory predicts that this particular virus will have harmful mutations. This means that the increased virility of the new variant was expected, just like the previous dominant strain Delta. However, some of these mutations have sequences of RNA that are consistent with the viruses that cause the common cold. Please be aware that the majority of all Covid19 deaths have been among those with other disease processes affecting the infected person. Other high-risk factors remain constant, such as immunocompromised, diabetes, coronary artery disease, and obesity over the age of 65. Current statistics say that this variant is mild and even more so for the people who have the vaccination. If your last dose was more than six months ago, you should contact the IP office; we will help you find a local safe vaccination site.

Q:What has worked at Sierra View Homes?

A:To keep out all infections, remains our primary goal. We have used testing, electronic screening, infection tracing, and especially teamwork. We refer to everyone here as a member of the Infection Control and Prevention Team. Also, in the Care Center and now Residential and Memory care units, we have deployed Hydroxyl Generators. These little boxes have a significant effect on preventing all organisms that cause illness. They also cut odors in the building. Unfortunately, masks have proven to be less effective in mitigating Wild Novel Virus and our second wave Alpha. Significant changes to the Air Handlers and filtration, as well as the hydroxyl generators, have yielded us nine months with Zero Respiratory infections in our care center. Visiting outdoors in the good old fashion fresh air has helped as well. Vaccination has been effective in prevention to this point and, more importantly, has minimized adverse effects of the virus.

Q. Although more spreadable, Omicron has been less deadly and associated with more mild symptoms. Are your expert sources suggesting this may be the beginning of the end of the Pandemic and the lingering disease would be similar to the flu?

A. Top doctors predicted this path. The truth is that we have very little success in the mitigation of Respiratory Viruses, but now have drugs for treatment. We all know the flu shot can be hit or miss. So vaccines are not and should not be considered a one-horse show. Predicting the end of the Pandemic, I will leave that up to The Lord God!

Get Moving Already . . .

Nearly 40 residents have taken part in the "Get Moving Program." All participants have voiced their appreciation and the benefits of the program. Indeed, a number of participants have requested a sequel to the class.

Fortunately, Sierra Kings Health Care District allowed for a no cost to residents by gifting Sierra View Homes with a \$20,000 grant last year. Sierra View Homes will apply for a grant extension this year to Sierra Kings Health Care District.

Two classes will begin on January 17, 2022. The 9:00 a.m. class will be for the novices and will mimic the previous classes. The 10:15 a.m. class will be for the second timers. Phil, the Physical Therapist will be involved in pushing out participants in that class since exercise will be more advanced.

All independent residents who are interested need to sign-up in the office. Remember there is an eight-week commitment of one hour three days a week. Participants in the January classes will be notified by January 10, 2022.

Dear Staff of Sierra View Homes . . .

We want to thank you all for the plant and the care you gave Steve over the last 14 months. We know it was not easy, but you always treated him with kindness and compassion. We are thankful for the time we got to spend with him in his last days. He was surrounded by family and friends. The Orton Family

Sierra View Homes Retirement Community Annual Auxiliary and Corporation Meetings

The Sierra View Homes Auxiliary will hold its annual meeting just before the annual Sierra View Homes Corporation meeting on Feb 17, 2022. The Auxiliary will begin its meeting at 5:00 p.m. and the corporation meeting will begin at 6:00 p.m. Refreshments will be served around 5:30 p.m.

The Corporation meeting will feature brief presentations from the Chair of the Board of Directors, the CEO and the financial officer.

Ballots will be passed out for the election of three board members that are completing their terms. Lois Strole and Lance Zimmerman have completed their 3-year terms and Joleen has completed a six-year term. Lance and Lois are eligible to continue for a second three-year term. The nominating committee will present new board member names to replace those whose terms are completed. A ballot with election alternatives and a proxy availability will be mailed out in early January. Anyone needing further information can contact Kecia at (559) 638-9226.

Thank You . . .

Dear friends and staff at Sierra View, Thank you for the loving care you gave to my husband and father and the lovely plant you sent to the funeral. He loved you all! The Family of Charles Neufeld

(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(MK) 12:00pm-New Year's Day Lunch (KC) 2:00pm-New Year's Refreshments (MK) New Year's Day</p>
<p style="text-align: right;">2</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails</p>	<p style="text-align: right;">3</p> <p>10:15am-Sittercise(MK) 10:30am-Memory Jogger 2:00pm-Arm Chair Travel (MK)</p>	<p style="text-align: right;">4</p> <p>9:30am-Men's Coffee 10:15am-Sittercise(MK) 10:30am-Painting 2:00pm-Bingo</p>	<p style="text-align: right;">5</p> <p>10:15am-Sittercise(MK) 10:30am- Resident Council (MK) 2:00pm- Bible Study (KC)</p>	<p style="text-align: right;">6</p> <p>10:15am-Sittercise(MK) 2:00pm-Bingo (Day of Epiphany)</p>	<p style="text-align: right;">7</p> <p>9:00am- Chats with Chaplain 10:15am-Sittercise(MK) 2:00pm-Service of Remembrance (KC)</p>	<p style="text-align: right;">8</p> <p>10:15am-Sittercise(MK) 2:00pm-Nails</p>
<p style="text-align: right;">9</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails</p>	<p style="text-align: right;">10</p> <p>10:15am-Sittercise(MK) 10:30am-Trivia 2:00pm-Residential Care Birthday Celebration (MK)</p>	<p style="text-align: right;">11</p> <p>9:30am-Men's Coffee 10:15am-Sittercise(MK) 10:30am-Cool Down with Tai Chi 2:00pm-Bingo</p>	<p style="text-align: right;">12</p> <p>10:15am-Sittercise (MK) 10:30am- Current Events Coffee Social (MK) 2:00pm- Bible Study (KC)</p>	<p style="text-align: right;">13</p> <p>10:00am-Food Committee Meeting (KC) 10:15am-Sittercise(MK) 2:00pm-Bingo</p>	<p style="text-align: right;">14</p> <p>9:00am- Chats with Chaplain 10:15am-Sittercise (MK) 2:00pm-New Year's Cookies (KC)</p>	<p style="text-align: right;">15</p> <p>10:15am-Sittercise(MK) 1:30pm-Movie & Popcorn (MK)</p>
<p style="text-align: right;">16</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails</p>	<p style="text-align: right;">17</p> <p>8:00am-Barber 10:15am-Sittercise(MK) 10:30am-Memory Jogger 2:00pm-Winter Refreshments (MK) Martin Luther King Jr Day</p>	<p style="text-align: right;">18</p> <p>9:30am-Men's Coffee 10:15am-Sittercise(MK) 10:30am-Painting 2:00pm-Bingo 2:00pm-Chaplain Open Hour (KC)</p>	<p style="text-align: right;">19</p> <p>10:15am-Sittercise(MK) 10:30am- Current Events Coffee Social (MK) 2:00pm- Bible Study (KC)</p>	<p style="text-align: right;">20</p> <p>10:15am-Sittercise(MK) 2:00pm-Bingo</p>	<p style="text-align: right;">21</p> <p>9:00am- Chats with Chaplain 10:15am-Sittercise (MK) 1:30pm-Movie & Popcorn (MK)</p>	<p style="text-align: right;">22</p> <p>10:15am-Sittercise(MK) 2:00pm-Winter Refreshments (MK)</p>
<p style="text-align: right;">23</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails</p>	<p style="text-align: right;">24</p> <p>10:15am-Sittercise(MK) 10:30am-Trivia 2:00pm-Arm Chair Travel (MK)</p>	<p style="text-align: right;">25</p> <p>9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo</p>	<p style="text-align: right;">26</p> <p>10:15am-Sittercise (MK) 10:30am- Current Events Coffee Social (MK) 12:00pm-Soup Luncheon (KC) 2:00pm- Bible Study (KC)</p>	<p style="text-align: right;">27</p> <p>10:15am-Sittercise(MK) 2:00pm-Bingo</p>	<p style="text-align: right;">28</p> <p>9:00am- Chats with Chaplain 10:15am-Sittercise (MK) 2:00pm-Arts & Crafts</p>	<p style="text-align: right;">29</p> <p>10:15am-Sittercise(MK) 2:00pm-Nails</p>
<p style="text-align: right;">30</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails</p>	<p style="text-align: right;">31</p> <p>10:15am-Sittercise (MK) 10:30am-Memory Jogger 2:00pm-Winter Refreshments (MK)</p>					