



1155 E. Springfield Ave.
Reedley, CA 93654

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HAPPY
Independence
DAY

Sierra View Homes Retirement Community
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In the Company of Friends

July 2023



Executive Director's Note . . .

"Good day mate!" is a phrase we heard as we traveled to the land down under named New Zealand and Australia. My husband, Jerry, and I took three weeks in late May and early June to travel. We saw parts of the Southern Island of New Zealand and we spent time in Melbourne, Australia. We enjoyed the beautiful scenery and the very friendly people. There were many nationalities represented. It was surprising how many people had American accents. We spent time watching whales, dolphins and seals. There were excursions to many beautiful breathtaking places and there was some time to relax. The 14-hour flight home made us very happy to be at home again. Someday I would love to go back. There is so much more to see.

In Australia and New Zealand, it was fall turning to winter. The temperature highs were in the 40s. Many People wore bundled warm winter coats to keep warm. The ski resorts were setting out new equipment for the upcoming ski season. It was hard to remember the hot summer days we left behind in California. What an amazing world our God created!

I returned to work at Sierra View Homes Retirement Community to the sound of roofers reroofing some of our Garden Apartments. It was surely time to get the roofs done. We have apartments 1 to 14 yet to reroof. We will do those later.

I also returned in time to go to the first Kingsburg Band concert of the summer. Sierra View takes the bus with interested residents to Kingsburg to enjoy the music. Sierra View Homes provides bottles of water and Kettle Corn to share, and we all settle in for a wonderful evening. We have bus transportation for all six weeks.

We are entering the month of July. We expect to have long warm days, lots of fresh fruit, fireworks, gatherings of friends and family, lots of garden produce and fourth of July celebrations. I anticipate seeing friends gather at the various gazebos around the campus enjoying each other's company as the warmth of the day winds down to cooler evenings.

Hot summer temperatures, barbeques, celebrations, garden bounty and the promise of sunshine are all part of July in the Central Valley. As we listen to the Summer Band playing patriotic and classic songs, we appreciate the talents and skills of the instrumentalists and thank God for all of the good things. I pray you have a safe and delightful July filled with good memories and joy.

Ra Linscheid

SUMMER SAFETY TIPS FOR SENIORS

1. Stay Hydrated: Drinking enough water is critical to good health. Even if you don't feel thirsty, you should continue sipping water throughout the day.
2. Avoid Peak Heat: Pay attention to the weather and be aware of the high temperatures, as they are crucial for fall risk assessment. If you are going outside, try to make plans for early morning or later in the evening, avoiding the hottest part of the day.
3. Cover Up: Protecting your skin and eyes is important too. When going outdoors, wear sunglasses and a wide-brimmed hat to keep the sun off of your face. Liberally apply sunscreen that offers an SPF of at least 15, and don't forget to regularly reapply it if you're staying out for long, are sweating, or are swimming.
4. Wear Light Colors: Choose weather-appropriate clothing, and preferably something lightweight and light colored.
5. Know Signs of Heat Stroke: Heat-related illnesses can come on quickly. Warning signs generally include dizziness, confusion, headache, rapid pulse, lethargy, and nausea. Get out of the sun and heat and into a cooler place. Sip on some water, place cool towels along your neck, armpits, wrists, and ankles, and seek medical help. For additional information refer to <https://alwaysbestcare.com/resources/summer-safety-tips-for-seniors/>.

Mosquito Season



Please make sure any flower pots with saucers do not have standing water in them where mosquitos breed. Rootstock cuttings of plants, resting in water, is also a place for mosquitos to breed.

Service of Remembrance



July 28, 2023 at 2 p.m. Sierra View Homes Retirement Community will have a service to remember the residents who recently passed away. Family and friends of those who have passed away are welcome to come and share in a time of remembrance. We will have a time to share, sing some songs and our Chaplain Caley Ortman will bring a message. The service will take place in the Kings Canyon Room.

ROOM 10

As the summer temperatures cimb, we are planning to conserve energy. When the temperature rises above 95 degrees, Room 10 will be closed. The Laundry Room will be open from 6 a.m. to noon on these days. Please plan your laundry day, and events accordingly.

Fourth of July BBQ

There will be a hamburger BBQ on the 4th of July at noon. Apartment residents are welcome to join this celebration. The BBQ is free for all Sierra View Homes Retirement Community Residents. Please sign up in the Administration Office if you plan to come.



Nothing is Meaningless

Our Wednesday Bible Study at Sierra View has recently turned to the book of Ecclesiastes. To many, the book of Ecclesiastes is “a bit of a downer,” and it is easy to understand why people have this impression. In the New International translation, the book begins: “Meaningless! Meaningless!” says the teacher. “Utterly meaningless! Everything is meaningless.” It takes me back to my childhood, watching Sesame Street, when Oscar the Grouch would pop out of a trash can to tell everyone that “everything was awful!”




And yet “meaningless” is a bit of an unfortunate translation. The Hebrew word hevel really doesn’t have a good direct translation into English. The commentator Choon-Leong Seow elaborates that the word:

refers to anything superficial, ephemeral, insubstantial, incomprehensible, enigmatic, inconsistent or contradictory. Something that is hevel cannot be grasped or controlled. It may refer to something that one encounters or experiences for only a moment, but it cannot be grasped - neither physically nor intellectually.

This understanding transforms our reading of the book. The things we do in this life, from the skills we develop to the relationships we nurture to the hobbies and routines we enjoy are not meaningless, they are simply fleeting, and it saddens us to know how temporary and out of control things in this life can be.

The writer of Ecclesiastes spends a lot of time despairing over this fact, but in the end he comes back around to conclude that though we are not in control and our time on this earth is not forever, God is both in control and eternal. The best gift we can give back to our omnipotent Creator is to spend less time fretting about what we do not know and more time enjoying the time we do have. Let us live and fully enjoy the present. It is a gift from God, and while it is fleeting, it is certainly not meaningless.

Caley Ortman

SUN	MON	TUE	WED	THU	FRI	SAT
<p>(MK)=Mineral King Room (KC/FR)=Kings Canyon Room or Founder's Room (SW)= Sequoia Welcoming Room</p> 	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>1</p> <p>110:15am- Sittercise(MK) 1:30pm- Movie & Refreshments (MK)</p>
<p>2</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails</p>	<p>3</p> <p>10:15am-Sittercise(MK) 10:30am-Memory Jogger 2:00pm-Arm Chair Travel (MK)</p>	<p>4</p> <p>9:30am-Men's Coffee 10:15am-Sittercise(MK) 12:00pm-Independence Day BBQ Lunch (KC) 2:00pm-Bingo</p> 	<p>5</p> <p>10:15am-Sittercise(MK) 10:30am- Resident Council (MK) 2:00pm- Bible Study (KC)</p>	<p>6</p> <p>10:15am-Sittercise(MK) 2:00pm-Bingo (MK)</p>	<p>7</p> <p>10:15am-Sittercise (MK) 1:30pm-Movie & Refreshments (MK)</p>	<p>8</p> <p>10:15am-Sittercise(MK) 2:00pm-Nails</p>
<p>9</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails</p>	<p>10</p> <p>10:15am-Sittercise(MK) 10:30am-Trivia 2:00pm- Residential Care Birthday Celebration (MK)</p>	<p>11</p> <p>9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo (MK) 6:15pm-Night at the Movies Movie TBA (KC)</p>	<p>12</p> <p>10:15am-Sittercise (MK) 10:30am- Current Events Coffee Social (MK) 2:00pm- Bible Study(KC)</p>	<p>13</p> <p>*Dr. McLean* Podiatrist (MK) 10:00am-Food Committee Meeting (KC)</p>	<p>14</p> <p>9:00am- Chats with Chaplain 10:15am-Sittercise (MK) 2:00pm-Nails (MK)</p>	<p>15</p> <p>10:15am-Sittercise(MK) 1:30pm-Movie & Refreshments (MK)</p>
<p>16</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails (MK)</p>	<p>17</p> <p>10:15am-Sittercise(MK) 10:30am-Memory Jogger 2:00pm-Watermelon Social (SW)</p>	<p>18</p> <p>9:30am-Men's Coffee 10:15am-Sittercise(MK) 10:30-Men's Nails 2:00pm-Bingo (MK)</p>	<p>19</p> <p>10:15am-Sittercise(MK) 10:30am- Current Events Coffee Social (MK) 11:45am-Ron Surabian (KC) 2:00pm- Bible Study(KC)</p>	<p>20</p> <p>110:15am-Sittercise(MK) 2:00pm-Bingo (MK)</p>	<p>21</p> <p>9:00am-Chats with Chaplain 10:15am-Sittercise (MK) 2:00pm- Summer Refreshments (MK)</p>	<p>22</p> <p>10:15am-Sittercise(MK) 2:00pm-Nails (MK)</p>
<p>23</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails (MK)</p>	<p>24</p> <p>10:15am-Sittercise (MK) 10:30am-Trivia 2:00pm-Spring Refreshments(MK)</p>	<p>25</p> <p>9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo (MK)</p>	<p>26</p> <p>10:15am-Sittercise (MK) 10:30am- Current Events Coffee Social (MK) 2:00pm- Bible Study (KC)</p>	<p>27</p> <p>10:15am-Sittercise (MK) 2:00pm-Bingo</p>	<p>28</p> <p>9:00am-Chats with Chaplain 10:15am-Sittercise (MK) 2:00pm-Service of Remembrance (KC)</p>	<p>29</p> <p>10:15am-Sittercise(MK) 1:30pm-Movie & Refreshments (MK)</p>
<p>30</p> <p>9:00am-Church Service 10:15am-Sunday Surprise (MK) 2:00pm-Nails (MK)</p>	<p>31</p> <p>10:15am-Sittercise (MK) 10:30am-Memory Jogger 2:00pm-Arm Chair Travel (MK)</p>					