



1155 E. Springfield Ave.
Reedley, CA 93654

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A friendly reminder

“You can make more friends in two months by becoming really interested in other people, than you can in two years by trying to get other people interested in you.”

Dale Carnegie

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Sierra View Homes Retirement Community

Where you are IN THE COMPANY OF FRIENDS



August
2024
Newsletter

Executive Director's Note . . .

As the warmth of August envelops us and the days slowly begin to shorten, it's the perfect moment to reflect on the chapters of our lives and embrace the beauty of the end of summer. Just as nature gracefully transitions into the cooler months, we too have the opportunity to embrace change with grace. We look forward to cooler days after the incredible heat of July. Cooler days allow us to spend time outdoors and give us opportunity to enjoy our friendships.

The month of July was a test of endurance. The successive 100 degree days put our air conditioners to the test; PG&E grid was pushed to its capacity; and our anticipation was on high alert. You did well with the sweltering heat. We had a few people from the Reedley area visit our Mineral King room as a "cooling center". July was most trying because the temperatures did not cool down much at night.

This August, let's celebrate the wisdom we've accumulated and the countless memories that have shaped us. Each day is a gift, and every moment is a chance to savor the simple joys, connect with loved ones, and pursue passions that bring us happiness. I encourage you to come to the Sequoia Welcoming room for soft service ice cream on Thursday afternoons at 2:00. We have more than ice cream to serve. There are games to play and people to visit with.

Some projects on campus are: we are refreshing apartments so they are ready for new tenants, painting walls, replacing flooring and replacing blinds. In the kitchen at Sierra View Homes we will have soup on the menu again tasting better than ever in our new 12 gallon soup kettle. We are also working to put in a fall garden. So far sweet potatoes are planted. This is with a big thank you to our gardening volunteers.

Let the golden sunlight of August inspire you to cherish every moment, to live fully, and to continue exploring the boundless possibilities that life has to offer. Together, let's welcome this new month with open hearts and a spirit of adventure.

Here's to a joyful and fulfilling August!

Ra Linscheid

Movie Matinee



Monday, August 19, 2024

at 2:00 pm



*For you're among the nicest people I have ever known, and
you'll never be forgotten for the thoughtfulness you've shown.
Thanks for everything*

Thank you to all of you, for the many years of excellent care for my mother, Margaret Netherton. Now she rests in peace.

Always,
Sheryl Norris



Perseid Meteor Shower

August is often a wonderful month for stargazing! It's the month of the Perseid meteor shower, which is one of the most prolific showers and reaches its maximum between August 11 and 13. You can still see the Perseids even if they're not at their peak. The shower lasts from about July 23 to August 22, so be sure to keep an eye out.

Thank You

Sierra View Homes,

Thank you for the lovely plant. I appreciate your thoughtfulness.

Best wishes,

Emily Motsumoto



Dive into Fun at Our Under the Sea Resident Party!

Join us on August 26 at 2:00 p.m. in the Sequoia Welcoming Room for an exciting "Under the Sea" Resident Party! This is a wonderful opportunity for residents and their families to come together and enjoy an afternoon filled with ocean-themed activities, delightful treats, and memorable moments. We look forward to seeing you there!

Budget Call

This month starts the rate setting and budget process for 2025. We will analyze the revenue and expenses of the last seven months, i.e. January through July; review the labor market; talk to vendors as to what kind of price increases are on the horizon; study the newest regulations as to any upcoming requirements. The projected expenses are then recalculated to see what is needed to raise our rates to function well.

The results will be discussed in the Strategic Planning Meeting in September with a recommendation to the Board of Directors in late September. Resident representatives are on both of these committees, please feel free to give feedback, or talk to Ro.

The Small Things Matter

I didn't grow up in a church with a lot of liturgy (like the Catholic, Orthodox or Episcopal traditions for example), but I have always appreciated their services when I have visited them. There is a rhythm and an intentionality to every component of the service.

When we are at our best, our daily lives mirror these types of worship services. We become immersed in the practices that make up our daily routines. The question is not "do we have liturgies," but "what kinds of liturgies do we have?" Sit down sometime and think through everything you did from the time you woke up until the time you went to bed. How many of those things do you do on a regular basis?

Most of our liturgies happen reflexively. This is a good thing if your liturgy is a centering prayer before a meal or brushing your teeth before you go to bed. It's a little more troubling if it is scrolling through your phone as soon as your alarm goes off or finishing off a bag of Doritos before bed.

Our liturgies matter because by the end of our lives they will comprise the largest amount of the time we spent doing anything on this earth (with the exception of sleeping perhaps). And the reality is, we are easily seduced by other liturgies. We find a lot of stories like this in the Old Testament, where good people ended up on the wrong path following other gods and developing different liturgies.

E. Byron Anderson writes:

If the church does not, or will not, engage us in practices of worship that shape explicitly Christian lives--that is, in practices that habituate us, enclothe us, and indwell us in the Jesus tradition--than other cultural forces will gladly step in to fill the empty space.

Let us recommit to being intentional about the small things. After all, they make up the witness and the testimony that we leave for others to follow.

Caley Ortman



ACTIVITY CALENDAR

August 2024

(MK)=Mineral King Room (KC/FR)=Kings Canyon Room or Founder's Room (SW)= Sequoia Welcoming Room

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 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:15am-Sittercise 2:00pm-Bistro & Board Games (SW)	2 9:00am-Chats with Chaplain 10:15am-Sittercise 2:00pm-Bingo	3 10:15am-Saturday Surprise 1:30pm-Movie & Popcorn (MK)
4 9:00am-Church Service (KC) 2:00pm-Nails (MK)	5 10:15am-Sittercise 10:30am-Memory Jogger 2:00pm-Memory Lane (MK)	6 9:30am-Men's Coffee 10:15am-Sittercise 2:00pm-Bingo 	7 10:15am-Sittercise 10:30am-Resident Council (MK) 2:00pm-Bible Study (KC)	8 10:00am-Food Committee Meeting (KC) 10:15am-Sittercise 2:00pm-Bistro & Board Games (SW)	9 9:00am-Chats with Chaplain 10:15am-Sittercise 2:00pm-Bingo 	10 10:15am-Sittercise 2:00pm-Nails
11 9:00am-Church Service (KC) 2:00pm-Nails (MK)	12 10:15am-Sittercise 10:30am-Trivia 2:00pm-Residential Care Facility Birthday Celebration	13 9:30am-Men's Coffee 10:15am-Sittercise 10:30am-Men's Nails 2:00pm-Bingo (MK) 	14 10:15am-Sittercise 10:30am-Coffee Social & Pet Therapy (MK) 2:00pm-Bible Study (KC)	15 10:15am-Sittercise(MK) 2:00pm-Bistro & Board Games (SW)	16 10:15am-Sittercise (MK) 2:00pm-Bingo (MK) 	17 10:15am-Saturday Surprise 2:00pm-Summer Refreshments (MK)
18 9:00am-Church Service (KC) 2:00pm-Nails (MK)	19 10:15am-Sittercise 10:30am-Memory Jogger 2:00pm-Movie Matinee Featuring: "Soul Surfer" (KC)	20 9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo (MK) 	21 10:15am-Sittercise 10:30am-Coffee Social (MK) 11:45am-Ron Surabian (KC) 2:00pm-Bible Study (KC)	22 10:15am-Sittercise(MK) 2:00pm-Bistro & Board Games (SW)	23 9:00am-Chats with Chaplain 10:15am-Sittercise 2:00pm-Bingo 	24 10:15am-Saturday Surprise 2:00pm-Summer Refreshments (MK)
25 9:00am-Church Service (KC) 2:00pm-Nails (MK)	26 10:15am-Sittercise 2:00pm-"Under the Sea" (SW)	27 9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo (SW) 	28 10:15am-Sittercise 10:30am-Coffee Social (MK) 2:00pm-Bible Study (KC)	29 10:15am-Sittercise 2:00pm-Bistro & Board Games (SW)	30 9:00am-Chats with Chaplain 10:15am-Sittercise 2:00pm-Bingo (MK) 	31 10:15am-Sittercise 1:30pm-Movie & Popcorn (MK)