



1155 E. Springfield Ave.  
Reedley, CA 93654

[ ]

Happy  
**INDEPENDENCE**  
Day!

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)  
1079 East Springfield Avenue (Apt 101-319)  
Phone (559)638-9226; Fax (559)638-6857;  
[www.sierraview.org](http://www.sierraview.org)

# Sierra View Homes Retirement Community

Where you are  
**IN THE COMPANY OF FRIENDS**



# July 2024 Newsletter

## Executive Director's Note . . .

We are entering the month of July. The summer sun is warm and the beauty of the Central Valley is full of fruits and vegetables. Have you tasted your first peach or nectarine? I find nectarines are my favorite. July is also a time when our gardens are producing well. Those first tomatoes are so flavorful. Cucumbers, squash and zucchini in abundance. Oh, and we cannot forget the watermelon!

July 4 is the day we celebrate our independence. Fireworks and picnics mark the day and make the celebration a joyous time. I hope you can find a way to celebrate this year. Many towns, including Reedley, will have fireworks this year. Sierra View will celebrate with a meal for the residents on our campus.

July marks the midpoint of the year. Is anyone still working on their New Year's resolutions? I encourage you to think back to the cool January days when the determination to accomplish your New Year's resolution was strong. Maybe the resolution is on track or needs to be tweaked a bit or maybe there is something more important to do. As we deal with the heat of summer it is a good time to think back to those goals we established.

Sierra View Retirement Community has been welcoming some new friends to our campus. We are very happy these folks have chosen to join us. Our motto is "in the company of friends." I welcome these new faces and hope to get to know you in the weeks and months ahead.

2024 has been a year of changes. We changed our computer software, we hired some new staff and said farewell to some staff members. We increased our gardening staff and are thankful for our volunteers. We have our swimming pool up and running again. We have residents come and go and are happy to be part of their lives. Each day we have dedicated staff present to make life here at Sierra View Homes Retirement Community as comfortable as possible.

Welcome to July. I hope you enjoy the harvest of this season, the celebrations surrounding the 4th and the company of friends and family. Remember to drink water to stay hydrated and do not stay out in the July heat too long. Give yourself time to remember your New Year's resolution and do what you need to be successful. We begin the second half of 2024 with joy and anticipation of good things ahead. I pray your July is full of blessings, safe celebrations and happiness.

*Ra Linscheid*



Every Friday, our dedicated Sierra View Crew of volunteer gardeners transforms our campus into a beautiful and serene environment. Their hard work and commitment to keeping our community looking its best is truly inspiring. Thank you, Sierra View Crew, for your unwavering dedication and green thumbs!




## 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. Refer to <https://alwaysbestcare.com/resources/summer-safety-tips-for-seniors/>.

# Fourth of July Lunch

July 4, 2024

Free for residents, join us in the Kings Canyon dining room. Families are welcome to join by making reservations and a cost of \$8.00 per family member. Please sign up in the Administration Building by July 3, 2024.



*Service of Remembrance*

July 26, 2024 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.



Join us for the Concerts Under the Stars Farmers Market in Kingsburg! Enjoy live music, fresh produce, and local crafts on July 11, 18, and 25, 2024. Visit the Administration Office to secure your spot. Spaces are limited, so sign up soon! Don't miss out on this fun evening of music, food, and community!

## Sharing from Wonder

It is hard to identify how the Holy Spirit moves among us. Everyone articulates it a little differently. I don't make any claims on having a definitive answer, but I do believe that where we find the Holy Spirit we also find joy, passion and wonder.

Have you ever had a conversation with someone where the topic shifted to something they were passionate about? Passion is contagious. I once took a class on poetry in college that I had no interest in at all, and ended up being enthralled by the class, simply because of how passionate my professor was about it.

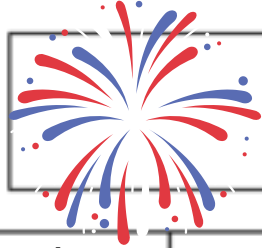
We must consider this when we share the good news of the Gospel. Our faith is too often bogged down in equations and elevator pitches for sharing our faith, hoping that one size fits all. Most people don't like being told things these days. But they are more open to where your wonderings and transcendent experiences meet theirs.

Bryan Winchester says *"You can't tell someone about the beauty of something until you have experienced yourself."* What is it about your faith and the Gospel message that fills you with wonder? If it is something unique and special to you that doesn't fit the "traditional script," go off script! Winchester adds: *"If I am going to tell someone about the Gospel I need to gaze into it long enough until I am amazed by it."*

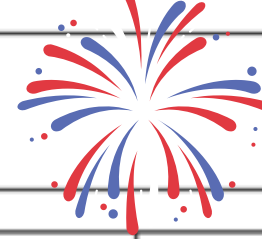
Spend time with the words and stories of Jesus. Let them filter through your being. Ask yourself, "what is it that fills me with wonder, that inspires my soul? Find where the Gospel creates joy, passion and wonder in you and share from those spaces. After all, passion is contagious.

*Caley Ortman*






# ACTIVITY CALENDAR July 2024



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:15am-Sittercise(MK) 2:00pm-Summer Refreshments (MK)	<b>2</b> 10:15am-Sittercise(MK) 2:00pm-Bingo	<b>3</b> 10:15am-Sittercise(MK) 10:30am-Resident Council (MK) 2:00pm-Arts & Crafts with Kris (MK)	<b>4</b> 10:15am-Sittercise(MK) 12:00pm-Independence Day BBQ Lunch (KC) 2:00pm-independence Day Refreshments (MK) <i>July 4th</i>	<b>5</b> 10:15am-Sittercise (MK) 2:00pm- Bingo (MK)	<b>6</b> 10:15am-Sittercise(MK) 2:00pm- Nails (MK)
<b>7</b> <b>9:00am-Church Service (KC)</b> 2:00pm-Nails (MK)	<b>8</b> 10:15am-Sittercise (MK) 10:30am-Trivia 2:00pm- Residential Care Birthday Celebration (MK)	<b>9</b> 10:15am-Sittercise(MK) 2:00pm-Bingo  <i>BINGO!</i>	<b>10</b> 10:15am-Sittercise(MK) 10:30am-Current Events Coffee Social (MK) <b>1:00pm-Movie Matinee featuring: "National Treasure"(KC)</b>	<b>11</b> 10:15am-Sittercise(MK) <b>10:30am-Food Committee Meeting (KC)</b> 2:00pm-Bistro & Board Games (SW)	<b>12</b> 9:00am- Chats with Chaplain 10:15am-Sittercise (MK) <b>2:00pm- Bingo (MK)</b>  <i>BINGO!</i>	<b>13</b> 10:15am-Sittercise(MK) 1:30pm-Movie & Refreshments (MK)
<b>14</b> <b>9:00am-Church Service (KC)</b> 2:00pm-Nails (MK)	<b>15</b> 11:00am-Sittercise(MK) 10:30am-Memory Jogger 2:00pm-Pet Therapy (MK)	<b>16</b> 10:15am-Sittercise(MK) 10:30am-Men's Nails 2:00pm-Bingo (MK)  <i>BINGO!</i>	<b>17</b> 10:15am-Sittercise(MK) 10:30am-Current Events Coffee Social (MK) <b>11:45am-Ron Surabian (KC)</b> 2:00pm-Arts & Crafts (MK)	<b>18</b> 10:15am-Sittercise(MK) 2:00pm-Bistro & Board Games (SW)	<b>19</b> 10:15am-Sittercise (MK) 2:00pm-Bingo (MK)  <i>BINGO!</i>	<b>20</b> 10:15am-Sittercise(MK) 2:00pm-Nails (MK)
<b>21</b> <b>9:00am-Church Service (KC)</b> 2:00pm-Nails (MK)	<b>22</b> 10:15am-Sittercise(MK) 10:30am- Trivia <b>2:00pm-Homemade Ice Cream (SW)</b>	<b>23</b> 9:30am-Men's Coffee 10:15am-Sittercise(MK) 2:00pm-Bingo (MK)  <i>BINGO!</i>	<b>24</b> 10:15am-Sittercise(MK) 10:30am- Current Events Coffee Social <b>2:00pm-Bible Study(KC)</b>	<b>25</b> 10:15am-Sittercise(MK) 2:00pm-Bistro & Board Games (SW)	<b>26</b> 9:00am-Chats with Chaplain (Chapel) 10:15am-Sittercise (MK) <b>2:00pm-Service of Remembrance (KC)</b>	<b>27</b> 10:15am-Sittercise(MK) 1:30pm-Movie & Refreshments (MK)
<b>28</b> <b>9:00am-Church Service (KC)</b> 2:00pm-Nails (MK)	<b>29</b> 10:15am-Sittercise(MK) 10:30am- Memory Jogger 2:00pm-Summer Refreshments (MK)	<b>30</b> 9:30am-Men's Coffee 10:15am-Sittercise(MK) <b>2:00pm-Bingo (SW)</b>  <i>BINGO!</i>	<b>31</b> 10:15am-Sittercise(MK) 10:30am- Current Events Coffee Social <b>2:00pm-Bible Study(KC)</b>	