

In the Company of Friends . . .



**Sierra View Homes
Retirement Community**

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July 2010

Executive Director's Notes

Someone I know very well, (she will remain nameless at this time), was recently cleaning out her closet. She finally parted with a few dresses that she wore over 30 years ago when she was size 6. Now that she's up a size or two, she finally came to the realization that she'll never be able to use them again. Although this little scenario seems unimportant, we know for some the habit of saving things can get quite out of control. My cousin told me of having to order six large dumpsters to clean out his mom's small home. Here on our campus, one individual managed to accumulate over 40 bags of refuse in the small apartment. The behavior of accumulating things excessively, or **hoarding**, can become compulsive and, ultimately, unsafe. Most people like to hang on to things that perhaps have little value to others, and this is perfectly fine. But there are some who allow it to become magnified. We are talking here about possessions that are worthless and unusable but somehow the person cannot part with them. By collecting these items over a period of time, living conditions could become hazardous and may interfere with basic living activities. Indeed, more seniors tend to get caught at hoarding, but this trait is by no means age related. Many young folks have this disturbing characteristic but it is often mitigated by their partner or clever ways of masking it. The newest 21st century variation is "digital hoarding," which means never deleting items or clearing the deleted files from the computer. Someone who saves virtually everything has acquired the nickname of "pack rat" in reference to the North American rat that hides small articles in its nest. We joke at this seemingly inconsequential behavior, but it can become more than a clutter issue. Important papers may be mixed with the junk pile, paths through the house may be getting narrower, proper housekeeping might not be getting done, and breathing may be labored as vents are covered.

Here are some tips to get ahead of the clutter: 1) When new magazines or catalogs come in, throw the old ones out; 2) If you think the kids could use something, ask them to take it now; 3) If you know down deep that something should be discarded and you can't bring yourself to do it, hire a housekeeper; 4) If you haven't used something in the past year, throw it out.

Clutter can needlessly complicate our lives. Having less stuff can allow you to focus on the more important things in life and enjoy it more. Have a good July!

Vito Genna

Wii System

Thanks to the many friends of **Gloria Nicholas** and her family, we now have a complete set up with accessories to play the new popular interactive gaming system. Gloria was very involved in our group activities and was an active member in our Resident Council making this gift in her memory especially fitting. The **Wii** is proving to be a success in the life of many seniors and will provide hours of enjoyment and exercise for our residents for years to come. By simply holding the remote control, folks of all ages and abilities are able to interact with sports such as bowling, baseball, tennis and more. Through the flick of a wrist the resident can engage in these games and enhance their eye-hand coordination and socialability. A lot of grandparents are being taught by their grandkids. But, now, some grandparents are instead teaching their grandkids. If any of you out there, especially grandchildren or students would like to **volunteer** to play the Wii with our residents, we would be happy to have you do so. Just give the activity department a call and we'll get you started.

Words of Appreciation

Dear Mr. Genna and staff,

When our mother, Juanita Dodds, passed away May 10 at Sierra View Homes, we were naturally saddened by her death. From the moment we moved her into Sierra View, first in Residential Care, then eventually into the Nursing Center, the staff was truly extraordinary. Our mother was not happy with our decision to remove her from her apartment and place her in a "retirement home" at first, but it was becoming obvious to everyone that she could no longer take care of herself. Once she settled in, however, she soon realized that she needed the services provided and appreciated the kindness and professionalism shown by nurses, therapists, and everyone else who made her situation as pleasant as possible under difficult circumstances.

We are very grateful that we were able to place Mom in Sierra View Homes when the need arose, and want the entire organization to know how much we appreciate the excellent care you provided.

Sincerely,

Al Dodds and Darrell Dodds

Activity Happenings

FRIDAY, JULY 2 at 11:30 A.M.

INDEPENDENCE DAY CELEBRATION

BAR-B-Q LUNCH AND MUSIC WITH THE WILD CATS BAND

Please RSVP to the office if you would like to attend.

Suggested guest donation: \$5.00



THURSDAY, JULY 22 at 11:30 A.M.

SPECIAL SUMMER LUNCH

Followed by music with “**The Fiddler**” Wendell Miller

Please RSVP to the office by Tuesday, July 20 if you plan to attend.

Suggested guest donation: \$5.00

The **month of July** will be busy for our residents with **picnics** at the river and **concerts** under the stars. Information on these events will be posted on the bulletin boards.

Our Spring Benefit Dinner fund raiser is past but fond memories linger. The night was beautiful, the food delicious and the entertainment spectacular. The Sons of the San Joaquin again performed the old cowboy songs with great enthusiasm and harmony. **Jack, Joe and Lon Hannah** are truly America’s greatest singing cowboys of our time.

The **Sierra View Homes Auxiliary** would like to thank all who gave generously to support our Spring fund raiser and all the volunteers who helped make the evening a success. Thanks also to the many merchants in Reedley who gave gift cards and certificates for the winners to enjoy. Our gross revenue for the event was over \$15,000. These funds will enable the Auxiliary to purchase additional tables and chairs, new tablecloths for the Kings Canyon Room as well as a laptop computer and portable projector for special meetings and events. So for now, **Happy Trails** to all and have a great summer!

A Meditation on I Thessalonians 4:13-18

Paul writes to the Thessalonians, “We do not want you to be uninformed, brothers and sisters, about those who have died, so that you may not grieve as others do who have no hope.” The pagans in Thessalonica faced despair when a loved one died because they believed that the person entered an eternal sleep, from which there was no hope of resurrection. But Paul reminds the Thessalonians that they placed their faith in a different way. They placed their faith in the story of Jesus who was killed on the cross, but defeated death and rose on the third day. Because the church in Thessalonica believed in Jesus’ death and resurrection, they could also believe that God would raise those among them who have died.

When Paul spoke of Jesus’ death, he used a Greek verb full of sinister connotations. While it could mean to die by natural means, it could also mean to die by violent means, to dry up, rot, or suffer eternal misery. Jesus died. But when Paul spoke of those among the Thessalonians who died, he used a gentle term: to fall asleep. Jesus died, but because Jesus died, we simply fall asleep. Not an eternal sleep like the pagans believed. We fall into a sleep from which we will awake and rise when Jesus comes.

Paul reassures the Thessalonians saying, “For this we declare to you by the word of the Lord, that we who are alive, who are left until the coming of the Lord, will by no means precede those who have died.” Paul goes on to say that Jesus’ coming will be so loud and dramatic no believer will miss it, not even believers who have fallen asleep in death. “For the Lord Himself will descend from heaven with a shout, with the voice of the archangel and with the trumpet of God.” We might call this “a noise to wake the dead.” With this exciting racket going on, the dead will be the first one’s to wake and join the celebration of Jesus’ arrival.

Paul doesn’t give the Thessalonians a time and place. He doesn’t explain the exact what’s and how’s. But Paul paints the Thessalonians a picture of resurrection with Christ that is just what they needed for comfort in their grief, just as it resonates for us in hope and joy in God’s glory.



Laura Neufeld, Chaplain

July Concerts

As an annual favorite, many of our residents will be attending the **Kingsburg Summer Band Concerts** in Memorial Park each Thursday evening in July. The Kingsburg City band has a long history – the first band included 14 musicians and played at the railway platform in 1887. Now the band boasts nearly 80 members and plays in the band shell at the park. Bus drivers Jodi and Julia have a little competition going . . . Julia is betting that she can get as many residents on the bus when she's driving as Jodi does. Jodi will be driving July 1, 8, and 29. Julia drives July 15 and 22. The sign-up sheets are nearly full already so check with the office for availability. The evenings should be comfortable and the musical selections, which vary from Souza to Stravinsky, should be grand.



Resolution 2010-053

The Reedley City Council, in a momentous decision, passed Resolution 2010-053 which begins the City's discovery process to close Pecan Street between Springfield and Lingo Avenues for use as a public street and allow Sierra View Homes Retirement Community to build **Phase II**, a three-story apartment building, and **Phase III**, a memory care wing addition to our assisted living section. The City Planning department now begins to study the environmental impact of constructing such buildings. When the report is completed sometime in early July, a public notice will go out to all of our neighbors. A twenty-day comment period will begin and be documented. The City Planning Commissioners will meet in early August to discuss the project. The issue will then return to the City Council on August 24 for final approval to move forward with the project. In the meantime, Sierra View Homes has applied to finance our bond funding through the State. We would then continue to pay the new loan back over 30 years, similar to a home mortgage. The State helps us with the rating in order to borrow at a lower interest rate. Doug Pancake Architects are working on final drawings. As plans are finalized, they will be posted. If all goes well, we could start building in October.