



MOUNTAIN VIEW
SENIOR LIVING AT EASE

Like Us!  

THE Mountain View Lifestyle

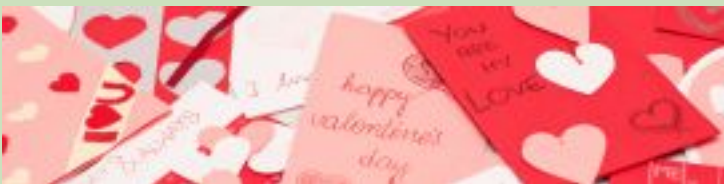
ASSISTED LIVING COMMUNITY
1343 S Dora Street · Ukiah, CA 95482 · (707) 462-6212

Welcome Our New Assisted Living Director



Hello, my name is Falisha and I am so excited to be the new Assisted Living Director at Mountain View Assisted Living and Memory Care. I come to Mountain View with over 10 years' experience as a nurse and several years' experience as an EMT. I live in Lake County on a small hobby

farm with my husband, my two amazing boys, who are 13 and 16, 3 dogs, 40 chickens, 6 ducks, two turkeys, one bearded dragon, and seasonal market 4-H animals. My passion for working with seniors started when I was very young. As a little girl I remember going to work with my dad at Ukiah Convalescent Hospital and running through the halls visiting with all of the residents. After I became a nurse I worked with children as a school nurse for the first 10 years of my career. When my children were young, it was great to be with them and have the same schedule, but I was not quite fulfilled. I always knew I wanted to work with seniors and now I get to every day. I am truly excited for the next chapter in my career. When you come into the community, please stop by my office and let's have a chat. I look forward to meeting everyone's friends and family and building relationships to help my residents stay healthy and have a great quality of life.



FEBRUARY 2023

- Executive Director**
Jennette Kinney
- Assisted Living Director**
Falisha Johns
- Business Office Director**
Sonia Sandoval
- Dining Services Director**
Scott Klaisner
- Maintenance Director**
Jeramie Wagar
- Sales Director**
Melissa Walters



A Heartfelt Month

In addition to Valentine's Day, February is also American Heart Month. We'll be focusing on the heart all month, with lots of activities, wellness talks and more to promote healthy tickers. Please check the schedule so you don't miss out on these important events.



FEBRUARY 2023

Hugs and Kisses

Etched on candy hearts and signed at the bottom of love letters, the letters "xoxo" symbolize a sweet sentiment of "hugs and kisses."

Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s, to pair the kiss with a hug.

Super Bowl Party

It's Super Bowl time! Which team are you rooting for? Or are you cheering for the commercials, or just looking for the chips and dip? Whatever draws you to the big game, join us for football, food and fun during our Super Bowl party!

"True friends are like diamonds—bright, beautiful, valuable and always in style."
—Nicole Richie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			National Freedom Day 1 9:30 Cardio Drum Ball 10:30 Refreshments & Celebrity Birthdays 1:30 Left, Center, Right Dice Game 2:30 Tasty Traditions - Banana Bread 4:00 Candlelight Dinner 6:00 Evening Poker	2 9:30 Balloon Volleyball 10:30 Coffee Social -Health Talk w/ Falisha 1:30 Creative Craft Class 3:30 Bingo 6:00 Evening Movie & Popcorn	3 9:30 Fun Feet Friday 10:30 Coffee Social w/ Scott Chef Chat 1:30 Let's Travel 3:30 Happy Hour	4 9:30 Parachute Ball 10:30 Coffee Social w/ Sonia 1:30 Music & Memories 2:30 Craft Corner 3:30 Karaoke Time
5 9:30 Senior Chair Exercises 10:30 Coffee Social - Current Events 10:30 Scenic Ride Memory Care 1:30 Scenic Ride Assisted Living 3:30 Bingo 6:00 Evening Movie & Popcorn	6 9:30 Walking Club 10:30 Infused Water & Trivia 11:00 Bible Study 1:00 Dominos 2:00 Monday Manicures 3:00 Fireside Chat w/ Jeannette 4:00 Bean Bag Toss	7 9:00 Toning Tuesday w/ Weights 10:00 Hydration & Current Events 10:30 Pet Visit w/ Riley 11:00 Resident Council 1:30 Jenga 2:30 Sweet Treat Social 3:30 Bingo	8 9:30 Cardio Drum Ball 10:30 Coffee Social w/ Melissa Welcoming Committee 1:30 Left, Center, Right Dice Game 2:30 Tasty Traditions - Lemon Parfait 6:00 Evening Poker	9 9:30 Balloon Volleyball 10:30 Coffee Social w/ Jeramie 1:30 Creative Craft Class 3:30 Bingo 6:00 Evening Movie & Popcorn	10 9:30 Fun Feet Friday 10:30 Coffee Social - Activity Chat 1:30 Let's Travel 3:30 Happy Hour	11 9:30 Parachute Ball 10:30 Coffee Social w/ Sonia 1:30 Music & Memories 2:30 Craft Corner 3:30 Karaoke Time
12 9:30 Senior Chair Exercises 10:30 Coffee Social - Current Events 10:30 Scenic Ride Memory Care 1:30 Scenic Ride Assisted Living 3:30 Super Bowl Party 6:00 Evening Movie & Popcorn	13 9:30 Walking Club 10:30 Infused Water & Trivia 11:00 Bible Study 1:00 Dominos 2:00 Monday Manicures 3:00 Fireside Chat w/ Jeannette 3:30 4H w/ Animals 4:00 Bean Bag Toss	14 9:00 Toning Tuesday w/ Weights 10:00 Hydration & Current Events 10:30 Pet Visit w/ Riley 1:30 Town Hall Meeting 2:30 Sweet Treat Social 3:00 Bingo 4:00 Valentine's Day Dinner	15 9:30 Cardio Drum Ball 10:30 Refreshments & Celebrity Birthdays 1:30 Left, Center, Right Dice Game 2:30 Tasty Traditions - Crock-Pot Hot Chocolate 6:00 Evening Poker	16 9:30 Balloon Volleyball 10:30 Coffee Social -Health Talk w/ Falisha 1:30 Creative Craft Class 3:30 Bingo 6:00 Evening Movie & Popcorn	17 National Caregiver Day 9:30 Fun Feet Friday 10:30 Coffee Social w/ Scott Chef Chat 1:30 Let's Travel 3:30 Happy Hour	18 9:30 Parachute Ball 10:30 Coffee Social w/ Sonia 1:30 Music & Memories 2:30 Craft Corner 3:30 Karaoke Time
19 9:30 Senior Chair Exercises 10:30 Coffee Social - Current Events 10:30 Scenic Ride Memory Care 1:30 Scenic Ride Assisted Living 3:30 Bingo 6:00 Evening Movie & Popcorn	20 Presidents Day 9:30 Walking Club 10:30 Infused Water & Trivia 11:00 Bible Study 1:00 Dominos 2:00 Monday Manicures 3:00 Fireside Chat w/ Jeannette 4:00 Bean Bag Toss	21 9:00 Toning Tuesday w/ Weights 10:00 Hydration & Current Events 10:30 Pet Visit w/ Riley 1:30 Ring Toss 3:00 Mardi Gras Celebration	22 9:30 Cardio Drum Ball 10:30 Coffee Social w/ Melissa Welcoming Committee 12:00 Birthday Lunch 1:30 Left, Center, Right Dice Game 2:30 Tasty Traditions - Strawberry Shortcake 6:00 Evening Poker	23 9:30 Balloon Volleyball 10:30 Coffee Social w/ Jeramie 1:30 Creative Craft Class 3:30 Bingo 5:00 Ribbon Cutting- Ukiah Chamber 6:00 Evening Movie & Popcorn	24 9:30 Fun Feet Friday 10:30 Coffee Social - Activity Chat 1:30 Let's Travel 3:30 Happy Hour	25 9:30 Parachute Ball 10:30 Coffee Social w/ Sonia 1:30 Music & Memories 2:30 Craft Corner 3:30 Karaoke Time
26 9:30 Senior Chair Exercises 10:30 Coffee Social - Current Events 10:30 Scenic Ride Memory Care 1:30 Scenic Ride Assisted Living 3:30 Bingo 6:00 Evening Movie & Popcorn	27 Jersey Day 9:30 Walking Club 10:30 Infused Water & Trivia 11:00 Bible Study 1:00 Dominos 2:00 Monday Manicures 3:00 Fireside Chat w/ Jeannette 4:00 Bean Bag Toss	28 '80s Day 9:00 Toning Tuesday w/ Weights 10:00 Hydration & Current Events 10:30 Pet Visit w/ Riley 2:30 Sweet Treat Social 3:30 Bingo	Crazy Hair Day- March 1st 	Disney Day- March 2nd 	Superhero Day- March 3rd 	All Events Are Subject to Change

Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.



Famous Faces Born in February

- Feb. 1, 1966: Michelle Akers
- Feb. 7, 1965: Chris Rock
- Feb. 10, 1974: Elizabeth Banks
- Feb. 16, 1990: The Weeknd
- Feb. 18, 1974: Jillian Michaels
- Feb. 21, 1987: Elliot Page
- Feb. 24, 1947: Edward James Olmos
- Feb. 27, 1961: James Worthy



Hot Chocolate History

Warming up with a mug of hot chocolate is a sweet and simple winter ritual. We have the Indigenous peoples of Mexico and Central America to thank for coming up with the concept of grinding cocoa beans into a rich, foamy beverage. The original version was a lot different from what we enjoy today, though; for starters, their drink was served cold! But you can still raise a toast to tradition by adding in a complementary warmth with ground cayenne pepper, one of the key ingredients in Mexican hot chocolate.



Valentine's Day Treat

Conversation hearts, also known as candy hearts or Sweethearts, date back to the late 1800s when Oliver Chase and his brother Daniel created the sugary treats. They used vegetable dye to print words on what were originally scallop-shaped confections. Phrases were much longer then, with sayings such as "Married in white, you have chosen right" and "How long shall I have to wait? Please be considerate." In 1902, the famous heart shape appeared and simpler prints came out, like the familiar "Be Mine" or "Kiss Me."

