



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

MARCH 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



Welcome Our New Sales Director

My name is Melissa, and I am the new Sales Director at Mountain View Assisted Living & Memory Care. I'm back working with seniors, and I couldn't be happier! My mom ran the activities program at Willits Senior Center through my entire childhood. Growing up, I spent all my extra time there loving the interaction and volunteering all the way up to high school when the program ultimately closed. My career since then has given me a well-rounded experience around business; primarily in sales and accounting. When the opportunity came up to work with seniors again, I had to make the jump. Now I get to use my skills to help welcome new residents into our community, make meaningful connections with our local businesses, and plan great events for our current and prospective residents! I am proud to be born and raised in Redwood Valley and currently live in Ukiah with my fiancée and our beautiful son. When we aren't fishing or enjoying the outdoors as a family, I am creating anything crafty from pencil sketches to woodworking projects. I look forward to answering your questions about our community and upcoming events!



Welcome New Residents

Leatrice Callan

Carlyn Busse

Mary Morris

Doc Starin

Rio Elkhart

MARCH 2023

Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

Eat Green on March 17

This year on St. Patrick's Day, add in a dose of fun by challenging yourself to eat mostly green foods for the day. Some examples of dishes or drinks to try are green smoothies, green tea, broccoli nuggets, guacamole, spinach or zucchini noodles, matcha popcorn or green velvet cupcakes. The possibilities are truly endless and probably yummiier than you expect.

"Magic is believing in yourself. If you can do that, you can make anything happen."
—Johann Wolfgang von Goethe

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|---|
|  |  |  | Crazy Hair Day 1 9:30 Cardio Exercise 10:30 Infused Water & Conversation 11:00 Balloon Ball 1:30 Left, Center, Right Dice Game 2:30 Creative Craft Class 3:30 Bean Bag Toss 6:00 Evening Poker | National Disney Day 2 9:30 Senior Exercises 10:30 Coffee Social Health Talk with Falisha 11:30 Trivia 1:30 Art Class 2:30 Music from the 40's 3:30 Bingo | Superhero Day 3 8:30 Employee Appreciation Day 9:30 Fun Feet Friday 10:30 Coffee Social /Chef Chat w/Scott 1:30 Let's Travel 3:30 Happy Hour | 9:30 Parachute Ball 10:30 Coffee Social w/Sonia 1:30 Music and Memories 2:30 Ring Toss 3:30 Bingo |
| 9:30 Senior Exercise 10:30 Current Events 10:30 Scenic Ride Memory Care 1:30 Scenic Ride Assisted Living 3:30 Bingo | 9:30 Walking Club 10:30 Trivia & Infused Water 11:00 Bible Study 1:00 Monday Manicures 2:00 Domino Game 3:00 Fireside Chat w/Jeanette 4:00 Ring Toss | 9:00 Toning Tuesday w/weights 10:00 Hydration & Current Events 11:00 Resident Council 2:00 Old Time Radio 2:30 Manicures 3:30 Movie and Popcorn | National Peanut Cluster Day 8 8:00 International Womens Day 9:30 Balloon Volleyball 11:00 Coffee Social w/Jeremie 1:30 Bingo 3:00 Infused Water & Conversation 4:00 Greek Themed Dinner by Jeremie | 9:30 Senior Exercises 10:30 Coffee/Current Events 11:30 Remembering the Good Old Days 1:30 Walking Club 2:30 Refreshments | 9:30 Fun Feet Friday 10:30 Coffee Social w/Scott Chef Chat 1:30 Let's Travel 3:30 Happy Hour | 9:30 Parachute Ball 10:30 Coffee Social 1:30 Music & Memories 2:30 Craft Corner 3:30 Karaoke Time |
| Daylight Saving -Spring Forward 12 8:00 National Girl Scout Day 9:30 Senior Exercise 10:30 Coffee & Current Events 10:30 Scenic Ride Memory Care 11:30 Domino Game 1:30 Scenic Ride Assisted Living 2:30 Checkers, Yahtzee 3:30 Bingo | 9:30 Walking Club 10:30 Infused Water & Conversation 11:00 Bible Study 1:30 Monday Manicures 3:00 Fireside Chat with Jeanette 4:00 Jenga | National Potato Chip Day 14 9:30 Exercise Class 10:30 Hydration & Current Events 11:30 Music & Conversation 1:30 Bean Bag Toss 2:30 Town Hall - Sweet Treat Social 3:30 Bingo | 9:30 Cardio Exercise 10:30 Coffee Social w/ Melissa Welcome Committee 11:30 Music from the '40s 1:30 Jenga 2:30 Crafts 3:30 Movie & Popcorn | 9:00 Balloon Volleyball 10:00 Coffee Social w/Jeremie 11:30 iTrivia 1:30 Checkers, Yahtzee 2:30 Hydration & Current Events 3:30 Bingo | 9:00 Fun Feet Friday 10:30 Coffee Social Activity Chat 11:00 Ring Toss 12:00 St. Patrick's Lunch 11:30am-1:30 pm 1:30 Let's Travel 3:30 4H Animals 3:30 Happy Hour | 9:30 Music & Memories 10:30 Parachute Ball 11:30 Trivia 1:30 Bean Bag Toss 2:30 Art Class 3:30 Checkers, Yahtzee |
| Certified Nurses Day 19 9:30 Balloon Volleyball 10:30 Coffee Social w/Trivia 10:30 Scenic Ride Memory Care 1:30 Bean Bag Toss 1:30 Scenic Ride Assisted Living 3:30 Bingo | First Day of Spring 20 9:30 Walking Club 10:30 World Storytelling Day 11:00 Bible Study 11:00 Checkers, Yahtzee 1:30 Jenga 3:30 Movie & Popcorn | 9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Poetry Reading 1:30 Karaoke Time 2:30 Fun Feet 3:30 World Poetry Day w/ Jeanette 4:00 Bean Bag Toss | 9:30 Balloon Volleyball 10:30 Ring Toss 11:30 Trivia 1:30 Word N A Word 2:30 Infused Water & Conversation 3:30 Bingo | National Puppy Day (Melissa) 23 9:30 Toning with Weights 10:30 Coffee/Current Events 11:00 Dominoes 1:30 Jenga 3:00 Bingo | National Cocktail Day 24 9:30 Senior Exercises w/weights 10:30 Infused Water & Conversation 11:00 Trivia 1:30 Let's Travel 2:30 Left, Center, Right Dice 3:30 Happy Hour | 9:30 Parachute Ball 10:30 Coffee Social 11:30 Bean Bag Toss 1:00 Health & Wellness Fair 3:30 Bingo |
| 9:30 Senior Exercise 10:30 Bean Bag Toss 10:30 Scenic Ride Memory Care 11:30 Classical Music 1:30 Scenic Ride Assisted Living 1:30 Trivia 2:00 Ring Toss 3:00 Bingo | 9:30 Balloon Volleyball 10:30 Infused Water & Conversation 11:00 Bible Study 1:30 Monday Manicures 2:30 Jenga 3:30 Ring Toss | 9:30 Senior Exercises w/weights 10:30 Riley & Marty Visit 11:30 Current Events 1:30 Word N A Word 2:30 Sweet Treat Social 3:30 Bean Bag Toss | 9:30 Parachute Ball 10:30 Infused Water & Conversation 12:00 Birthday Lunch 1:30 Domino Game 2:30 Crafts Corner 3:30 Bingo | 9:30 Senior Exercise 10:30 Current Events 11:30 Trivia 1:30 Music & Conversation 2:30 Bean Bag Toss 3:30 Remembering the Good Old Days | 9:00 Fun Feet Friday 10:00 Coffee/Current Events 11:00 Ring Toss 1:30 Let's Travel 2:30 Bean Bag Toss 3:30 Happy Hour |  |

Spring's Favorite Bird

The red-breasted robin is a familiar sign that spring is coming. Welcome the new season with these rockin' robin facts:

- As the weather warms, you'll see many robins returning from their winter homes, but not all robins migrate. They're just harder to see in winter, since they mostly stay nestled in the trees.
- American robins are the largest members of the thrush family of birds, which includes bluebirds and nightingales. Males and females are almost identical, but males tend to be more brightly colored.
- The idiom "the early bird gets the worm" definitely applies to robins. They're often spotted eating earthworms out of the ground during the morning hours. The birds also love berries, and at feeders, they prefer suet and mealworms to birdseed.
- Impressive singers, robins' best-known tune is their wake-up call of "cheer up, cheer up, cheerily." Dawn is their noisiest time, but they'll tweet throughout the day, and are among the last songbirds heard before sunset.
- Robins build their nests on tree branches and on the ground. Their pale blue eggs are so recognizable that there is a trademarked color called "robin's egg blue."
- The birds are very social and will roost in large groups. In some areas, a single flock can consist of a quarter million robins!
- The American robin is the state bird of Connecticut, Michigan and Wisconsin.
- In some Native American tribes, robins are symbols of peace and protection, and they are valued as hardworking and nurturing.



Congratulations to our Maintenance Director, Jeramie, for being Director of the quarter.

Cheesy Irish Soda Bread

Irish soda bread gets a boost of savory flavor from cheddar cheese.

Ingredients:

- 2 1/2 cups flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons caraway seeds
- 1 teaspoon garlic powder
- 1/4 teaspoon ground red pepper
- 1/2 cup shredded Irish cheddar cheese, or any sharp cheddar cheese
- 2 eggs
- 1 1/4 cups buttermilk

Directions:

Preheat oven to 350° F. In a large bowl, mix flour, sugar, baking powder, baking soda, salt and seasonings. Stir in cheese. Set aside.

In a medium bowl, mix eggs and buttermilk. Add to dry ingredients and stir until well blended. Spread batter into a lightly greased 9-inch round cake pan.

Bake 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool in pan on a wire rack for 10 minutes.

Remove bread from pan and let cool completely on wire rack.

*Find more recipes at
McCormick.com.*

