



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

Thank You, Nurses!

As the largest group of health care workers, nurses provide care in jobs throughout our communities, with many of these women and men serving on the front lines.

- Worldwide, there are 20 million nurses. Over 4 million nurses are on the job in the U.S.
- The majority of registered nurses work in hospitals. The rest serve in long-term care facilities, at clinics and schools, and in other settings.
- Every year, there's a whole week dedicated to them. Celebrated May 6–12, National Nurses Week ends on the birthday of Florence Nightingale, the founder of modern nursing.
- A lamp symbolizes the nursing career. Nightingale was known as the "lady with the lamp," since she carried one with her at night while checking on her patients.
- The world's first nursing school is said to have started in 250 B.C. in India. Only men could attend.
- Today, women make up 90% of the field.
- The first American to earn a diploma for nursing was Linda Richards, who graduated in 1873 from a program in Boston.
- There are over 100 different nursing specialties.
- Nurses walk a lot! On average, a hospital nurse walks 4 to 5 miles during a 12-hour shift.
- For the past two decades, nursing has been voted the most-trusted profession.



MAY 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



MAY 2023

Did You Know?

On May 8, 2010, actress Betty White, 88 at the time, became the oldest person to host "Saturday Night Live." Hundreds of thousands of people had joined a Facebook campaign rallying for White to host the comedy sketch show. She won the seventh Emmy Award of her career for her "SNL" appearance. Born in Oak Park, Ill., in 1922, Betty Marion White attended high school in Beverly Hills, Calif., before launching her career as an actress, host and producer in radio and television. White played "happy homemaker" Sue Ann Nivens on "The Mary Tyler Moore Show," and later co-starred on "The Golden Girls" as the sweet and naïve Rose Nylund from St. Olaf, Minn. After the series ended, White continued to display her comedic talent in a long list of films and TV shows.

**"Keep a green tree in your heart and perhaps the singing bird will come."
—Chinese proverb**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Walking Club 10:30 Coffee Social 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Current Events 3:30 Ring Toss	2 9:00 Toning Tuesday w/weights 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Coffee/Current Events 11:00 Resident Council 1:30 Ring Toss 2:30 Sweet Treats 3:30 Bingo	3 9:00 Senior Exercises 9:30 Balloon Volleyball 11:30 Trivia 1:30 Ring Toss 2:30 Creative Craft Class 3:30 Bean Bag Toss	4 FIREFIGHTER DAY 9:30 Senior Exercise 10:30 Coffee Social 1:30 Music with Larry 2:30 Hydration & Current Events 3:30 Happy Hour	5 CINCO DE MAYO Taco Feed 10:30 Coffee/Current Events 11:00 Ring Toss 1:30 Bean Bag Toss 2:30 Music & Memories 4:00 TACO FEED 4-6 PM	6 NURSES DAY 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bean Bag Toss 1:30 Ring Toss 2:30 Hydration 3:00 Movie & Popcorn
7 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Balloon Volleyball 2:30 Hydration and Conversation 3:30 Bingo	8 9:30 Walking Club 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Current Events 3:30 Ring Toss	9 9:00 Toning Tuesday w/weights 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Coffee/Current Events 11:00 Resident Council 1:30 Ring Toss 2:30 Sweet Treats & Town Hall Meeting with Jannette 3:30 Bingo	10 RECEPTION DAY 9:30 Balloon Volleyball 10:30 Coffee Social 11:30 Trivia 2:30 Creative Craft Class 3:30 Bean Bag Toss	11 9:30 Senior Exercise 10:30 Coffee Social 1:30 Music with Larry 2:30 Hydration & Current Events 3:30 Happy Hour	12 10:30 Coffee/Current Events 11:00 Ring Toss 11:30 11:30 AM -1:30 PM 1:30 Bean Bag Toss 2:30 Music & Memories	13 MOTHER'S DAY LUNCHEON 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bean Bag Toss 11:30 MOTHER'S DAY TEA 1:30 Ring Toss 2:30 Hydration
14 MOTHER'S DAY 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Balloon Volleyball 2:30 Hydration and Conversation 3:30 Bingo	15 9:30 Walking Club 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Current Events 3:30 Ring Toss	16 9:00 Toning Tuesday w/weights 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Coffee/Current Events 11:00 Resident Council 1:30 Ring Toss 2:30 Sweet Treats 3:30 Bingo	17 THEMED CANDLELIGHT DINNER 4-6PM 9:30 Balloon Volleyball 11:30 Trivia 2:30 Creative Craft Class 3:30 Bean Bag Toss	18 9:30 Senior Exercise 10:30 Coffee Social 1:30 Music with Larry 2:30 Hydration & Current Events 3:30 Happy Hour	19 10:30 Coffee/Current Events 11:00 Ring Toss 1:30 Bean Bag Toss 2:30 Music & Memories	20 ARMED FORCES DAY 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bean Bag Toss 1:30 Ring Toss 2:30 Hydration
21 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Balloon Volleyball 2:30 Hydration and Conversation 3:30 Bingo	22 9:30 Walking Club 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Current Events 3:30 Ring Toss	23 9:00 Toning Tuesday w/weights 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Coffee/Current Events 11:00 Resident Council 1:30 Ring Toss 2:30 Sweet Treats 3:30 Bingo	24 9:30 Balloon Volleyball 10:30 Coffee Social 11:30 Trivia 2:30 Creative Craft Class 3:30 Bean Bag Toss	25 9:30 Senior Exercise 10:30 Coffee Social 1:30 Music with Larry 2:30 Hydration & Current Events 3:30 Happy Hour	26 NATIONAL HEAT AWARENESS DAY 10:30 Coffee/Current Events 11:00 Ring Toss 1:30 Bean Bag Toss 2:30 Music & Memories	27 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bean Bag Toss 1:30 Ring Toss 2:30 Hydration
28 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Balloon Volleyball 2:30 Hydration and Conversation 3:30 Bingo	29 Memorial Day 9:30 Walking Club 10:00 Coffee Social 11:00 Bible Study 11:30 Memorial Day Family BBQ 11:30-1:30 pm 1:30 Monday Manicures 3:00 Hydration & Current Events 3:30 Ring Toss	30 9:00 Toning Tuesday w/weights 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Coffee/Current Events 11:00 Resident Council 1:30 Ring Toss 2:30 Sweet Treats 3:30 Bingo	31 BIRTHDAY LUNCHEON 11:30 AM-1:30 PM 9:30 Balloon Volleyball 11:30 Birthday Lunch 11:30 Trivia 2:30 Creative Craft Class 3:30 Bean Bag Toss			



Here's to You, Mom

Happy Mother's Day to all of the mothers and grandmothers in our community! We hope you enjoy your special day.

Thank a Nurse

Take the time to give a heartfelt thank-you to our nurses for their hard work and care during National Nurses Week—and every week!

Wild World: Bumblebee

If you see a plump, fuzzy bee flying around some flowers, you're likely looking at a bumblebee. By beating their wings more than 130 times per second, these insects create their trademark buzzing noise, which shakes pollen loose from flowers and onto nearby blossoms. This unique action is called buzz pollination, which many plants rely on to produce fruit, including tomatoes, eggplants and cranberries. Bumblebees are social like honeybees, but their colonies are much smaller and usually located underground. A bumblebee has two large eyes on the front of its head and three smaller eyes on top, useful when seeking out its favorite colors of flowers, blue and purple.

