



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

## An Official Fourth

With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.

## Salute to the Union

Every July 4, a national salute booms out at noon, when military bases across the country fire cannons honoring the United States. A total of 50 rounds, one for each state, is blasted out in a span of roughly 4 minutes. Called the Salute to the Union, the tradition dates back to the first anniversary of Independence Day, when a 13-gun salute was fired to commemorate the original American Colonies.



## JULY 2023

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



## Your Voice, Your Right

The 26th Amendment to the U.S. Constitution was ratified July 1, 1971, granting the right to vote to all American citizens 18 and older. Previously, the minimum voting age was 21. Honor this historic event by learning about issues and taking part in local, state and federal elections.

JULY 2023

## Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.

## Sun Tea Inside

Brewing a jug of tea on a sunny porch is a nostalgic summertime activity. You can capture this old-fashioned feeling by making sun tea indoors. Simply place four black tea bags in a quart of cold water, cover, and let sit for 2 to 3 hours. If you want sweet tea, add honey, agave syrup or simple syrup, since liquids will dissolve better in cold water than granulated sugar. Food editors say this cold-brewing method results in a better-tasting tea that's ready for serving over ice.

## 'Bee' Is One

How many words can you come up with using the letters in "Liberty Bell"?

**"I don't need a fancy party to be happy. Just good friends, good food and good laughs. I'm happy. I'm satisfied. I'm content."**  
—Maria Sharapova

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 Balloon Volleyball 10:30 Coffee Social 11:30 Dominos, Checkers 1:30 Sweet Treats 2:30 Hydration 3:30 Bingo
2 9:30 Senior Exercises 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Scenic Ride Assisted Living <b>2:30 Ring Toss</b> 3:30 Bingo	3 9:30 Walking Club 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & National Chocolate Wafer Day 3:30 Ring Toss	4 <b>Independence Day</b> 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 11:00 Beanbag Toss <b>11:30 INDEPENDENCE DAY BQ 11:30 - 1:30 PM</b> 1:30 Ring Toss 2:30 National Wine & Cheese Day 3:30 Bingo	5 9:30 Senior Exercise 10:30 Coffee Social 11:00 Word N A Word 1:30 Fun Feet 2:30 Arts & Crafts 3:30 Jenga	6 9:30 Balloon Volleyball 11:00 Domino Game <b>1:30 Chef Chat w/Scott</b> 2:30 Jenga 3:30 Happy Hour (On The Patio)	7 9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Ring Toss 1:30 Scavenger Hunt 2:30 Ice Cream Social 3:00 Bingo	8 9:00 Scavenger Hunt 9:30 Balloon Volleyball 1:30 Jenga 2:30 Hydration 3:30 Bingo
9 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Scenic Ride Assisted Living 1:30 Scenic Ride Assisted Living <b>2:30 Balloon Volleyball</b> 3:30 Bingo	10 9:30 Walking Club 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & National Chocolate Wafer Day 3:30 Ring Toss	11 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Coffee Social/Blueberry Muffin Day 11:00 Beanbag Toss 1:30 Ring Toss 2:30 National Wine & Cheese Day 3:30 Bingo	12 <b>CANDLELIGHT DINNER</b> 9:30 Senior Exercise 10:30 Coffee Social 11:00 Trivia 1:30 Fun Feet 3:30 Music & Memories <b>4:00 CANDLELIGHT DINNER 4 TIL 6 PM</b>	13 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Domino Game 2:30 Jenga 3:30 Happy Hour (On The Patio)	14 9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Ring Toss 1:30 Scavenger Hunt 2:30 Ice Cream Social 3:30 Bingo	15 9:30 Balloon Volleyball 10:30 Coffee Social 1:30 Beanbag Toss 2:30 Hydration 3:30 Bingo
16 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Scenic Ride Assisted Living <b>2:30 Beanbag Toss</b> 3:30 Bingo	17 9:30 Walking Club 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & National Chocolate Wafer Day 3:30 Ring Toss	18 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 11:00 Beanbag Toss 1:30 Ring Toss <b>2:30 National Wine &amp; Cheese Day</b> 3:30 Bingo	19 9:30 Balloon Volleyball 10:30 Coffee Social 1:30 Fun Feet 2:30 Arts & Crafts <b>3:30 Hydration w/Falisha</b> 4:00 Domino Game	20 9:30 Balloon Volleyball 11:00 Domino Game 1:30 Music with Larry 2:30 Jenga 3:30 Happy Hour (On The Patio)	21 9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Ring Toss 1:30 Scavenger Hunt 2:30 Ice Cream Social 3:00 Balloon Volleyball	22 9:30 Balloon Volleyball 10:30 Coffee Social <b>1:30 Jenga</b> 2:30 Hydration 3:30 Bingo
23 9:30 Senior Exercise 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Scenic Ride Assisted Living <b>2:30 Beanbag Toss</b> 3:30 Bingo	24 9:30 Walking Club 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & National Chocolate Wafer Day 3:30 Ring Toss	25 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 11:00 Beanbag Toss 1:30 Ring Toss 2:30 National Wine & Cheese Day 3:30 Bingo	26 <b>BIRTHDAY LUNCHEON</b> 9:30 Balloon Volleyball 10:30 Coffee Social <b>12:00 BIRTHDAY LUNCHEON</b> 1:30 Fun Feet 2:30 Arts & Crafts 3:30 Beanbag Toss	27 9:30 Balloon Volleyball 11:00 Domino Game 1:30 Jenga 3:30 Happy Hour (On The Patio)	28 9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Ring Toss 1:30 Scavenger Hunt 2:30 Ice Cream Social 3:00 Balloon Volleyball	29 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Joggin' Your Noggin 2:30 Hydration 3:30 Bingo
30 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Scenic Ride Assisted Living <b>2:30 Beanbag Toss</b> 3:30 Bingo	31 9:30 Walking Club 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & National Chocolate Wafer Day 3:30 Ring Toss					

## Fun Facts About Hot Dogs

Americans love hot dogs, eating about 20 billion of them a year. Back in the 1890s, college students began using "Hot dog!" as an exclamation of surprise, which evolved into "Hot diggity dog!" in the Roaring '20s. The sausages are also linked to Disney history: The first words spoken on screen by Mickey Mouse, playing a concession cart owner in the 1929 short "The Karnival Kid," were "Hot dogs! Hot dogs!"

## Famous Faces Born in July

July 2, 1984: Johnny Weir  
July 3, 1970: Audra McDonald  
July 6, 1979: Kevin Hart  
July 10, 1977: Chiwetel Ejiofor  
July 18, 1967: Vin Diesel  
July 25, 1955: Iman  
July 29, 1966: Martina McBride  
July 30, 1977: Misty May-Treanor

## Cold Day in July

This month is famous for its sweltering heat, but did you know the lowest temperature in the world was recorded on July 21, 1983? On this date, the temperature at Vostok Station, Antarctica, fell to minus 128.6 degrees Fahrenheit. Of course, in the Southern Hemisphere, it was winter at the time!

## The Story of the Buffalo Soldiers

Since the days of America's independence, Black soldiers have served in the armed forces. Following the Civil War, several all-Black regiments were formed and deployed to the Western frontier. Known as Buffalo Soldiers, these Army units helped shape the nation we know today.

Tasked with expanding America's borders, the Buffalo Soldiers clashed with Indigenous tribes during the 19th-century Indian Wars. It's believed the soldiers earned their nickname from Great Plains tribes, who compared them to the majestic buffalo in two aspects: The men's dark, curly hair was like that of a bison's coat, and they displayed the strength and courage of the revered animal.

As they moved out West, the Buffalo Soldiers drove cattle and built infrastructure like railways, roads and telegraph lines. They also served as the country's first park rangers of protected lands, including Yosemite and Sequoia national parks. During World War I, the nickname was officially adopted as a badge of honor when the 92nd Infantry Division chose the buffalo as the symbol for their unit patch. The U.S. military desegregated in 1948, after which the Buffalo Soldiers gradually dispersed into other regiments.

Despite the discrimination they faced, the Buffalo Soldiers served their country with heroism and devotion, with more than 25 members earning the Medal of Honor, America's highest military award. Many historical landmarks and monuments pay tribute to the former all-Black regiments, including the Buffalo Soldiers National Museum in Houston.

## Positive Thought

"Some of the best memories are made in flip-flops." —Kellie Elmore

## Patriotism on the Pop Charts

In addition to classic standards, there have been many pop music songs that have honored the United States of America. Update your patriotic playlist with a few of these offerings: "Back in the U.S.A." Written and recorded by Chuck Berry in 1959, this rollicking hit celebrates simple American pleasures, from drive-in theaters to hamburgers sizzling on a grill. Singer Linda Ronstadt covered the song in 1978 for her No. 1 album "Living in the USA." "America." Neil Diamond's tribute to the nation's hopeful possibilities was released in 1980 and features stirring lyrics such as "Got a dream they've come to share ... they're coming to America."

"Living in America." James Brown belts out this anthem with punch and pizzazz in the 1985 film "Rocky IV," in a scene where star-spangled boxer Apollo Creed enters the ring for a bout. The song later earned Brown a Grammy Award for best male R&B performance.

"Only in America." Country duo Brooks & Dunn's song about "dreaming in red, white and blue" was already a hit of the summer in 2001, when the Sept. 11 terrorist attacks brought new meaning to the tune, transforming it into a healing message of hope.

"Our Country." Known for his down-to-earth lyrics about small town life, singer-songwriter John Mellencamp's 2007 single assures listeners that "there's a dream for everyone" in America.

