



THE Mountain View Lifestyle

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

A World of Comfort Foods

Warm and filling, comfort foods make us happy and often remind us of home. Enjoy a taste of some go-to favorites from around the globe:

Pierogies. These Polish dumplings can have different savory fillings, including potatoes, cheese, sauerkraut or ground meat, and are typically served with sour cream and fried onions.

Soupe a l'oignon. A bowl of French onion soup features caramelized onions in a rich beef stock, covered with a blanket of toasted bread and melted cheese.

Cha siu bao. A dish from southern China, these soft, doughy steamed buns are filled with slightly sweet barbecued pork.

Picadillo. This simple hash of ground beef and tomatoes is popular in Latin American cultures. The iconic Cuban version includes olives and raisins and is paired with rice and beans.

Irio. In Kenya, this mash of potatoes, corn and green peas is so essential that its name literally means "food." It's often eaten as a main dish or served as a side to roasted meat.

Khichdi. Often compared to risotto, this one-pot Indian recipe of rice and lentils is flavored with warm spices such as cumin and turmeric.

Moussaka. A classic casserole from Greece, moussaka is made of layers of sautéed eggplant, potatoes, ground meat, tomatoes and onions, all topped with cheese and a creamy white sauce.

Kare-kare. This slow-simmered Filipino stew, traditionally made with oxtail and other cuts of beef, gets its signature flavor from peanut sauce.

Man'oushe. Think of this dish as a Lebanese spin on pizza. Flatbread is spread with olive oil and za'atar, a Middle Eastern spice blend, and can be topped with chopped tomatoes and onions, pickled turnips, and mint leaves.



FEBRUARY 2025

Executive Director

Zenia Shah

Business Office Director

Sonia Sandoval

Assisted Living Director

Alycia Hardman

Maintenance Director

Jeramie Wagar

Activities Coordinator

Lana Vasquez

Lead Cook

Alan Sanders

Resident Birthdays

Kathy J	2/1
Linda G	2/3
Gracia S	2/15
Eileen G	2/24

Staff Birthdays

Clarissa G	2/7
Alan S	2/18



FEBRUARY 2025

Blood Pressure Prescription Tips

February is American Heart Month, and blood pressure is an important aspect of heart health. Prescription medication is a common treatment for high blood pressure, a condition that affects nearly half of the adults in the U.S. These tips can help the medicine be most effective:

- Have a routine; taking the medication around the same time each day will decrease the chances of forgetting a dose.
- Follow prescription directions, including duration of medication. Feeling better? Blood pressure reading normal? The medicine is doing its job; make sure to continue taking it as directed.
- Check and record blood pressure often. Taking your pulse rate is never a bad idea, either.
- Refill prescriptions before they run out; this way, you'll be prepared for unexpected situations.

"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."
—Patience Strong

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>BLACK HISTORY MONTH</p>	 <p>BLACK HISTORY Month</p>	 <p>American HEART MONTH</p>	 <p>Happy Valentine's Day</p>	 <p>HAPPY Valentine's DAY</p>		<p>10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 1:30 Bingo 3:30 Puzzle Group</p>
<p>Groundhog Day 2 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Chat with Alycia 2:30 Bingo</p>	<p>National Carrot Cake Day 3 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 12:00 National Carrot Cake Day 1:30 Bingo 2:30 Scrabble</p>	<p>4 10:00 Exercise Class 10:30 Coffee Social 11:00 Resident Council 1:30 Bingo 3:30 Game Group</p>	<p>Applebee's Outing 5 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 11:00 Applebee's Outing 1:30 Bingo 3:30 Game Group</p>	<p>6 10:00 Exercise Class 10:30 Coffee Social 11:00 Creative Thinking Workshop 1:30 Bingo 3:30 Word in Word</p>	<p>7 10:00 Exercise Class 10:30 Coffee Social 11:00 Activity Chat 1:30 Chef Chat w/Alan 2:30 Happy Hour & Bingo</p>	<p>8 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 1:30 Bingo 3:30 Puzzle Group</p>
<p>National Pizza Day 9 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Chat with Alycia 2:30 Bingo 5:00 National Pizza Day</p>	<p>10 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 2:30 Scrabble</p>	<p>11 10:00 Exercise Class 10:30 Coffee Social 11:00 Manicures 1:00 Town Hall 1:30 Bingo 3:30 Game Group</p>	<p>Lunch Outing 12 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Coffee Social 12:00 Lunch Outing 1:30 Bingo 3:30 Game Group</p>	<p>13 10:00 Exercise Class 10:30 Coffee Social 11:00 Creative Thinking Workshop 1:30 Bingo 3:30 Word in Word</p>	<p>Valentine's Day 14 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Bingo 2:30 Happy Hour & Valentine's Day Party</p>	<p>15 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 1:30 Bingo 3:30 Puzzle Group</p>
<p>16 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Chat with Alycia 2:30 Bingo</p>	<p>Presidents Day 17 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 2:30 Scrabble</p>	<p>18 10:00 Exercise Class 10:30 Coffee Social 11:00 Manicures 1:30 Bingo 3:30 Game Group</p>	<p>Casino Outing 19 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 11:00 Casino Outing! 1:30 Bingo 3:30 Game Group</p>	<p>20 10:00 Exercise Class 10:30 Coffee Social 11:00 Creative Thinking Workshop 1:30 Bingo 3:30 Word in Word</p>	<p>21 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Bingo 2:30 Happy Hour</p>	<p>22 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 1:30 Bingo 3:30 Puzzle Group</p>
<p>23 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Chat with Alycia 2:30 Bingo</p>	<p>24 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 2:30 Scrabble</p>	<p>25 10:00 Exercise Class 10:30 Coffee Social 11:00 Manicures 1:30 Bingo 3:30 Game Group</p>	<p>Lunch Outing 26 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Coffee Social 12:00 Lunch Outing 1:30 Bingo 3:30 Game Group</p>	<p>27 10:00 Exercise Class 10:30 Coffee Social 11:00 Creative Thinking Workshop 1:30 Bingo 3:30 Word in Word</p>	<p>28 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Bingo 2:30 Happy Hour</p>	<p>All Events Are Subject to Change</p>

Highlighting Black History

The U.S. is home to dozens of museums dedicated to preserving the history and honoring the achievements of African Americans. Celebrate Black History Month with a tour of some top destinations:

National Museum of African American History and Culture. Located on the National Mall in Washington, D.C., this is the largest Black history museum in the country, with several floors of around 40,000 artifacts—many of which you can view online in an extensive database.

National Civil Rights Museum. Experience hands-on history at this dynamic museum in Memphis, located on the grounds of the Lorraine Motel where Martin Luther King Jr. was assassinated. Visitors can relive moments from the Civil Rights Movement by sitting on a Montgomery bus and at an original lunch counter from the Greensboro sit-ins.

National Underground Railroad Freedom Center. More than 100,000 people escaped slavery via the secretive network of passages and safe houses known as the Underground Railroad. The interactive exhibits at this Cincinnati museum invite visitors to hear powerful stories about Harriet Tubman and other historic figures.

The Negro Leagues Baseball Museum. This Kansas City, Mo., attraction is located just one block away from the site where the Negro National League was formed in 1920. A highlight of the museum is the Field of Legends, where visitors can stand among bronze statues of ballplayers such as Satchel Paige and Josh Gibson.

National Museum of African American Music. From blues to jazz, country to rock and roll, America's music is rooted in African American influences. This Nashville museum showcases over 1,500 pieces of memorabilia, including B.B. King's iconic guitar, Lucille.

Happy Groundhog Day!

Every Feb. 2, we look to one of nature's critters to answer an important question: How long until spring arrives?

The tradition behind the holiday we know as Groundhog Day is actually several hundred years old. In Europe, people would gather for a festival marking the halfway point of winter. If it was a cloudy day, they predicted that spring would arrive soon. But if the sun was out, they believed many more weeks of cold weather were still to come.

Eventually, folks in Germany added their own spin to the legend, saying that burrowing animals like badgers and hedgehogs could predict the weather. If these critters emerged from underground during the midwinter festival and saw their shadow, then they would be spooked back into their homes, signaling that it was a long wait to spring.

When German immigrants settled in North America, they brought this seasonal celebration with them, changing the tradition to include a groundhog, which was more common in their new country.

Whether the groundhog sees his shadow or not, Groundhog Day is a fun holiday to celebrate! Here are some fun facts about groundhogs to share with your family and friends.

- Groundhogs are also called woodchucks and whistle-pigs.
- They're members of the squirrel family, which also includes chipmunks and prairie dogs.
- They live throughout the U.S. and Canada.
- Their burrows can be up to 50 feet long, and about 5 feet deep.
- Groundhogs hibernate from October to March, but of course they sneak a peek outside on Groundhog Day!

Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.

Germany. Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

South Korea. Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

Mexico. The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

South Africa. The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

Peru. Orchids are the flower of choice for valentines here, since they are native to this South American nation.

Philippines. Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.

Wales. The Welsh honor their patron saint of love on Jan. 25, St. Dwynwen's Day, and couples often exchange decorative wooden "love spoons," utensils that are ornately carved with symbols of affection.

