



THE Mountain View Lifestyle

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

Mad for March Madness

From bragging rights to heartbreaking busted brackets, college hoops will be the center of many discussions this month as the NCAA Division I basketball tournament gets underway. Here's some March Madness trivia to add to your tourney talk:

- The tournament debuted in 1939. Only eight teams competed, with Oregon defeating Ohio State.
- The phrase "March Madness" was first used to describe the tournament in 1982, by sportscaster Brent Musburger.
- Predicting the winner of each game by filling out a bracket is popular, even for folks who don't usually watch basketball. Over 35 million people participate in the activity every March.
- The odds of filling out a perfect bracket—that is, correctly picking the winner of every game—is 1 in 9.2 quintillion. One quintillion is a 1 followed by 18 zeroes, or you could think of it as "a million trillion"!
- Each team is ranked, or seeded, within its region. In 1985, the No. 8-ranked Villanova Wildcats became the lowest-seeded team to win the tournament.
- Only once did all conference No. 1 seeds advance to the Final Four. In 2008, the Kansas Jayhawks won what many called the most predictable March Madness ever.
- Another first-and-only occurred in 2018, when a No. 16-seeded school (Maryland-Baltimore County) defeated a No. 1 seed (Virginia) in the opening round.
- UCLA has won the tournament 11 times, more than any other school.



MARCH 2025

- Executive Director**
Zeniah Shah
- Business Office Director**
Sonia Sandoval
- Assisted Living Director**
Alycia Hardman
- Charge Nurse**
Kelly Mannel
- Maintenance Director**
Jeramie Wagar
- Activities Coordinator**
Lana Vasquez
- Lead Cook**
Alan Sanders

Resident Birthdays

Karen S	3/9
Delores D	3/13
Lois B	3/20
Heidi V	3/23
Donna H	3/23
Mary Z	3/26

Staff Birthdays

Paula M	3/8
Sonia S	3/10
Orianna B	3/11



MARCH 2025

**Popcorn Pick:
'Leap Year'**

This St. Patrick's Day, race across the Irish countryside with Anna (Amy Adams) on a bumpy mission to get hitched. According to Irish tradition, if a woman proposes to a man on Feb. 29, he must accept—so Anna hops on a plane to pop the question to her longtime boyfriend, Jeremy (Adam Scott). But when Anna's travels go awry and she is forced to hitchhike with stranger Declan (Matthew Goode), will her big plans change? Fall in love with the charming characters and the soothing scenery of the Emerald Isle in this feel-good rom-com from 2010.

Grant Each Other's Wishes

"Imagine if we were all magical leprechauns, and every wish ever made on a four-leaf clover obliged us to help others obtain their wishes. Now imagine if people simply lived like this were true." —Richelle E. Goodrich

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."
—Jim Carrey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					All Events Are Subject to Change	1 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 2:30 Bingo
2 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 2:30 Bingo 6:00 Wine and Cheese Night	3 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 12:00 Afternoon Tea 2:30 Bingo	4 Mardi Gras 10:00 Exercise Class 10:30 Coffee Social 11:00 Resident Council 2:30 Mardi Gras Bingo! 3:30 Evening Meditation	5 Breakfast Outing 9:00 Breakfast Outing - Bluebird Cafe 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Coffee Social 2:30 Bingo	6 10:00 Exercise Class 10:30 Coffee Social 11:00 Book Club 12:00 Afternoon Walk 2:30 Bingo 3:30 Word in Word	7 10:00 Exercise Class 10:30 Coffee Social 11:00 Activity Chat 12:00 Spanish Lessons! 1:30 Chef Chat w/Alan 2:30 Bingo & Happy Hour	8 International Women's Day 10:00 Exercise Class 10:30 Coffee Social 11:00 International Women's Day Celebration 12:00 Afternoon Tea 2:30 Bingo
9 Popcorn Lover's Day 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Bingo & Popcorn Lover's Day 6:00 Wine and Cheese Night	10 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 12:00 Afternoon Tea 2:30 Bingo	11 10:00 Exercise Class 10:30 Coffee Social 11:00 Manicures & Hand Massages 2:00 Town Hall 2:30 Bingo 3:30 Evening Meditation	12 Store Outing & Plant a Flower Day 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Store Outing - Dollar Tree 12:00 Plant a Flower Day 2:30 Bingo	13 10:00 Exercise Class 10:30 Coffee Social 11:00 Book Club 12:00 Afternoon Walk 2:30 Bingo 3:30 Word in Word	14 National Pi Day 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 12:00 Spanish Lessons! 1:00 National Pi Day 2:30 Bingo & Happy Hour	15 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 12:00 Afternoon Tea 2:30 Bingo
16 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 2:30 Bingo 6:00 Wine and Cheese Night	17 St. Patrick's Day 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 12:00 Afternoon Tea 1:00 St. Patrick's Day Party 2:30 Bingo	18 10:00 Exercise Class 10:30 Coffee Social 11:00 Manicures & Hand Massages 2:30 Bingo 3:30 Evening Meditation	19 Casino Outing 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Casino Outing 2:30 Bingo	20 International Day of Happiness 10:00 Exercise Class 10:30 Coffee Social 11:00 International Day of Happiness 12:00 Afternoon Walk 2:30 Bingo 3:30 Word in Word	21 National Memory Day 10:00 Exercise Class 10:30 Coffee Social 11:00 National Memory Day 12:00 Spanish Lessons! 2:30 Bingo & Happy Hour	22 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 12:00 Afternoon Tea 2:30 Bingo
23 National Puppy Day 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 12:00 National Puppy Day 2:30 Bingo 6:00 Wine and Cheese Night	24 Cuddly Kitten Day 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 12:00 Afternoon Tea 12:00 Cuddly Kitten Day 2:30 Bingo	25 Waffle Day 9:00 Waffle Day 10:00 Exercise Class 10:30 Coffee Social 11:00 Manicures & Hand Massages 2:30 Bingo 3:30 Evening Meditation	26 Big Bingo Night! & Lunch Outing 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 12:00 Lunch Outing - Maple Cafe 2:30 Bingo 6:00 Big Bingo Night!	27 10:00 Exercise Class 10:30 Coffee Social 11:00 Book Club 12:00 Afternoon Walk 2:30 Bingo 3:30 Word in Word	28 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 12:00 Spanish Lessons! 2:30 Bingo & Happy Hour	29 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 12:00 Afternoon Tea 2:30 Bingo
30 National Doctors' Day 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 12:00 National Doctors' Day 2:30 Bingo 6:00 Wine and Cheese Night	31 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 12:00 Afternoon Tea 2:30 Bingo					

Laugh Lines: March Moments

March holds many holidays and events, including Dr. Seuss Day, St. Patrick's Day, Pi Day and the March Madness basketball tournament. Browse through these jokes for laughs about all things March.

Q: What should you say to a runner in the St. Patrick's Day marathon?

A: Irish you luck!

Q: Why don't you iron four-leaf clovers?

A: Because you don't want to press your luck.

Q: What did March say to all the madness?

A: What's all that bracket?!

Q: Why doesn't the Grinch like knock-knock jokes?

A: Because there are always Whos there.

Q: What is the official animal of Pi Day?

A: The pi-thon.

Q: Why is everyone so tired on April 1?

A: Because they've just finished a long, 31-day March.

Q: How is the letter A like a spring flower?

A: A "B" comes after it!

Q: What kind of bird was banned from the jewelry store?

A: A robin.

It's allergy season again?! You've got to be pollen my leg.

The roundest knight of King Arthur's court was Sir Cumference ... he ate too much pi!

It's impossible to plant vegetable seeds when you haven't botany.

Keep Your Kidneys Healthy

The kidneys have an important role in the body. These two organs filter the blood, regulate the balance of certain nutrients, and produce essential hormones. National Kidney Month in March is a reminder to take care of your kidneys.

Stay hydrated. Being consistent about drinking water and other fluids helps the kidneys perform their most important job, flushing out waste and excess fluid from the bloodstream.

Maintain a healthy diet. Eating nutritious foods, including those low in sodium, may lower your risk of developing kidney problems. Some common foods that boost kidney health include apples, blueberries, red bell peppers, cabbage and fatty fish such as tuna and salmon.

Monitor blood pressure. High blood pressure is a major cause of kidney damage. Get your blood pressure checked regularly and work with your health care provider to make any needed lifestyle changes.

Exercise. Keeping fit can lower blood pressure and improve heart function, which influences kidney health.

Review medications. When taken daily, some over-the-counter pain relievers can contribute to kidney problems. Some supplements may also affect the kidneys. Talk to your doctor about all medications you are taking.

Control blood sugar. Diabetes causes the kidneys to work extra hard and can lead to kidney disease, so it's important to regularly monitor blood sugar levels and check kidney function.



Celebrate Irish Poets

Wearing green and rocking shamrocks for St. Patrick's Day on March 17 is all the rage, but have you ever thought about celebrating by browsing through some Irish poetry? World Poetry Day is also observed this month, on the 21st. Celebrate both of these fun holidays by learning more about a few famous Irish poets.

W.B. Yeats. One of the greatest poets of the 20th century, Yeats published over 30 poetry collections and won the Nobel Prize for literature in 1923. He followed a traditional style that focused on rhythm and cadence. As a lover of his country, he mostly wrote poems with Irish settings and subjects.

Seamus Heaney. Poems with deeply meaningful and beautiful verses were a specialty of Heaney's. Though he didn't want to be a political spokesman, his work reflected contemporary Irish issues. His rhymes were unpredictable yet his words were clear and textured, earning him the Nobel Prize in literature in 1995 and two American Ireland Fund Literary Awards—given to Irish writers who reflect the literary traditions of their heritage.

Eavan Boland. Both a poet and a professor at Stanford University, Boland was one of the primary female voices in Irish literature for decades, writing of women's experiences in both everyday life as well as throughout her country's history. Her accomplishments include a Lannan Foundation Literary Award in Poetry and an American Ireland Fund Literary Award, both received in 1994.