



The Montera Named as The “Best” by U.S. News & World Report

U.S. News & World Report’s first-ever ranking of senior living communities has hit newsstands! The Montera earned two designations on the list – “Best Assisted Living” and “Best Memory Care”.

U.S. News awards the title of Best Senior Living only to those communities that satisfy the publications’ objective statistical assessment of each senior living community’s performance based on consumer satisfaction surveys administered between March 2021 and February 2022. Surveys reflect the viewpoints of more than 200,000 current residents and family members of residents living in thousands of senior living communities nationwide.

The inaugural U.S. News Best Senior Living ratings and profiles offer comprehensive information and a complete analysis of consumer satisfaction data. Factors considered in the evaluation included community aesthetics, activity, food and dining experience, caregiving, and management and staff for nearly 2,500 communities nationwide. For more than 30 years, U.S. News has served the American public as an unbiased arbiter of quality across a variety of important choices. Whether picking a college, selecting a hospital, or moving to a nursing home, consumers go to U.S. News to research and



The Montera
MBK SENIOR LIVING

make consequential life decisions.

“Until now, families have had limited information when comparing providers of independent living, assisted living, memory care, or continuing care,” said Ben Harder, managing editor and chief of Health Analysis at U.S. News. “The Best Senior Living ratings fill this informational gap with comprehensive and transparent data to help older consumers and their families identify high-quality senior living communities that meet their needs and preferences.”

“I am extremely proud of the dedicated team at The Montera, who provide the highest quality of care and services to the seniors and families, even amidst the most challenging of circumstances during the COVID crisis,” said Jeff Fischer, president of MBK Senior Living.

“We are honored to be counted among the ‘Best’ senior living communities in the nation,” said Fischer. “The ranking is based on resident satisfaction scores, which tells us we’re on the right track and



to keep up the good work – or Yoi Shigoto, as we call it.”

Yoi Shigoto or “the good work” is a Japanese concept that is the driving force behind the company’s culture of care. More than a mantra, Yoi Shigoto is part of the company’s overall commitment to build trust, set high standards, develop potential and contribute to society.

“Every program offered at The Montera is influenced by Yoi Shigoto and helps us to create an environment of respect, security, care and compassion that makes a difference in the lives of those we serve,” added

Fischer.

Located in La Mesa, California, The Montera offers a variety of floor plans, beautiful common spaces and a host of signature programs to enhance and elevate residents’ day-to-day. Residents lead full, active, and engaging lifestyles from mouth-watering, made-to-order meals and flexible dining with the MBK Cuisine program to enrich physical, social, and educational opportunities through

Mind+Body Wellness. Plus, housekeeping, laundry, and maintenance services are taken care of, allowing residents to pursue passions, spend quality time with loved ones, and explore hobbies and interests. Community amenities like a koi pond, swimming pool, movie theater, and game room keep residents happy and enriched in the community. With a variety of open and community spaces, residents and families can enjoy all what the Montera has to offer.

For more information, please visit TheMontera.com or call (619) 464-6801 to schedule a private tour.

TheMontera.com