



The Montera Named the “Best Assisted Living” by U.S. News & World Report

The Montera has been recognized by the U.S. News & World Report as a 2023-24 “Best Assisted Living” community a ranking report released in May. The title is achieved through U.S. News’s statistical assessment of a community’s performance from consumer satisfaction surveys. Only 43% of the nearly 4,000 communities that U.S. News evaluated earned a “Best” rating for even one type of care.

“It’s an honor to have The Montera ranked among the best in the country – and for the second year in a row,” said Jeff Fischer, president of MBK Senior Living. “We strive to provide a culture of care, hospitality and an environment that all MBK residents are proud to call home. It’s gratifying to have those efforts recognized.”



U.S. News Best Senior Living ratings and profiles offer comprehensive information and exclusive analysis of consumer satisfaction data evaluating such factors as community and activity, food and dining, caregiving, and management and staff for nearly 4,000 communities in the continental U.S. and Hawaii.

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 senior living community, consumers go to U.S. News to research and



The Montera
MBK SENIOR LIVING



Top center: Meet up with friends and neighbors for a cup of coffee in our Bistro Cafe. **Bottom left:** Weekly movies, educational presentations, and fun-filled trivia games, our flexible Theater space makes room for it all!

make consequential life decisions.

Located in La Mesa, California, The Montera offers assisted living and memory care services that allow residents to thrive. Our expansive campus includes a variety of inviting spaces for residents to connect with neighbors, friends, and family. Some of the favorite gathering spots include our koi pond, game room, Bistro Cafe, and poolside.

Enjoy a mouth-watering, made-to-order meal in our

restaurant-style dining room. Join in on a variety of social, physical, and educational


More than the amenities and programs, what makes us 'the best' are the residents, families, and team members who make The Montera a vibrant community, full of opportunity and connections.

- Jeff Fischer

opportunities offered through our Mind+Body Wellness programming. Here, our residents are never at a loss for things to do.

Plus, with housekeeping, laundry, and maintenance services taken care of, residents find the freedom to pursue passions, spend quality time with loved ones, and explore hobbies and interests. Should needs change or grow, residents and families also enjoy greater peace of mind knowing that supportive services and compassionate caregivers are on-site around-the-clock.

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

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 TheMontera.com

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ASSISTED LIVING | MEMORY CARE

