

# Rockville Terrace

## SENIOR LIVING



4625 Mangels Blvd. • Fairfield, CA 94534 • (707) 862-2222

March 2021



### A Note From Our Administrator...

It's crazy to think that as of March 18th, our community has been closed to outsiders for a whole year. One whole year has passed since COVID became an all-consuming topic of discussion and a completely new way of day to day life.

Though I am sure most would list the negatives that were brought, I can't help but reminisce on all the times we as a community stuck together and made it *here*. I am thankful that we are here, after receiving our vaccine ... *here* and thriving, not only as a community, but as a family. We are inching our way to a better tomorrow and a better year.

Thank you all for being patient with every difficulty that has come our way. Thank you, residents and family/loved ones alike, for supporting our staff constantly and giving us all a reason to love our jobs.



### ROCKVILLE TERRACE MANAGEMENT

ADMINISTRATOR.....	MIKAYLA MUEHLEISEN
AL CARE COORDINATOR....	HANNAH RICHARDSON
MC CARE COORDINATOR.....	MARIBEL SAMAYOA
MARKETING DIRECTOR.....	JESSICA DUPLANTIS
COMMUNITY OUTREACH DIRECTOR.....	EMILY DORAN
DINING SERVICES DIRECTOR.....	CARMEN CREANO
IL & AL ACTIVITY DIRECTOR.....	TANYA TULL
MC ACTIVITY DIRECTOR.....	MONTE BOOMGAARN
MAINTENANCE DIRECTOR.....	JIM UNDERHOLT
HOUSEKEEPING DIRECTOR.....	TRINA BARTHOLOMEW
MEDICAL RECORDS.....	CYNTHIA LEARSON

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**DON'T FORGET DAYLIGHT SAVING TIME BEGINS  
MARCH 14TH.**

TANYA TULL

Activities Director

Independent/Assisted Living

## COMMUNITY NEWS!

### Welcome to Our Family

We're always excited to welcome new residents. Last month we had 5 new move-ins. We'd like to welcome Greg S., Thomas C., and Judy F., Patricia B., and Wallen Y.! We know that moving to a new place can be an overwhelming experience, which is why we do everything we can to make the transition a little easier. We host a regular Welcome to Our Community Social each month to give our newest residents the chance to meet each other and the rest of our community family. We hope that everyone will join us in making our newest residents feel right at home!

### Spring Bake Sale!

Mouth watering, tasty, baked treats from staff and family members will be sold on St. Patrick's Day from 10:30-noon. These goodies are very reasonably priced and all proceeds will be donated to the Alzheimer's Association!



*Often, we enjoy our mornings with  
Coffee & Doughnuts or Senorita Bread.  
Come join us!*

## MARCH ACTIVITIES!

### Girl Scouts' - Boy Scouts' Happy Hour

This month we celebrate Girl Scouts and Boy Scouts!! Were you ever one? Come to our special Happy Hour on Friday, March 5th. Don't forget to bring your Girl Scout or Boy Scout memories to share!

### Let's Play Jeopardy!

Okay, Nancy, Jon, Barbara B., Millie, and everyone else ... come on down to play "Jeopardy" on Thursday, March 11th. Test your knowledge and you could win a "brand new Rockville-Style Car!" If not a contestant, come be part of the audience and root them on!

### Going Green on March 17

St. Patrick's Day has become a celebration of Irish culture and a whole lot of green. Folklore says that wearing the color makes a person invisible to leprechauns, who will only pinch those they can see. So be sure to wear "green" on March 17!!

Plus, plan for a swinging St. Patrick's Day Party, full of trivia, special treats, and "green" drinks!



### Clover All Over!

A week before St. Patrick's Day, on March 10th, we will be celebrating Clover All Over Day! Look for "clovers" throughout our facility and courtyards and turn them in to the Activities Department by 1:30pm. An Irish prize will be given to the one who finds the most clovers!

### After-Hours Assistance

If a resident has a need for assistance with anything **AFTER 6:30PM** on any day, please call one of the following phone numbers:

**Independent & Assisted Living:** 707-344-3254  
**Memory Care:** 707-366-2122



### Our Deepest Sympathies

Our hearts go out to the families and friends of Roger E. He was funny, loving, and loved the Air Force Song. He'd sing that song on the way to and from meals! May he rest in peace.



## Memory Care Activities Director

Monte Boomgaarn

### ✧ Unicorn Popcorn ✧ (Mar 11th - 1pm Activity)

#### Ingredients

- \* 3 bags microwave popcorn
- \* 1 bar white almond or chocolate bark (approx 1 lbs+)
- \* 3 cups miniature pretzels
- \* 2 cups Easter M&M's
- \* 1/2 cup sliced almonds
- \* 2 tbsp rainbow sprinkles
- \* 1 cup semi-sweet chocolate chips
- \* Pink & purple food coloring

#### Directions

1. Microwave popcorn as directed on box.
2. Melt bark and pour over

popcorn in large bowl. Stir gently but thoroughly to coat. (Put aside 1/2 cup melted bark for later.)

3. Add in 2 of the 3 cups of pretzels and 1 cup M&M's. Stir gently to incorporate.
4. Spread on wax paper to cool.
5. Melt chocolate chips.
6. Scatter remaining pretzels and M&M's on top of the cooling popcorn along with the sprinkles.
7. Drizzle melted chocolate over the top.
8. Split the melted bark that was set aside in two and add the pink & purple food coloring. Drizzle each color over top.
9. Let cool until set.
10. Break into pieces and enjoy!

## Because of Your Smile, You Made Life More Beautiful

Hearts ache to say goodbye to Marie P. She was known for her happy giggles and smile that could light up a room. Marie's sweet demeanor and gratitude were inspiring. She is missed by our entire community.



## One Shoe Off and the Other Shoe on .. .. Diddle Diddle Dumpling, Our Guy John!

We are deeply saddened by the passing of John E. He was the resident jokester of Memory Care. With his dark, dry, & sometimes twisted sense of humor matched with his massive intelligence, you never knew what was going to come out of his mouth. John shared his enormous love for rocks & minerals with anyone who would listen. Many of us will never look at "arsenic" the same way ever again. Thank you, John, for sharing a piece of yourself with us!

## March Birthdays

Please join us in wishing a very Happy Birthday to each of the following residents:

3/8 Fran B.

3/12 Judy C.

3/29 Verle D.

## Upcoming Holiday Fun

- March 4th - International Scrapbooking Industry Day - We will be putting together scrapbook pages filled with our favorite memories. (If you have a photo of your loved one you think will spark a happy memory, please send it to Monte.)
- March 12th - National Plant A Flower Day - We will be revamping our current Fairy Garden and making a new Flower Garden to go in our courtyard.
- March 18th - Orange And Lemon Day - We will be hollowing out oranges & lemons, then making them into bird feeders to hang in our courtyard. We will also be making/hanging bird feeders using peanut butter, toilet paper rolls, and bird seed.
- March 23rd - National Chip & Dip Day - It was such a success when Monte made Cowboy Caviar back in Sept. 2020, that she is going to show us how to make it together. (Served with Tostitos Scoops!)

*Ditch those winter doldrums—*

# *SPRING IS ON THE WAY!*

*As the weather warms, we're looking forward to  
seeing you enjoying all the amenities our community has to offer.*

*Thanks for making your home with us!*



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