

Rockville Terrace

SENIOR LIVING



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

June 2021



Fun in the Sun, 2018... Rockville Residents created these decorative plates and painted canvases for an Alzheimer's Association fundraiser!

FUN in the SUN, 2021!

This is something you can NOT miss... Fun In The Sun, 2021!!! It's a very special event, packed with fun, for all of our residents, families, & friends! Come hungry because Rockville Chefs will offer a delicious Lunch Box for only \$10. We will also have a bounce house, dunk tank, raffle, and so much more! And to top it off, all of the proceeds will be donated to the Alzheimer's Association. Did I mention there will also be a variety of vendors to shop from?

Save the date:

Saturday, June 12th

10am - 2pm

Come to shop, mingle, eat, and play!



ROCKVILLE TERRACE MANAGEMENT

EXECUTIVE DIRECTOR MIKAYLA MUEHLEISEN
AL CARE COORDINATOR.... HANNAH RICHARDSON
MC CARE COORDINATOR..... MARIBEL SAMAYOA
DIRECTOR OF
RESIDENT DEVELOPMENT JESSICA DUPLANTIS
DIRECTOR OF
COMMUNITY OUTREACH 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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TANYA TULL
Activities Director
Independent & Assisted Living

Welcome, Welcome, Welcome!

Clarence B., Barbara G.,

Thank you for choosing Rockville Terrace as your new home! We know you made the right choice as we always strive to give the best and friendliest services to our residents.

We wish you the warmest welcome and look forward to getting to know you as you get more comfortable in your new surroundings.

Happy Father's Day, Dads!

Every June, families everywhere set aside a day to honor fathers. A father is more than just a family's patriarch; he is a source of wisdom and strength for everyone in his home.

Here, at Rockville Terrace, we'll be hosting a celebration to say thank you to all our dads who've raised generations. We will have a feast fit for a king and also have a swingin' party for all of our residents, but dedicated to the dads!! The guys will have chances to win pretty cool "guy things". It will be a hoot so be sure to make it!

Father's Day Party
Friday, June 18
3:00pm



A Little About Jessica!

I grew up in a small town in the swamps of south Louisiana where I frequently had alligators roaming through my backyard! I lived barefooted, swam and fished in those swamp bayous and would not trade it for the world.

I decided to put myself through college at the age of 19 and joined the United States Air Force as a Chaplain Assistant. While working on my bachelor's in Psychology, I traveled the world on remote deployments overseas. 9/11 happened not too long after I enlisted and I was sent straight to Afghanistan. I was overseas on remote deployments for almost 5 years after that.

Before enlisting in the Air Force, my first job was at a nursing home. I worked part-time as an Activities Assistant where I fell in love with the elderly residents. It only took me about a week to realize this was my passion, and I've been working with seniors ever since that day!

I have lived in Winters for the past 16 years, where I have raised my two boys, Evan (16) and Braylon (11). You can usually find me hiking, snowshoeing, kayaking, or paddle boarding in desolation wilderness. I am thrilled to be a part of the Rockville Terrace team and get to know a whole new community of wonderful residents and their families.

Chef's Creation!

Every 3rd Wednesday of each month, at 2:00pm, come on down for our Chef's Creation! It's a food demonstration presented by one of our awesome chefs! Each month will feature a food from a different country and the best part is we get to sample it!



Chef's Creation

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

In Sympathy

Kelly C. was such a "ray of sunshine", always smiling, always positive, always happy. He had a great laugh and just being around him made me happy. To all of Kelly's family and friends, we pray for you in this time of sadness.

Monte Boomgaarn
Memory Care Activities Director

*** * * Peanut Butter * * ***
*** * Apple Strudel * ***
(June 17th Activity)

Ingredients

- 2 cans (8oz each) Pillsbury Crescent Dough Sheets
- 1 can (21 oz) Apple Pie Filling (1/2 can for each dough sheet)
- Honey Roasted Peanut Butter
- 1 Beaten Egg
- Honey

Directions

1. Preheat oven to 375°F.
2. Unroll Crescent Roll Sheets onto parchment paper. Using a pizza cutter, make strips 1" apart

up and down both sides of the sheets, leaving about 3" of untouched space in the center for the filling.

3. Spread a thin layer of peanut butter along uncut center.
4. Spoon pie filling evenly over peanut butter.
5. Wrap each slice up and over the filling, overlapping to make a braid. Pinch the ends shut.
6. Brush the outside with egg. Place parchment sheet with the strudel on a cookie sheet.
7. Bake for 15-20 minutes or until golden brown and cooked through.
8. Once cool, drizzle honey and enjoy!

Recipe makes two strudels to ensure everyone gets a taste.

Upcoming Holiday Fun

- **June 4th - National Doughnut Day** - Guess what we are having for afternoon snack!?!
- **June 10th - National Black Cow Day** - Monte will be going door-to-door in Memory Care making Ice Cream Floats. Offerings will be vanilla ice cream paired with a variety of soda flavors, including Root Beer of course!
- **June 18th - International Sushi Day** - We will be rolling our own *Fruit Sushi* with tortillas, cream cheese, and assorted fruit. We are even going to top them off with "pomegranate roe"!
- **June 20th - Father's Day** - We will be celebrating a couple days early on June 18th with our "Papa Party" in the afternoon. Make sure to check our Facebook page to see how much fun we had!
- **June 22nd - Monte's Birthday** - We will be having a Strawberry Unicorn themed party in the Memory Care Courtyard in the morning while it is still cool. Everyone will get a chance at hitting the unicorn piñata and playing unicorn ring toss while enjoying strawberry lemonade.

Have You "Heard It Through the Grapevine"? We Have A New Resident!

Please join us in welcoming Lala W. to the Rockville Terrace Family. She has been with us for some time already and has quickly made her personality known! Miss Lala is rather vocal about what she likes and does not like. She is no meek mouse! We have discovered so far that Motown gets her toes tapping and Shaka Hawaiian Tea gets her taste buds tingling. We all look forward to getting to know more about Miss Lala.

Though You Held My Hand for A Moment, You Hold My Heart Forever!

Our deepest sympathies go out to the family and friends of Michael H. as we say goodbye to a sweet soul. He was a tall man with a big heart & personality to match. Only he knew what was behind that mischievous smile. Wherever he is, we know he is shirtless... or at least comfortably unbuttoned!

Anchors Aweigh... Until We Meet Once More, Here's Wishing You a Happy Voyage Home!

Our hearts go out to the family and friends of our dear kind-hearted Alvin M. as he goes on his final journey. He was a true gentleman and proud Navy man to the core. We will miss his Virginia accent and southern charm!



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