

Rockville Terrace

SENIOR LIVING



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

July 2021



The Celebration Continues

Here at Rockville Terrace, we never miss a chance to celebrate...especially celebrating the birth of American independence. On this special day, our residents and staff are encouraged to wear patriotic colors and strut their pride. Friday, July 2nd, at 1:30 PM, we will begin the afternoon decorating our mobility devices and enjoying one another's company. Then, at 2:00 PM, we will have a parade to show off the amazing decorating skills of each of our residents and a prize will be given to the "Best Decorated." However, the celebration doesn't end there; we will be having a party at 3:00 PM to continue celebrating freedom. At the party, there will be more games, prizes, food, and drinks!



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 MADDI LEWIS
MC ACTIVITY DIRECTOR MONTE BOOMGAARN
MAINTENANCE DIRECTOR JIM UNDERHOLT
HOUSEKEEPING DIRECTOR . TRINA BARTHOLOMEW
MEDICAL RECORDS CYNTHIA LEARSON

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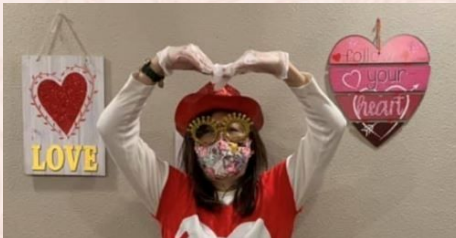
Maddi Lewis
Activities Director
Independent & Assisted Living

We Welcome You With Six Foot Distanced Air Hugs!

Marilyn B., Margreat S., Oliver G., and Leonard M.

We here at Rockville Terrace want to give you the warmest welcome. We are so thrilled that you have chosen to be a part of our community and will strive to make you feel as at home as possible.

All of the staff and other residents are so happy you are here and hope to become great friends! Please reach out if you need help with anything and don't be afraid to ask as many questions as you need.



To Our Dearest Friend Tanya

Thank you for the endless laughs, memories, and spunky spirit, but most importantly, thank you for all of your unconditional love for the last four years. You truly are one of a kind and will be deeply missed. We wish you the absolute best in your future endeavors, and don't forget to visit us! We love you and we want to give the biggest thanks for everything.

Get to Know Our Staff!



Meet Joana and Roscoe

"I was born in the Philippines, and when I was seven, my family and I moved to California. I am the youngest of ten siblings, so it is safe to say I was never bored as a child!

After I graduated from high school, I started working in a senior living community that my friend had also been employed through, and that is where my passion started.

In 2017, shortly after opening, I was hired at Rockville Terrace as a Medication Technician, and I have been here ever since. When I am not working, you can find Roscoe and I at the beach, hiking, or cooking up delicious meals.

I adopted Roscoe when he was only ten weeks old, and last month, he turned nine! He is the best friend anyone could ask for, and he loves to visit the community and put a smile on all of the residents' faces. Roscoe has now become the mascot for our memory care community and always begs to come to work with me!"

With Great Sympathy

Arlene H. was a kind, compassionate, and caring woman—a resident who turned into family and truly a joy to be around. In her stay at Rockville Terrace, she touched so many hearts and held so many hands. Her presence will be missed and the hallways will be quiet without her beautiful singing.

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

Word for July: Freedom

On the Fourth of July, people all across this great nation will gather to celebrate something so special it's almost taken for granted—freedom. In 1776, our founding fathers severed ties to the British crown and, in doing so, we the people of the United States have lived in the "absence of necessity, coercion or constraint in choice or action" (as defined by *Merriam-Webster.com*) for more than 230 years.

Now, go have fun exercising your right to life, liberty and the pursuit of happiness!



Monte Boomgaarn
Memory Care Activities Director

Chili Cheese Dog Cups (July 29th Activity)

Ingredients

- 1 can (8oz) Pillsbury crescent dough sheet
- 1 can (approx. 15 oz) chili of preference
- 2 hot dogs chunky chopped (brand of preference)
- 1 & 1/2 cups shredded Cheddar cheese
- sour cream (enough for garnish)

Directions

1. Preheat oven to 375°F.
2. Use a cupcake/muffin tin. Spray 8 regular-size muffin cups with cooking spray.

3. In large bowl, mix chili, hot dogs, and (1 cup) shredded cheddar cheese together until well combined.
4. Using large cutting board, unroll dough sheets and cut into 8 squares with a pizza cutter.
5. Line each muffin cup by pressing 1 dough square in bottom and up side of cup.
6. Using a measuring cup, scoop 1/4 cup of chili mixture into each crescent cup.
7. Bake 14 to 18 minutes or until crusts are golden brown and chili is heated through.
8. Cool 5 minutes in muffin pan; carefully remove from pan with spatula. Top each with sour cream and sprinkle with remaining cheddar cheese.



It Is Great to Hydrate!

With summer approaching, we all need to be mindful to stay cool and hydrated. Seniors with dementia are especially prone to suffering from dehydration. We have a hydration station in our Memory Care and do "rounds" of ice water throughout the day. We also have beverage breaks offering a variety of lemonades, juices, and iced teas.

For those who are not big water drinkers, here are a few alternatives to help stay hydrated:

- Blend fruit, such as watermelon, and freeze it to make popsicles. (Add different pieces of sliced fruit to make it fun & colorful.)
- Have a veggie loaded salad! Most lettuce greens contain at least 94 percent water! (You can even add fruit to your salad. Strawberries are a great addition for a pop of color & taste!)
- Try a smoothie! Mix greens with your favorite fruits. (Freeze chopped fruit to use instead of ice as to not water down the taste. You can also buy frozen fruit already cut for ease of use.)

Those We Love Don't Go Away, They Walk Beside Us Every Day. Unseen, Unheard, But Always Near, So Loved, So Missed, So Very Dear.

Our heartfelt condolences go out to the family and friends of George T. as we say goodbye to a dearly beloved man. George was known as a goofy guy with a big smile. If he wasn't smiling, chocolate could almost always fix that. George liked to monitor the speed limit in Memory Care. He would often tell people as they walked down the hallway, "Slow down! You'll burn out your engine!" Although George was a man of small stature, he had a huge heart and passion for life! He will be greatly missed by many throughout the facility.

Upcoming Holiday Fun

- **July 4th - Independence Day** - We plan to celebrate a couple days early on July 2nd with our "Wheelchair & Walker Decorating Contest" in the morning and "Patriot Party" in the afternoon.
- **July 15th - Gummy Worm Day** - We will be making "Mud Pie" chock-full of gummy worms, chocolate pebbles, and cookie dirt.
- **July 26th - National Bagelfest Day** - We are going to have a Bagel Bar in the morning with toasted bagels and an array of toppings & spreads.



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