

Rockville Terrace

SENIOR LIVING



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

September 2021



Thank You for Everything

The month of September is very special to us here at Rockville Terrace, because in this month we celebrate National Assisted Living Week! This is a week when we show special thanks to the amazing team that we have here, who are all responsible for making the community function. The theme this year is "Compassion, Community, and Caring," and that is the attitude our staff consistently has. During this week, we will be celebrating them, all of their hard work, and the dedication they possess—with dress-up days every day of the week, passing out candy for special days, resident-judged coloring contests, pasta-eating competitions, and a Bingo social! The week of the 13th-17th will be about thanking each staff member here at Rockville Terrace. We are so grateful for every member of our team, and although we are all constantly saying thank you to one another, this week will be just full of more thanks and more gifts.

ROCKVILLE TERRACE MANAGEMENT

EXECUTIVE DIRECTOR MIKAYLA MUEHLEISEN
AL CARE COORD. JOSEPHINE GARCIA-EVANS
MC CARE COORDINATOR MARIBEL SAMAYOA
DIRECTOR OF
RESIDENT DEVELOPMENT ... HANNAH RICHARDSON
DIRECTOR OF
COMMUNITY OUTREACH EMILY DORAN
MARKETING OUTREACH CHRISTINA TURNER
DINING SERVICES DIRECTOR KIM CHAVEZ
IL & AL ACTIVITY DIRECTOR MADDI LEWIS
MC ACTIVITY DIRECTOR MONTE BOOMGAARN
HOUSEKEEPING DIRECTOR ... TRINA BARTHOLOMEW
MEDICAL RECORDS CYNTHIA LEARSON

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Maddi Lewis
Activities Director
Independent & Assisted Living

With Great Sympathy

To the Family of Margaret M.,

We would like to extend our condolences for your loss. Margaret touched many peoples' hearts and was a very kind woman. We are so sad to lose such an amazing woman.

To the Family of Elizabeth D.,

We are so sorry for your loss and send our condolences. You all became family to us and to lose Elizabeth was a very sad time for everyone. Thank you for all of the memories and kindness that were given.



**Special Days
in September**

Each month, we like to celebrate fun holidays throughout the week. In the month of September we will be celebrating National Pepperoni Day with Pepperoni Pizza, National Ice Cream Cone Day with an Ice Cream Social, U.S. Bowling League Day with a Wii Bowling Competition, and lots of other, fun holidays!



Get to Know Our Staff



Meet Kim

"I was born in Texas but have lived in California my whole life. I grew up in Napa and graduated in 2000. I later met my now husband, Zac, in 2010 and we got married in 2018. We have two pet bunnies named Thumper and BB, who are absolutely the cutest. Before coming to Rockville, I was a massage therapist for 13 years, and I loved it but I wanted to be around more people. I started working at Rockville Terrace not too long ago as a chef, but now I am the Dining Services Director, and I love it! I enjoy cooking, but making desserts (especially decorating cakes) is my favorite. In my off time, I enjoy crocheting, cross-stitching, watching movies, driving to new places, and taking naps. I am very outgoing and love talking, so when you see me around, feel free to ask me anything!"

**Connecting With
Grandkids**

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending "just because" cards by mail. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you're apart.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying "I love you" are all simple yet shining ways of being a great grandparent.

Monte Boomgaarn

Memory Care Activities Director

*** * Guacamole * ***

(September 16th Activity)

Ingredients

- 9 avocados
- 1 tablespoon salt
- 3 limes (juiced)
- 1 cup diced onion (red adds a pop of color, but you can use white if you prefer)
- 3/4 cup chopped cilantro
- 4 large diced tomatoes
- 3 tablespoons minced garlic
- 3 pinches fresh cracked pepper

Instructions

1. Juice limes and set aside.
2. Chop, dice, and mince vegetables. Set aside.
3. In a large bowl, mash together

avocados, salt, and lime juice. (Make sure to leave some small lumps.)

4. Add diced onion, chopped cilantro, diced tomatoes, and minced garlic.

5. Mix until completely combined.

6. Stir in cracked pepper.

7. Serve immediately with tortilla chips or fresh veggies.

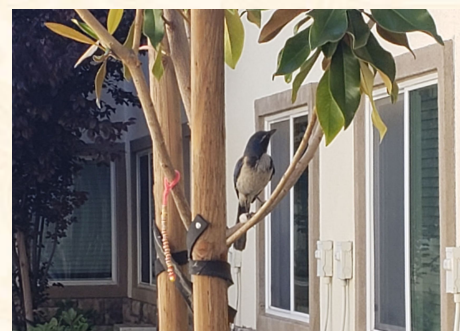


Upcoming Holiday Fun

- **September 2nd - World Coconut Day** - We plan to start our day off with a "Virgin" Piña Colada Mixer in the morning. Then later, we will make Samoa Brownies and toast our own coconut!
- **September 10th - Sew Be It Day** - We will celebrate the day the sewing machine was patented by making a "no-sew" quilt.
- **September 15th - National Caregiver Day** - We will put together candy-filled, gift boxes to hand out to all the (Assisted Living & Memory Care) caregivers.
- **September 20th - Pepperoni Pizza Day** - Steve requested his favorite snack be made "Sooner, rather than later," so we will make French Bread Pizzas for our afternoon snack. We will have other toppings, also, for those who want variety.
- **September 27th - World Tourism Day** - We will "virtually" visit our favorite tourist spots around the world, including The Louvre, Stonehenge, Machu Picchu, and The Great Wall of China, to name just a few. Monte will also take requests, if anyone wants to name a place they want to travel.

Salutations!

Please join us in giving a warm welcome to Jean D. She's had some time to socialize and has already made a few friends in Memory Care. Through many deep conversations, we have discovered that Jean is from Detroit and misses going out in a boat on Lake Erie. After college, she moved out west and became a Microbiologist. Jean is an avid reader and is sure not to miss reading the newspaper in the morning. It seems we have only scratched the surface and look forward to getting to know more about the newest member of our Rockville Family!



Meet "Bee"!

This is our new friend, "Bee," the California scrub jay. Ever since we put out the bird feeders, he has been coming around. Bee is picky about what seeds he likes. He has made it clear he prefers black sunflower seeds. Every day around the same time, he will sit in the courtyard and squawk until someone comes out and drops a handful of his seeds. We are gaining his trust and hope to feed him peanuts by hand.



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