

Rockville Terrace

SENIOR LIVING



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

November 2021



Friends Who Feast!

Thanksgiving has always been significant to many people because it is a time where family and friends gather together over a home cooked meal and enjoy each others company. In the face of many changes and new protocols, unfortunately Rockville Terrace is unable to host a family involved Thanksgiving, but with that being said we will still do our very best to make this Thanksgiving one to remember. Our wonderful kitchen staff will be hosting a very special Thanksgiving feast for our residents on Tuesday, November 23rd. The celebration will not end there, the Activities department will also be hosting their very own Friendsgiving Happy Hour on Wednesday, November 24th at 2:45PM. There will be delicious food, wine, desserts, and friends to celebrate with. Although times are difficult and we continue to navigate through it the best we can, there is also still a lot to be thankful for and we will be sure to remember that this Thanksgiving holiday.

ROCKVILLE TERRACE MANAGEMENT

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

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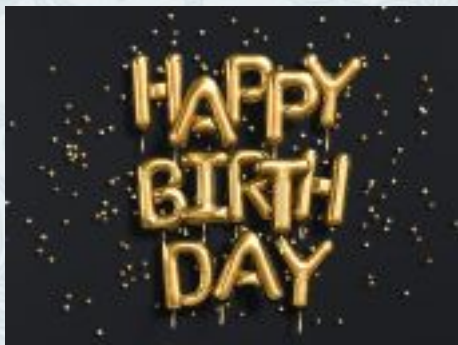
Maddi Lewis
Activities Director
Independent & Assisted Living

Welcome New Friends!

Welcome Betty H., Hobert H.,
and Bill D. to Rockville
Terrace!

We are so excited to welcome
you all home and we look
forward to creating new bonds
and friendships! Thank you for
choosing our community as
your next step into life. We
know that acclimating to a new
area can be challenging but we
want you to know we are here
for whatever it is that you need.

Please do not shy away from
asking any questions that you
may have, we are more than
happy to help!



Happy Birthday to Our Friends Born in November!

We wish you the happiest of
birthdays and we are so thankful
that we have the opportunity to
celebrate another special year
with you:

11/10: Mike E.
11/10: Nancy R.
11/11: Peggy P.
11/29: Ruby S.

Get to Know Our Staff



Meet Hannah

I grew up locally, so when it
came time to decide on where to
go to college, I decided to go far
away to the University of
Alabama for a new experience
and I absolutely LOVE football.
While there, I got my Bachelors
of Science in Food and
Nutrition, as well as my Masters
in Human Nutrition. From
there, I sat for my board exam to
be a Registered Dietitian! I have
always had a passion for seniors.

After I started working in the
skilled nursing setting, I was
asked if I wanted to come and
be a Care Coordinator for
Rockville Terrace. I absolutely
fell in love with the building
and the residents here. Ever
since then, I've thought of
Rockville as my second home
and all of the residents as
family. Now that I've
transitioned to being the
Director of Resident

Development, I get to share my
love for the community with
others. What a gift it is to work
somewhere with people you
consider family.



Due to the new cases of
COVID-19 and the dedication
that Rockville Terrace has to
keeping your loved ones safe,
unfortunately this year we will
be unable to host a Christmas
party. We understand that this
news may be upsetting to some;
however the safety and
well-being of your loved ones is
our top priority and we continue
to ask for your patience and
understanding as we navigate
the ever-changing
recommendations. With that
being said, please remember
that if you plan to visit our
community, per Licensing, all
visitors must show proof of
being fully vaccinated (at least 2
weeks from final dose) or show
proof of a negative COVID test
(within 72 hours of visiting).
Please call if you have any
questions.



With Great Sympathy

To our dearest Tillie M., you
have not only been a wonderful
friend to all but also family to
many. You will be deeply missed
and your smile will always be
remembered. To the family, we
extend our condolences and
warm thoughts to you all during
this difficult time.

Monte Boomgaarn

Memory Care Activities Director

Parmesan Artichoke Dip (November 10th Activity)

Ingredients

- 1 cup mayonnaise
- 1 cup grated Parmesan cheese
- 4 oz can diced green chilies
- 13.75 oz can artichoke hearts
- 1 large baguette (or favorite crackers of choice)

Instructions

1. Preheat oven to 350 degrees.
2. Slice baguette into half inch slices.
3. In large bowl, add mayonnaise, Parmesan cheese, and green chilies. Stir until combined.
4. Drain artichoke hearts. Slice

into quarters, if not already done.

5. Fold quartered artichoke hearts into mayo/Parmesan mixture.
6. Spread dip into 9 inch circle or square casserole dish. Make sure to smooth top evenly as possible.
7. Bake for 45 minutes or until top and edges are golden brown.
8. Serve immediately with sliced baguette (or crackers).

Perfect appetizer dish to bring to a potluck! This recipe is a family recipe that Monte learned from her Mother. November 10th is "Forget Me Not Day," that is why we are passing down this family recipe to you.

Upcoming Holiday Fun

- **November 5th - National Doughnut Appreciation Day** - The residents will be enjoying a special treat of donuts & pastries from our favorite local shop (Jelly Donut) along with their morning coffee break.
- **November 9th - Go To An Art Museum Day** - We will be creating art using different mediums, and then putting up our own "Art Gallery" in the Activity Room displaying the artwork. Later we will be taking a virtual tour of "The Louvre," making sure to see the beloved Mona Lisa.
- **November 25th - Thanksgiving Day** - We plan to celebrate a day early on Wednesday the 24th with a "Gratitude Check" in the morning and then a yummy "Friendsgiving Feast" full of food & fun in the afternoon.
- **November 30th - National Mason Jar Day** - Christmas is around the corner. Now is a great time to make DIY gifts. We will be decorating mason jars and filling them with a variety of items (such as rocks, jewels, etc.). Before being given as gifts, the beautifully embellished vessels will contain cuttings from our pothos plant.

You Have Left My Life, But You Will Never Leave My Heart!

We send our deepest heartfelt sympathies out to the family and friends of Karen W. as we say goodbye to a lovingly spirited soul. She was full of vivacity & spunk all the way to the end, letting her opinions known to anyone who would sit and listen for a moment. Karen's playful sense of humor and jokes were a welcome addition to Memory Care. Her laughter and happiness she bestowed upon us will be greatly cherished and thoroughly missed.



Salutations & Greetings!

Please join us in wishing the warmest of welcomes to our newest Memory Care resident Dan T. (He is affectionately also known as and self titled "Big Dan.") Big Dan has already graced us with colorful memories of his days in the Navy, Coast Guard, and San Francisco Police Department. We look forward to hearing many more exciting stories and learning about the brand new member of our Rockville Family!





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