

# Rockville Terrace

## SENIOR LIVING



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

February 2022



### All You Need Is Love

This month we will be celebrating Valentine's Day with a "RED-y or Not" Happy Hour! There will be festive foods and fun drinks while we enjoy one another's company. This event will be on February 25th at 2:45pm, so remember to mark it on your calendars and don't miss it!

The weeks leading up to this event will be full of fun activities in honor of Valentine's Day. We will be decorating heart shaped wreaths, playing Cupid's Broken Heart as well as Family Feud: Valentine's Day Edition, and more fun activities along the way. There will also be candy grams available, so if you would like to purchase a gram for a resident or staff member please contact Maddi for more information!



### ROCKVILLE TERRACE MANAGEMENT

EXECUTIVE DIRECTOR ..... MIKAYLA MUEHLEISEN  
DIRECTOR OF  
COMMUNITY OUTREACH ..... EMILY DORAN  
DIRECTOR OF  
RESIDENT DEVELOPMENT .. HANNAH RICHARDSON  
AL CARE ..... JOSEPHINE GARCIA-EVANS  
COORDINATOR  
MC CARE COORDINATOR ..... MARIBEL SAMAYOA  
MARKETING COORDINATOR .... CHRISTINA TURNER  
DINING SERVICES DIRECTOR ..... EUGENIO GARCIA  
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!

Please be sure to give a warm welcome to our newest residents:

- Sam C.
- Roosevelt N.
- Bernice Z.

We are so excited to welcome each one of you to our beautiful and caring community. If there is any way we can make this transition of your life easier, do not hesitate to ask! Everyone of us loves making new friends, so make sure you introduce yourselves and join us in the Activity room on February 4th at 2:45pm for our "Welcome to Rockville" Happy Hour!

### With Great Sympathy

We are so sad to say goodbye to two wonderful women; Judy F. and Diane O. Both were an essential part of team Rockville and will be greatly missed. We extend our deepest condolences to the families of both of these ladies.



### Get to Know Our Staff



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#### Meet Carla: Hairdresser

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Carla grew up in San Mateo, California, where she attended the College of San Mateo, and graduated from the CSM cosmetology program in 1983.

During her nearly four decades as a professional beautician, Carla's clients have ranged from children to older adults. She's experienced in providing a wide range of services for men and women, including haircuts, coloring, permanents, and special styling requests.

After raising their two sons in South San Francisco, Carla and her husband relocated to Vacaville in 2019. She has decided to focus this chapter of her career on providing hair care services for assisted-living residents.

We're pleased to have Carla join the Rockville team and she looks forward to serving the community!

To schedule an appointment, contact Carla at (650) 271-0700, or stop by the salon during her hours of service: Tuesday to Thursday, 10:30 a.m. to 4:00 p.m.

### Update on Visitation Guidelines

For family members or friends of our Residents wishing to conduct **INDOOR VISITS**:

- You must provide proof of being fully vaccinated (1st Dose and 14 days after 2nd Dose is considered fully vaccinated) **AND provide evidence of a negative COVID test within one day of visitation of the antigen test, and within two days of PCR test.**
- For family members or friends of our Residents that are not vaccinated or not completely vaccinated, you are eligible only for **OUTDOOR** visitation as long as you provide **evidence of a negative COVID test within one day of visitation of the antigen test, and within two days of PCR test.** Masks are to be worn properly at all times.
- For visitors who visit for multiple consecutive days, proof of negative test is only required every third day (meaning testing is only required on day 1, day 4, day 7, and so on).

We apologize for any inconvenience this may cause and we look forward to getting back to normal. Together we **WILL** all get through this!



**Monte Boomgaarn**  
*Memory Care Activities Director*

## **Bananas Foster Muffins (February 23rd Activity)**

### Ingredients

- 4 bananas (3 ripe, 1 yellow)
- 1 box yellow cake mix
- 2 large eggs
- 3 tbsp butter
- 1/2 cup brown sugar
- 1/2 tsp cinnamon
- 1 teaspoon rum extract
- 1 cup chopped pecans

### Instructions

1. Preheat oven to 350 degrees.
2. Combine the butter, brown sugar, and cinnamon in skillet.
3. Cook on low heat, stirring, until sugar dissolves. Add cut yellow banana (1/2 inch slices)

to pan and turn heat up until melted sugar is bubbling slowly.

4. Remove from the heat, add pecans & rum extract. Stir well. Set aside, allow to cool slightly.
5. Meanwhile in a large bowl, combine mashed remaining bananas, eggs, and cake mix. Stir until mixed. Gently fold the banana sugar mixture into the batter. Divide into thoroughly buttered 12-cup muffin tin.
6. Bake 20 minutes.
7. Cool for five minutes in muffin tin before transferring to a rack.



**Wishing a  
Happy Birthday  
to Rudolph A. on  
February 18th!**

## **Upcoming February Fun**

- *February 1st - Hula In The Coola Day* - Last time we had a hula class was back in August. Pauline will be showing off her moves while the rest of us learn a few ourselves.
- *February 9th - National Pizza Day* - Any time there is a holiday regarding pizza, we take the chance to make Steve's favorite snack. Who doesn't love French Bread Pizza!?!
- *February 14th - Valentine's Day* - We will be having a Sweetheart Social with yummy food and trivia.

- *February 24th - World Bartender Day* - Monte will go around during morning beverage break mixing "virgin" mocktails.



## **Welcome Home**

Please join us in wishing Tom F. a warm welcome to the Rockville Terrace Family. He has only been with us a short time, but we have already discovered that Tom worked for Crystal Creamery (this was fun knowledge as we just celebrated National Milk Day). We look forward to getting to know Tom better!

## **Grateful for the Small Things, Big Things, And Everything in Between**

Please join us in sending much love and support to the friends and family of both Jean D. and Daniel T. during this difficult time. Jean was very intelligent and enjoyed flexing her brain muscle. Knowing she was previously a microbiologist, Monte used to play a game with her guessing what items were by looking at photos at a microscopic level. Jean truly enjoyed testing the limits of her worldly knowledge. We will miss her immensely and cherish the happy memories we made together. Daniel T. was a truly good guy! He was only with us for a short time, however he still left a lasting imprint on our hearts with his sweetness. "Big Dan" (as he was affectionately known as and self titled) was a big man with a big heart to match. He will be sorely missed by many! Our deepest condolences to the families of these two wonderful people.





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