

# Rockville Terrace

## SENIOR LIVING



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

March 2022



### Let the Good Times Roll!

We will be kicking off the month of March with a Mardi Gras party! What is a party without food, drinks, and music? We aren't sure either, so please join us **Tuesday, March 1st**, for some Mardi Gras themed food, green champagne, and jazz music! We will provide Mardi Gras masks and beads, all we ask of you is to wear purple, green, or gold.

The good times don't stop there because two weeks after, we are celebrating St. Patrick's Day! On **Thursday, March 17th**, we will have a St. Patrick's Day Happy Hour at 2:45pm. As always, there will be things to snack on and to drink, but we will also test your luck! Spin our wheel to win a prize—but don't worry, nobody is leaving empty handed!

### 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  
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 to Our Community!

We are a lucky community to be able to welcome four new residents:

- Connie Q.
- Art E.
- Barbara M.
- Carl F.

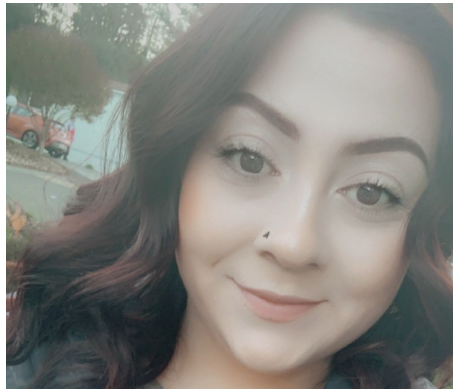
Please be sure to welcome our new residents with open arms and make them feel as comfortable as possible in this new environment. To our new friends, we are here to help in any way possible and realize that this can be an overwhelming experience. Please do not hesitate to ask for whatever it is that you need.

### With Sadness in Our Hearts

We are so sad to say goodbye to one of our residents who had been with us for a very long time, Jeanine B.

Jeanine was always smiling and making the most out of every day. She was always a go-to person for the staff who had a sweet tooth. We extend our deepest condolences to her family. She will be greatly missed.

### Meet Our Staff



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#### AL Caregiver Karina

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"Hi, my name is Karina Padilla; I'm 26 years old. I have two dogs, Stubbers & Clark. I've been caregiving for about 7 years and I started out as an in-home caregiver. After that, I began working at Rockville and have been here for the past four years. Getting to know all residents and becoming "family" with them has made this all worth it.

I'm bilingual and Spanish is my first language. I finally learned English when I was 8 years old and I was in speech all throughout school, including high school. When I am not at work, one of my favorite things to do is explore new places and try new foods. I'm a big foodie person, so trying new cultural foods is a must for me. I also really love baking and cooking. My Gram-gram showed me a lot in the kitchen, so now that I'm living with her and helping take care of her, I get to show her the skills that she showed me when I was little!"

### Update From Us:

As of February 8th we are back to the previous guidelines! As always, we follow the Department of Social Services guidelines which are again making it possible for more gatherings.

Visitors can reserve times to join their loved ones for meals; however, we do ask that you make a reservation 24 hours prior. Each visitor will need to pay \$10 in cash to the Receptionist to receive their meal ticket and all meals will take place in Rocky's Café. Please call (707)862-2222 to make your reservation.

If you are a visitor and interested in attending any entertainment we provide or group activity, please notify our Activities Director 24 hours in advance.

We can resume visits in our community's common areas, but we ask that social distancing still be practiced. Please remember to check in at the front desk, take your temperature, sign in and provide your proof of vaccination or that you have tested negative within 72 hours of visit.

Thank you all for your patience as we navigate through these changes. If you have any questions or concerns, please call the front desk.





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

## **Hot and Cold Dips (March 23rd Activity)**

### **Dream Dip (Hot)**

#### **Ingredients**

- 8 oz cream cheese
- 1 packet dry ranch dressing mix
- 1 cup cooked chopped bacon
- 2 cups shredded cheddar cheese
- 16 oz sour cream

#### **Instructions**

1. Preheat oven to 400 degrees.
2. Mix all ingredients in medium sized bowl.
3. Transfer to 2-quart baking dish.
4. Bake 25 to 30 minutes or

until hot and bubbly.  
5. Enjoy immediately with Fritos scoops.

### **Famous Dip (Cold)**

#### **Ingredients**

- 16 oz sour cream
- 1 packet Dry Onion Soup Mix
- 1 (4 oz) can deviled ham

#### **Instructions**

1. Mix all ingredients in medium sized bowl.
2. May be enjoyed immediately with classic potato chips. (It tastes even better after a few hours in the fridge allowing the flavors to blend.)



## **Upcoming March Fun**

*We look forward to the following special days and activities:*

- **March 2nd - Read Across America Day & Dr. Seuss's Birthday-** The residents will be reading aloud excerpts from classic literature. Later in the day, we will be doing a word unscramble with Dr. Seuss's real name (Theodor Geisel).
- **March 10th - Festival of Life in the Cracks** - In the morning, residents will be adding to our Fairy Garden by planting flowers. Later on in the day, we will be going on a Flower Hunt during our afternoon walk.

- **March 18th - Lord Stanley of Preston pledges to donate a challenge cup for the best ice hockey team in Canada (1892)** - The residents will be playing our own version of indoor hockey. In honor of the Stanley Cup being the world's most prestigious ice hockey trophy, top scorer will win a "Candy Cup".
- **March 22nd - Sing Out Day** - Today is all about "Music, Music, Music"! We will be starting it off with a sing-along followed up by a game of "Name That Tune". We are going to wrap up our day with karaoke.

## **The Two Hardest Things to Say in Life Are Hello for the First Time and Goodbye for the Last**

Our hearts are breaking as we announce the passing of four deeply beloved Rockville Terrace family members. Please join us in sending much love and support to their family and friends during this difficult time. **Jacqueline V.** had a wild sense of humor. She was constantly cracking jokes and making goofy faces. Her special dose of comic relief will be missed! **Judy C.** was an English teacher and never let anyone forget it. She was always correcting staff (and other residents) on our grammar. Judy was also an avid painter/artist. We have a watercolor self-portrait she did hanging in our nurse's station to remember her by. **Edmond A.** was a major sweetheart of a man. His two favorite things were "hot" chocolate and cookies, which he indulged on a daily basis! Staff enjoyed spoiling him as much as he enjoyed the goodies. His sweet smile and spunk will be missed! **Frances B.** was among our first residents at Rockville Terrace. She had a huge heart and liked to spread joy. Fran had MANY friends and made everyone around her feel loved. We will miss her fashion and sparkle. Dusty Rose will forever be her signature color! Our deepest condolences to the families of these four wonderful people.

# Celebrate

## ST. PATRICK'S DAY!



*We hope your day is filled with good times,  
good friends and good luck.*

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