

# Rockville Terrace

## SENIOR LIVING



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

### July ... Let's Celebrate Independence Day!

Friday, July 3, 2020

#### Celebrate Independence Day

We begin the day (9:45am) in our Activities Room, decorating our wheelchairs and walkers with Red, White, and Blue. After we are finished decorating we will parade through the Front Lobby/Main Living Room areas. For those who wish to view the works of art, please arrive for the festivity by 10:40am. A prize will be given out to the "Best Decorated Mobility Device".

At 11am we will learn the meaning of the "Pledge of Allegiance", which, believe it or not, most of us don't fully know!

After lunch, we will be playing Dime/Dollar Independence Day Bingo. And finally, end the day with a PARTY!!!



July 2019, ... Gayle was among many who joined in the parade!

## July 2020



### ROCKVILLE TERRACE MANAGEMENT

ADMINISTRATOR..... NICHOLE KINDRED  
 AL CARE COORDINATOR..... MIKAYLA MUEHLEISEN  
 MC CARE COORDINATOR..... JOHN DAGOHOY  
 MARKETING DIRECTOR..... CATHY VILLARREAL  
 COMMUNITY OUTREACH  
 DIRECTOR..... EMILY DORAN  
 DINING SERVICES DIRECTOR..... CARMEN CREANO  
 IL & AL ACTIVITY DIRECTOR..... TANYA TULL  
 MC ACTIVITY DIRECTOR..... MONTE BOOMGAARN  
 MAINTENANCE DIRECTOR..... JIM UNDERHOLT  
 HOUSEKEEPING DIRECTOR. TRINA BARTHOLOMEW  
 MEDICAL RECORDS..... MACKENZIE MOODY

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TANYA TULL

Activities Director

Independent/Assisted Living



*Activities Director, Tanya Tull*

### **A Little About Tanya ...**

I have been providing activities and working with seniors for 8 years and have been with Rockville Terrace since it first opened back in 2016. I love my job as I feel it gives me a new sense of meaning and purpose to my life. What I love most about it are the relationships that I continue to develop with our residents and staff. I love getting them to laugh, being there for them when they need to talk, listening to their stories, and just spending time with them. Rockville residents have become a "second family" for me.

I've been married to my husband Rob for over 24 years. Together we have two awesome children and 3 silly dogs.



*Napa*



*Peggy & Sally on a Scenic Drive.*

### **Scenic Drives!**

Almost two months ago, we began our Scenic Drive outings! Residents have been to Napa, Lake Berryessa, Sandy Beach, Sonoma Square, and many other places. Since March, we've been "Sheltering-In-Place", and this is a really nice way to get out. If interested in these and other outings, make sure to sign up early in the Activities Room, as our outings fill up fast! If you have ideas about outings, be sure to pass them on to Tanya (Activities Director)!



*Sandy Beach*

### **Coronavirus ... The Good News**

As we are still in the "Shelter-In-Place" mode, which means that we must socially distance, have a maximum of 10 people per room, and are not able to go on Outings unless we wear masks and do not get out of the bus, we should take a moment to look at things that we should be grateful for:

We are in good health (... and do NOT have COVID-19);

Fewer cars on the road;

We are safe;

We are in a safe community.

These are just a few of the millions of things that we should feel grateful for!

And our Rockville Community has really come together to get through this! Rockville managers thank each and every one of you for this! "Every one of you" includes: residents, staff, family, and friends!!! Thank you also for being so patient and understanding.



### **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

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



**\* Piña Colada Kebabs \***  
**(July 10th Food Craft)**

Ingredients

- 1 pineapple
- 1 can cream of coconut (cold)
- 1/2 cup heavy whipping cream
- 1/4 cup powdered sugar
- 1 cup toasted shredded coconut
- maraschino cherries

Instructions

1. Chop pineapple into bite size cubes and set aside.
2. In a large bowl, combine cream of coconut, heavy cream, and powdered sugar. Beat with mixer until fluffy and soft peaks hold, about 3 minutes.
3. Using a toothpick, skewer a maraschino cherry then a pineapple cube. (You can add more cherries to your taste depending on how many cherries to pieces of coconut you have.) Dip the bottom of the pineapple into the coconut cream mixture, then dip in shredded coconut to coat.
4. Enjoy immediately or refrigerate until ready to serve.

**Stars & Stripes Forever!**

Fourth of July is a Saturday this year, so we plan to start celebrating a day early! We kick it off Friday morning by decorating our wheelchairs, walkers, and bodies with Red, White, and Blue. Then to show off our creativity we will be parading through the Front Lobby & by the Main Fireplace. Prizes will be given out for "Best Decorated Walker", "Best Decorated Wheelchair", and "Best Dressed" (for those that walk unassisted). Judging and prizes are separate from Assisted Living contest.

In the afternoon we will be enjoying refreshments at our "Patriot Party".

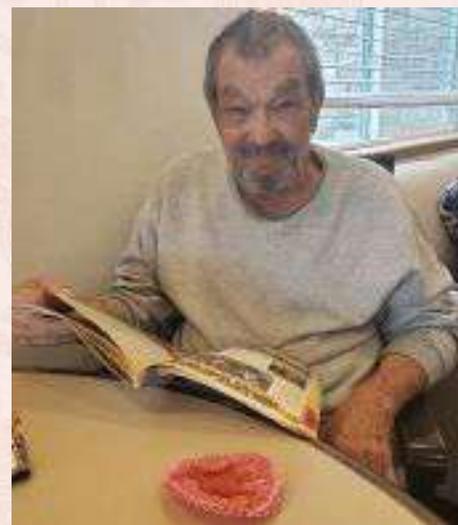


**Other Upcoming Holiday Fun in Memory Care**

- July 8th - Natl Ice Cream Sundae Day - Mobile Sundae Bar with variety of ice creams & toppings.
- July 23rd - Gorgeous Grandma Day - The ladies get all dolled up and take glamor shots.
- July 29th - Rain Day - We will be making rain sticks and maracas shakers.

**Welcome Home!**

Normally, learning someone's likes and dislikes can take a little time. Herman was only here a few days before participating in a scheduled baking class where we were making "Peanut Butter & Jelly Cake". Come to find out, Herman does not like peanut butter! Luckily, we were able to alter the recipe so while everyone else had Peanut Butter & Jelly Cake, Herman got a couple Strawberry Cupcakes all to himself. Cheers to getting to know more about our newest resident. Welcome Herman to the Rockville Family!



Our newest resident, Herman, settling in with his newspaper and strawberry cupcakes.

**Missing Your Friend or Family Member?**

Contact Monte if you would like to be added to the video or phone call list. We have a time block set aside on Wednesdays, but are also able to do them throughout the week. Please do not hesitate to reach out.



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