

Rockville Terrace

SENIOR LIVING



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

August 2020



Administrator, Nichole Kindred

A Note From Our Administrator...

As we come into month 6 of being on lockdown and continuing to socially distance ourselves, masks have become *the* accessory for summer. I am continually humbled by our amazing residents and staff and their dedication to keeping the virus out of the building and doing their part to protect us all. I am proud to say we have had zero cases within our community, and that takes tremendous effort on everyone's part. To the families who have said their "I love yous" through the Plexiglass or through FaceTime or Zoom, I sincerely appreciate you and your patience and your willingness to keep your loved ones safe. Thanks for allowing us to do our very best to continue to care for them and keep them safe.



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

Celebrate Hawaii!!

Hawaii... such a tropical, romantic, serene place on our planet. It's one of the most popular vacation spots for families and honeymooners! Not only are the beaches spectacular, but there are so many activities you can partake in, ranging from snorkeling, hiking, and paragliding to going on a helicopter ride and so much more.

Hawaii became a state on August 21, 1959, making it our 50th state. Seven of the 137 islands that make up Hawaii are inhabited. They are the following islands: Hawaii (otherwise known as the Big Island), Maui, Oahu, Kauai, Molokai, Lanai, Niihau, and Kahoolawe.

We'll celebrate with some fun in the sun activities, beginning with Hawaiian dancers and a festive lunch and ending with a Luau Party!! Be sure to mark the date: Friday, August 28th!!



Positivity During the Pandemic Group

Staying Positive!

Since March, we have been under "shelter-in-place" guidelines. It's been a crazy time for all of us as we learned to adapt our ways of living to a "new normal." The pandemic has brought feelings of uncertainty, fear, anger, sadness, and confusion to all. Positivity During the Pandemic is a chance to vent how we are feeling and to turn it around to something positive. We conclude each meeting with a positive guided meditation to set our minds right! Please come... I think we all need it right now.

What a Nice Surprise!

Interactive Music was performed by Bradley and Rebekah in July. If you missed it, you missed beautiful music. But they will be back on August 13th, so mark your calendars!



Bradley & Rebekah (VITAS Healthcare)

The Importance of Being Well Hydrated

"AT ANY AGE, STAYING hydrated is important to stay healthy and feel your best. But it is increasingly crucial in the older years.

Dehydration carries a significant risk of negative outcomes, including disability, morbidity and even mortality in older adults, who are among the most likely to be dehydrated, according to 2015 research published in the Journal of Gerontology Nursing. Between 20% and 30% of older adults are chronically dehydrated." (US News and World Report; August 30, 2019; <https://health.usnews.com>).

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H₂O, can help you stay better hydrated.



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

Raspberry Mousse (August 7th Food Craft)

Ingredients

- 2 boxes Raspberry Jello
- 1 cup boiling water
- 1/4 cup powdered sugar
- 1 1/4 cup raspberries (frozen or fresh)
- 8 oz softened cream cheese
- 1 1/2 cups heavy whipping cream

Instructions

1. In a small bowl, dissolve Jello & sugar in boiling water.
2. Using blender, combine dissolved Jello, 1 cup raspberries, and 2oz cream cheese. Blend until smooth.

3. In a large bowl, use an electric mixer to whip together heavy whipping cream and remaining 4oz cream cheese until stiff.
4. Slowly mix in Jello mixture using electric mixer until fully combined.
5. Spoon into individual glasses or one large bowl and chill for 1 hour.
6. Garnish with remainder of raspberries and enjoy!



Deepest Sympathies

Our heartfelt condolences go out to the family and friends of Howard R. He was a man of VERY few words but was always able to get his point across! We will very much miss his sweet, quiet way of communicating and his mischievous smile.

With A Heavy Heart

Our love goes out to the family & friends of June aka "June Bug." She was well loved by all who were blessed to know her. June was as sweet as she was a spitfire, and she made sure to never let you forget it! We memorialized her with a labeled toadstool house in our Fairy Garden (located in the Memory Care Courtyard).



Salutations!

We would like to wish the warmest of welcomes to our newest residents, Betty B., Edna, and James. We are overjoyed that you chose Rockville Terrace as your new home! It is exciting to have you participate in activities with us, and we look forward to getting to know you all better!



Upcoming Holiday Fun

- August 4th - National Chocolate Chip Cookie Day - We will be baking Rainbow Chocolate Chip Cookies by separating and adding gel color to the dough.
- August 11th - Play In The Sand Day - We will be sifting through our very own beach sand to "sea" what ocean treasures we can discover.
- August 19th - International Bow Day - We will be making colorful clip-on hair bows, magnetic bows for decoration, and headbands with bows. We plan on showing off and wearing our creations.
- August 25th - National Banana Split Day - We will be baking Banana Split Cookies, making sure to add everything except the kitchen sink.



State Bird: Nene (Hawaiian Goose)

State Flower: Yellow Hibiscus

State Tree: Kukui (Candlenut)

State Sport: Surfing

State Capital: Honolulu

State Nickname: The Aloha State, Paradise of the Pacific

State Motto: "Ua Mau Ke Ea O Ka Aina I Ka Pono"

("The Life of the Land is Perpetuated in Righteousness")

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