

Rockville Terrace

SENIOR LIVING



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



A Little About Mikayla, Our Soon-To-Be New Administrator!!!

Rockville has been my home away from home for almost 4 years. Starting as Receptionist and working my way up to Administrator has been a journey, but it would not have been possible without the tremendous amount of support each of our residents (along with staff) here at Rockville has given me.

I know these past few months have been difficult for each of us in indescribable ways, but I find comfort in knowing we are all safe! What has really helped me during these times is making a list of things I appreciate -large or small- (even if only in my mind) to help shift my focus into a positive direction. My list includes my precious 11-month-old baby boy and supportive husband. Positive thoughts that there are good times near. We are Rockville!

September 2020



ROCKVILLE TERRACE MANAGEMENT

ADMINISTRATOR..... NICHOLE KINDRED
AL CARE COORDINATOR..... MIKAYLA MUEHLEISEN
MC CARE COORDINATOR..... JACQUISE ECTOR
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

Pages 1-2: Independent & Assisted Living

Page 3: Memory Care

On 9-11, we will honor our Victims and Heroes with a minute of silence at noon (Dining Room).

TANYA TULL

Activities Director

Independent/Assisted Living

Let's Recognize National Assisted Living Week!

National Assisted Living Week is designed to raise awareness of the role assisted living plays in serving the nation's seniors. The event takes place annually from Grandparents Day through the following Saturday.

When someone is unable to independently care for himself or herself, an assisted living organization can step in to make that person's life more comfortable and secure. The people who assist individuals needing care are selfless beings who put their heart and soul into their jobs. We salute those kind and considerate workers!

We will have a variety of activities to celebrate NALW, including our **2nd Annual Rockville Talent Show**, a chance for Rockville Staff & Residents to show off their stuff!!!

Need Something From the Store...

This opportunity is mainly for residents who do not have family members who can pick things up for them. Let Tanya/Irene know you are interested in ordering from Amazon/Safeway, and Tanya will arrange a time to sit with you at the computer to order items to be delivered to you.

Grandparents Are Great

Grandparents are the best when we are little. Their house is a magical place of sweet smells, soft laps and trips to the tire swing for an afternoon of fun.

Grandparents are the best when we're in the 'tween stage and don't know what to do with ourselves. They don't treat us like little kids, and they love the fact we want to be independent.

Grandparents are the best when we're teenagers. They give terrific advice and lots of love when the world seems to be completely crazy.

Grandparents are the best when we embark on our families and careers. They are there to offer support when we graduate, get married and hand over our baby for them to hug for the first time.

Grandparents are the best and we will be celebrating all of you on Friday, September 11th.

Video Calls With Loved Ones

FaceTime Video Calls allow you to see and hear the people with whom you're communicating. It adds a personal touch to communication with family and friends. FaceTime makes a virtual visit with children and grandchildren a reality.

Please let Tanya or Irene know if you would like to do this, and we can arrange a time for you to FaceTime with others, using our iPad or iPhone.



Peggy began our "Knitting Group"

Knitting Is Fun, Fun, Fun... Come Join Us!

Do you know how to knit and/or crochet? Did you know at one time how to knit, but it's been so long that you've forgotten? The Rockville Terrace Knitting Group is scheduled to meet most Mondays at 3:00pm. Bring your knitting and some yarn & needles (or Activities Department has extra supplies to use) and we'll teach you!! It's also a good chance to get to know a few fellow knitters!

-- Peggy D.

It's also a time for those who don't knit to just come and chat!!

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

Double Chocolate Chip Banana Mini Muffins (Sept. 4th Food Craft)

Ingredients

- 3-4 bananas
- 1 box chocolate cake mix
- 1 cup sour cream
- 2 eggs
- 1 cup mini chocolate chips
- mini muffin cups

Instructions

1. Mash bananas in medium bowl.
2. Mix in sour cream.
3. Mix in cake mix.
4. Mix in eggs.
5. Mix in mini chocolate chips.

6. Spoon batter into mini muffin cups and bake at 350 degrees for 12-14 minutes. Check with toothpick to see if done.

7. Once cooled enough you may enjoy while still warm, or you may put aside for later!

(Yields roughly 24 mini muffins)



Upcoming Holiday Fun

- Sept 1st - Emma M. Nutt Day - We will be creating "Number Please" abstract art canvases with paint & sponges. (Emma said that phrase on average 120 times an hour for eight hours straight for 33 years!)
- Sept 10th - TV Dinner Day - Most of us remember the classic TV dinner brownies and how plain they were. We will be making loaded brownies as a nod to all those that added stuff to their TV dinner brownies.
- Sept 17th - Hank Williams Sr Birthday - How fitting, in the morning we have a performance planned by Cowboy Denny in the Assisted Living Courtyard. Later on, we will be making Cowboy Caviar as our afternoon snack.
- Sept 24th - National Bluebird of Happiness Day - We will be designing some happy fashion by adding bluebirds to shirts with fabric paint & stencils.
- Sept 29th - Confucius Day - We will be crafting philosophical quote pieces for the residents to hang in their rooms as daily affirmations.



Welcome Home!

We would like to wish our newest residents John and Stephen very happy hellos! We have only known you for a short time, but we are excited about getting to know you better. John had so much fun during our recent craft activity and designed a beautiful piece of art! Stephen is a great conversationalist and has quite a bit of knowledge to share. We look forward to many more happy times and future fun together!

We Just Can't Get Enough!

Not only do we go over once a week to the Assisted Living Courtyard for a variety of musical performances, but we have also been having some outdoor performances in our very own Memory Care Courtyard. The residents in the rooms with windows facing the courtyard get a major treat with their own "private concerts". Upcoming in September we have Glenn Snyder lined up!





Happiness is
being a grandparent.

Luck is
being a grandchild.

Celebrate Grandparents Day



The First Sunday after Labor Day



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