

# Rockville Terrace

## SENIOR LIVING



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

November 2020



Greetings, Rockville Terrace! It's a great pleasure to introduce my family to yours! In the picture above is my wife Sarah, my son Jack (6yo), daughter Emma (4yo), and my daughter Evelyn (2yo).

My name is Jon Robins and I'm the new Director of Resident Development. I've been with Rockville Terrace for just under two months, and loving every minute of it. I've worked in Healthcare for over 15 years, serving the greater Solano County.

A native to Northern California, I grew up in Truckee, then Humboldt County, making my way back down to Sacramento where I earned a BA in Communications from Cal State University, Sacramento. When I'm not working, I enjoy spending time with my family and friends. I look forward to getting to know you, so please stop by my office and say hi!



### ROCKVILLE TERRACE MANAGEMENT

ADMINISTRATOR..... NICHOLE KINDRED  
 AL CARE COORDINATOR..... MIKAYLA MUEHLEISEN  
 HANNAH RICHARDSON  
 MC CARE COORDINATOR..... JACQUISE ECTOR  
 MARKETING DIRECTOR..... JON ROBINS  
 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**



**REMEMBER TO TURN BACK CLOCKS ON  
 SUNDAY, 11/1!!!!**

TANYA TULL

Activities Director

Independent/Assisted Living

### Welcome to Our Family

Welcome, Sherre B. and Kelly C. We're always excited to welcome new residents. We know that moving to a new place can be an overwhelming experience, which is why we do everything we can to make the transition a little easier.

Unfortunately, due to COVID-19, we are restricted in the type of activities that we can do, but we can still get out, and get to know one another... and we look forward to getting to know you better.

### Celebrating Our Veterans!

Wednesday, November 11th, is Veterans Day and in honor of our Veterans and Veteran Spouses, we will have a Music-Filled Veterans Tribute, performed by Bradley & Rebekkah. It will be a very special event, so please come... and don't forget to wear patriotic colors that day!



**YOUR VOTE COUNTS...  
REMEMBER TO VOTE!!!**

### Thanksgiving, 2020

For Thanksgiving we will be served the Traditional Thanksgiving Meal, made freshly by Carmen and her team. Save your appetite for this because I'm sure it will be DELICIOUS!!!

The Thanksgiving holiday is centered on expressing gratitude, but making that a practice throughout the year can lead to more overall happiness. Taking time to think about the things you appreciate contributes to feelings of optimism and satisfaction, and a greater sense of connection to others. Even through these tough times, there really is so much to be grateful for!!!



### One of A Kind Christmas Celebration!

I am so sorry to say we will not be having our Family Christmas Gathering like we normally do each year. This year, because of Covid-19, we will, instead, have a super special residents' Christmas Party, broken into a number of gatherings, per the social distancing guidelines. I promise it will be a Christmas Party to remember, with lots of fun surprises, delicious food, and drinks!

### Creativity!

Our activities Department did Glamour Shots and decorated photo frames. Look at what Gin created!



### 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

### Sympathy

We all miss Esther K., who had lived here for years. She was a very kind soul and so very nice. Our thoughts are with family and friends. May she rest in peace in that beautiful place called "Heaven."



Monte Boomgaarn  
*Memory Care Activities Director*



### **Deepest Condolences**

Our heartfelt sympathy goes out to the family and friends of Blanche F. & James D. They were both extremely loved members of the Rockville Family. Blanche's deep sense of humor & quick wit, matched with her never-give-up spirit, made her an incredible soul to be around, while James was stubborn and patient all in one, with his own way of making you laugh. They will both be missed.



### **Upcoming Holiday Fun**

- Nov 2nd - Cookie Monster Day: We will be making "Cookie Monster Parfait Cups" with layers of blue pudding & crushed chocolate chip cookies topped with whipped cream & mini chocolate chips.
- Nov 12th - National Pizza with Everything (Except Anchovies) Day: Since it was such a huge hit last time, we will be making French Bread Pizzas as an afternoon snack.

### **November Birthdays**

Please join us in wishing a very Happy Birthday to the following residents:

- 11/15 Pam B.
- 11/23 Harriet S.
- 11/28 Jean O.

### **What Are You Thankful for?**

The year is almost over and it has been a trying one. It would be easy to dwell on all the hardships, but let us rather focus on what we have to be thankful for! It is not easy to stay positive in difficult times. Take it one day and at a time and remember your track record for getting through bad days so far is 100%, and that's pretty darn good!

- Nov 19th - Pelé's 1,000th Goal (1969): We will be transporting ourselves to South America to celebrate the greatest fútbol player of all time. We will be making Pão de Queijo (Brazilian Cheese Bread) in the afternoon to enjoy while we take a virtual walking tour of the streets and beaches of Brazil.
- Nov 23rd - Wolfenoot: The Spirit of the Wolf will come and bring gifts for the residents including (but not limited to) mooncakes for morning tea time and a variety of roasted meats as an afternoon snack.

### **\* Dynamite Cake Pops \* (Nov. 5th Food Craft)**

#### Ingredients

- 1 box red velvet cake mix
- 1 container chocolate frosting
- 2 (10oz) bags white chocolate melting wafers
- red gel food coloring
- 24 (33oz) pouches red Pop Rocks
- lollipop sticks
- foam block

#### Instructions

1. Bake cake in a 13x9 inch pan according to directions on box. Let cake cool completely.
2. Cut cake into quarters. Crumble and mix in frosting one fourth at a time in a large bowl.
3. Using hands form small cake balls. Roll balls in Pop Rocks (pushing in candy) and place on cookie sheet lined with parchment paper. Chill balls 4 hours covered with cling-wrap.
4. Melt chocolate wafers in microwave safe bowl that is deep enough to submerge entire ball. Mix in food coloring.
5. Once chocolate is melted, dip a lollipop stick one inch into the chocolate and insert the stick a little over halfway into the ball.
6. Dip pop into the chocolate until completely coated.
7. Let it hang upside down or tap the stick lightly against the bowl to get all the drips off.
8. Immediately dab the pop in the remaining Pop Rocks.
9. Set pops in block to dry.
10. Enjoy immediately, or else the dynamite may lose its "pop."



*Happy  
Thanksgiving*

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