

Rockville Terrace

SENIOR LIVING



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

January 2021



Happy New Year!

“Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.”

—Alfred, Lord Tennyson

PLEASE ... “Ring out the old, ring in the new!!!” Last year was a tough, tough year, but I learned a lot from it ... to be grateful for sunny days (no fires!), not take “life” for granted, to enjoy each moment I have with family and friends, and to be grateful for hugs!!!

We want to wish all of our residents a happy new year!!! You all add a little something to Rockville to make it a very special community! Our resolution for the year remains the same as always: To ensure our residents have a wonderful place to call home. Let us know if there is anything we can do to better fulfill this resolution. Happy New Year! MAY 2021 BE THE BEST YEAR EVER!!!



ROCKVILLE TERRACE MANAGEMENT

ADMINISTRATOR..... MIKAYLA MUEHLEISEN
AL CARE COORDINATOR.... HANNAH RICHARDSON
MC CARE COORDINATOR..... MARIBEL SAMAYOA
MARKETING DIRECTOR..... JESSICA DUPLANTIS
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..... CYNTHIA LEARSON

Pages 1-2: Independent & Assisted Living

Page 3: Memory Care

TANYA TULL

Activities Director

Independent/Assisted Living

COVID-19 Vaccine Update

We are delighted to say that Rockville Terrace is registered to be among the first to receive the COVID-19 vaccine. This means that once the CDC approves the vaccine's distribution, our residents and staff will have the first option to receive it. Who knows, by the time you read this, maybe some will already have been vaccinated!! A big thank you to Calson Management, for staying on top of it!!

Special Days in January & Fun New Activities!

Beginning in January, the Activities Department will be adding the following new activities to our calendar:

1. An afternoon Exercise Class (maybe Yoga!)
2. Amazing Manicures.

If these activities prove to be popular, we will add more to next month's calendar! We will also have a monthly Welcome to Rockville Happy Hour, welcoming our newest residents!!

And to spruce it up a bit, we have added a little something to our "Knitting Time;" it is now called "Sip & Knit," for those of you who would like an afternoon drink and mingle with others!

Tanya & Irene, And Their Hallway Surprises!

At various times of the month, Tanya & Irene give residents a giggle or two when they stroll down each hallway and pass out yummy snacks to our residents. "It's funny, some people just look at us blankly, some look at us like we are crazy, but most of our residents smile and laugh hysterically!" Many a time, residents have said how they needed this laugh!!

It brings joy to our heart to bring smiles to your faces!!



Are You Feeling Lucky Day

January 11 is Are You Feeling Lucky Day! Before our 2:45 activity, we will draw a raffle ticket for those who come to activities during that day! The more activities you come to, the more chances you have to win... and some lucky person will win a gift card to Amazon!



Friendly Reminder!

If you plan to leave for an extended period of time (1 day or more), please let the front desk or management know. If you go out during the day for an appointment, etc., please remember to sign out and sign back in when you return. This is for safety reasons in case there's an emergency in the building.

Guidelines for a Healthy Life During COVID-19

A few tips to keep COVID-19 out of our building:

Wear your mask, covering your nose and mouth;

Social distance: stay at least 6 feet away from others;

Wash your hands frequently for 20 seconds;

Use hand sanitizer often.

If quarantining, it is very important to stay in your rooms. If not for yourself, please do it for others. Our lives could depend on it!



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

**** Elvis Muffins ****
(January 8th Activity)

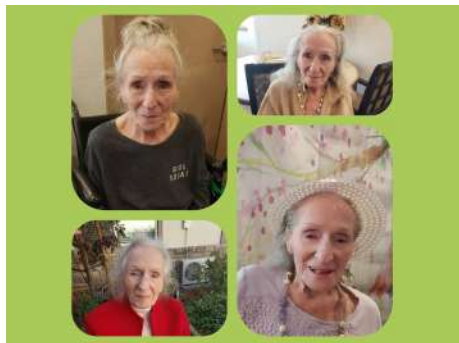
Ingredients

- 1/2 cup butter, softened
- 1 cup granulated sugar
- 2 large eggs, beaten
- 3 large ripe bananas, mashed
- 1/2 cup creamy peanut butter
- 2 cups flour, sifted
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup peanut butter chips
- 1/2 cup chopped bacon

Instructions

1. Preheat oven to 425F degrees.
2. Spray muffin tin with non-stick cooking spray or use muffin cups.

3. In a large bowl, cream butter and sugar together for 2 minutes until light and fluffy.
4. Add beaten eggs to sugar mixture and mix until combined. Add bananas and peanut butter to mixture.
5. Sift all dry ingredients and mix into banana mixture.
6. Scoop batter into prepared tins. Press a pinch of chopped bacon and peanut butter chips into each muffin.
7. Bake at 425F for 5 minutes. Keeping the muffins in the oven, reduce the oven temperature to 350F and continue to bake for 12-15 more minutes or until a toothpick inserted in the center comes out clean.
8. Let muffins cool on wire rack.



Be Not Burdened With Tears of Sorrow

As we say goodbye to our "Wild Irish Rose," Harriet R, we also send our sympathies to her family and friends. She was a vivacious and elegant woman with a deep love for music. Her quick-witted one-liners and distinctive laugh will be missed!

With A Heavy Heart

Our hearts broke with the passing of Pam B. We send our condolences to her family and friends during this difficult time. She was a kind soul with the warmest of hearts. As a former ER nurse, Pam was always looking to help or supervise activities. Her long braid and magical presence will be missed!



January Birthdays

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

- 1/7 Jerry M.
- 1/13 Betty B.
- 1/16 Mark O.
- 1/26 Lilian W.

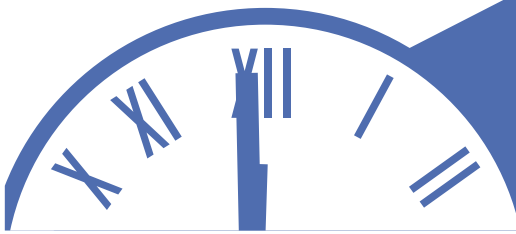
Upcoming Holiday Fun

- Jan. 5th - Construction of the Golden Gate Bridge Began (1933) - We will be taking a virtual tour of San Francisco and learning about the colorful history of "The City by the Bay."
- Jan. 11th - National Gluten-Free Day - Both our morning tea time & afternoon snacks will all be gluten-free today. For the afternoon, we will be making cauliflower crust pizza.
- Jan. 14th - International Kite Day - We will be making and flying kites. For those who do not want to make kites, they will be able to create a God's Eye to hang in their room.
- Jan. 20th - National Cheese Lovers Day - We will be doing a cheese sampling paired with fancy juices (instead of wine).
- Jan. 28th - Jackson Pollock's Birthday (1912) - We will be painting canvases "Pollock style" for our Memory Care Art Gallery.

Cheers!

🌟 HAPPY NEW YEAR! 🌟

Here's wishing you and your friends and family a happy, prosperous new year.



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