

# Rockville Terrace

## SENIOR LIVING



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

### Valentine's Day ... Celebrate Those You Love!

Love is in the air ... it's a time to show those friends, spouses, family members, and staff that you think they are special! During the week of February 7th, Valentine-O-Grams can be purchased for that someone special. Candy, Balloons, and a Song will be delivered during Lunch on Thursday, 2/11 (and Friday, 2/12, if necessary).

We will also announce 2021's King & Queen of Rockville during our Valentine's Party on February 12th. Residents and staff will have to opportunity to vote for their special couple during that week.

#### ROCKVILLE COUPLES

- Michael & Donna G.
- Al & Irene S.
- Carl & Sharon W.
- Bob & Elaine F.
- Charles & Alice R.
- Bud & Harriet S.



### February 2021



#### **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

*"Laughter is the shortest distance between two people."*  
—Victor Borge

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**Page 3: Memory Care**

TANYA TULL

Activities Director

Independent/Assisted Living

### Welcome to Rockville!

We'd like to say welcome to Ferdose! We are always excited to see new faces and we hope you have a blast meeting all your neighbors. Our community is the friendliest around!!

### Super Bowl LV Party Time!!

On Sunday, February 7th, put on your jersey and come to the Activities Room to watch the Super Bowl with your buddies!! Pizza & Beer (and soda) will be served, and we will announce winners of the Super Bowl Squares after each quarter!!

Super Bowl Squares will be sold prior to the Big Game for \$5.00 each. Each quarter, someone will have a chance to win \$125!!!



### Other Fun February Celebrations!

Mardi Gras lands on Tuesday, February 16th. Plan to celebrate by dressing in Green, Yellow and Purple, and don't forget to stop by the Activities Room for accessories to wear!! We will be baking a King Cake in the morning and partying it up later, "Louisiana Style"!

Chinese New Year begins Friday, Feb. 12, ushering in the Year of the Ox. The humble, hardworking animal is valued in Chinese culture as a symbol of honesty and loyalty. Celebration of this special occasion will be on Friday, February 19th!



### Want to Connect With Your Loved One?

Attention: Residents, families, and friends

Most of our residents don't have access to FaceTime or ZOOM, but would love to see their loved ones. If you are interested in having a video call, please call [707-666-1262](tel:707-666-1262) so we can arrange a time and set everything up for our residents, making it hassle-free for them!

### National Caregivers Day Is February 19th!

To honor our dedicated and caring caregivers, we'd like to have our residents come to the Activities Room to help create something special and meaningful for them. We want to let them know how special they are, especially, on National Caregivers Day!!!

Please come anytime from the Feb. 1-17. Shhhh ... it's a surprise!

*Several caregivers who were kind Helped others out of every bind.*

*From bathing to dressing,  
No task left them guessing.  
They gave the best care you  
could find!*

### Leaving the Building

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.

### 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*

## **Baked Mozzarella Sticks (Feb. 11th Food Craft)**

### Ingredients

- \* 24 sticks string cheese (frozen)
- \* 4 eggs beaten
- \* 1 cup flour
- \* 1 cup breadcrumbs
- \* 1/2 cup Parmesan cheese
- \* 2 Tbsp. parsley
- \* cooking spray

### Directions

1. Preheat oven to 400° F.
2. Lightly spray your baking sheet with cooking spray.
3. Cut cheese sticks in half and chill in freezer for about 30 minutes.

4. In a small bowl, whisk eggs. Place the flour in a second small bowl. In a third bowl, combine bread crumbs, Parmesan cheese and dried parsley.

5. Dip string cheese, one at a time, in the flour, then in the egg mixture and then in the bread crumbs. Make sure to completely coat each piece.
6. Once baking sheet is full, spray the tops of the mozzarella sticks with a little more cooking spray and bake in the oven for 4 to 5 minutes. Turn sticks gently and bake an additional 4 to 5 minutes. Make sure to watch them closely so they don't melt.
7. Serve immediately with favorite marinara or ranch sauce.

## **A Beautiful Soul Is Never Forgotten**

We send our heartfelt condolences to the family and friends of Alice J. She left her positive touch on so many lives and was an endless source of love to us all. Miss Alice was full of energy and was always down to shake a leg if the right song came on. Her maternal presence and exuberance will be dearly missed.

**Those We Hold Closest  
To Our Hearts Never  
Truly Leave Us. They Live  
On In The Kindness They  
Have Shared And The  
Love They Brought Into  
Our Lives.**



## **The Song Has Ended, But The Melody Lingers On**

Our hearts are with the family and friends of Elva B. as they go through this difficult time of loss. She played a prominent role in Memory Care Activities, especially anything regarding music. Miss Elva had a unique talent of being able to sing along with ANY song! (After many tries, she was never stumped.) Besides her singing, we will also miss her sass and candour. She used to say she didn't have time to beat around the bush.

## **Salutations!**

Please join us in wishing a warm welcome to our newest resident, Michael H. We are excited to get to know him and look forward to seeing him in activities.

## **Would You Be My Valentine?**

We will be making & mailing out pop-out cards on February 12th to celebrate Valentine's Day. Contact Monte if you would like to receive a card from your loved one.



## **Con Mucha Tristeza**

Our deepest sympathies go out to the family and friends of Rosendo L. He had a rather commanding presence and did not hesitate to direct those around him to fulfill his wishes. With one look, he could say so much! Rosendo was a true gentleman. He was big on sharing just about everything, except his sweets & bananas! Memory Care will be audibly quieter without him! We will miss you, Papa!



Rosendo LOVED snacking, especially cookies!



Have a Sweet Day!

Here's hoping your Valentine's Day is filled with affection!

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