

Rockville Terrace

SENIOR LIVING



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

Happy Easter!

Easter is a very, very special day... the most important and oldest festival of the Christian Church, celebrating the resurrection of Jesus Christ and held (in the Western Church) between March 21 and April 25, on the first Sunday after the first full moon following the northern spring equinox. This year it lands on April 4th and we will be celebrating it on Friday, April 2nd. Look forward to many yummy treats, fun drinks, and laughs as we celebrate the resurrection of Jesus!

It's a time of rebirth and renewal. Whether you're celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter, our staff wishes all of you a wonderful holiday.



Silk Ties Tie-Dyeing, 2019, Rockville Terrace

"The very first Easter taught us this: that life never ends and love never dies."

- Kate McGahan

April 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

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TANYA TULL
Activities Director
Independent/Assisted Living

Community News

Welcome

We'd like to welcome our newest neighbors to our community. They are Ron A. and Charolette K.

We are proud to say that in our community, you will find that we have the most welcoming and friendly residents. We look forward to seeing you during our activities and getting to know you better!

Important Reminders

Hearing Aid Cleanings: On the second Thursday of each month, free hearing aid checks and cleanings take place in the morning. Please talk to Tanya/Irene for more information.

Podiatrist: The podiatrist will be on site on Tuesday, April 13th, from 9:30am (until later in the afternoon). If you haven't signed up for it yet and are interested in this service, please see our receptionist.

Take Advantage of the Beautiful Weather

When the sun is out and the breeze is light, take advantage of walking around our community. One lap around the facility is almost 1/4 mile! Not only do you get exercise to keep your

legs nice and strong, but the fresh air is super refreshing and you also get Vitamin D by being outdoors in the sun, which is very good for you!

Independent & Assisted Living Activities

Mask & Mimosa Hour



Face masks are a terrific addition to any skincare routine. Masks can help hydrate skin, remove excess oils and help improve the appearance of pores—while providing a relaxing, spa-like experience at home, or in this case, at an assisted living facility.

This month we will have our first Mimosa & Masks Hour. You can come into the Activity Room, relax, listen to classical music, and enjoy a Mimosa, while taking care of your beautiful skin. This is for men and women!! Please see calendar for date and time.



Flower Arranging

Last month, Rockville Residents participated in "Flower Arranging" for the first time (at least here, in our facility :). It was such a hit that we will

continue to have this activity at least once a month. Come on down, pick some flowers, and make yourself a pretty arrangement to enjoy in your apartment. All materials are supplied.

Get Ready for Some New Music!

This month we will be having 3 new performers here at Rockville; they are Sister Swing (Swing Music), Jessie (oldies but goodies), and The Overstreets (country music)! Please check your calendar for dates and times, and come groove to the tunes!

Our Heartfelt Condolences



Our hearts go out to the families and friends of Josef S. He was also known as "The Bingo King" because he was super lucky at Bingo. Josef had a great sense of humor, was sensitive, and very caring. May he rest in peace.

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

Ingredients

- * 1 box yellow cake mix
- * 2 eggs
- * 1/2 cup oil
- * 1 cup peanut butter (creamy)
- * Jar of desired jelly/jam flavor
- * Milk of your preference

**Peanut Butter & Jelly
Thumbprint Cookies**

Directions

1. Preheat oven to 350 degrees.
2. In a large bowl, mix together eggs, oil, and peanut butter until completely smooth.
3. Slowly add in dry cake mix a little at a time to peanut butter

mixture. Combine until you get thick cookie dough consistency. (Do not overmix.)

4. Roll dough into one-inch balls and place separated 2-3 inches apart on a parchment lined baking sheet.
5. Press thumb into center of each dough ball making a crater indent.
6. Fill crater in center of each cookie with a small scoop of jelly/jam.
7. Bake for 12-15 minutes or until slightly brown.
8. Allow cookies to cool 10-15 minutes on rack.
9. Enjoy with a tall glass of cold milk. (Almond, soy, classic, or chocolate... Milk just goes with PB&J!)

April Birthdays

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

- 4/4 George T.
- 4/4 Joan I.



A majority of our crafts as of late have been either gifts or items that spread joy to others, humans and animals alike! (Shown clockwise from top left; painting rocks to hide, stringing cheerios for the birds, making a quilt for a canine friend, putting together candy goodie bags for staff.)

Upcoming Holiday Fun

- April 5th - Sweet Potato Day - We will be decorating jars to "plant" sweet potatoes. We are going to grow sweet potato vines without using any dirt.
- April 7th - International Beaver Day - We will be doing our Whiteboard Word Unscramble seeing how many words we can get out of "Canadensis" (part of the scientific name for a beaver).



**Upcoming Holiday
Fun Continued...**

- April 8th - National All Is Ours Day - A day to celebrate all the natural beauty in the world. We will be putting together flower arrangements for the residents to put in their rooms.
- April 13th - Scrabble Day - We will be fulfilling curiosity and practicing our math skills with "What Is Your Name Worth?" We will be calculating how many points our names total in Scrabble.
- April 16th - Day Of The Mushroom - We will be creating mushroom mosaics to display in the Memory Care Art Gallery located in our Activity Room.
- April 23rd - National Cherry Cheesecake Day - We will be constructing personal cherry cheesecake trifles.
- April 26th - Audubon Day - A day for the birds! We will be filling & putting up hummingbird feeders as well as hanging beaded bird danglers in the Memory Care Courtyard.
- April 27th - Morse Code Day - We will be painting our names or special messages in Morse code on stretched canvas using negative space.



SPRING
is here!

Savor the sights,
songs and scents
of the *season.*

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