



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



Soaking Up the Sun

The month of August is a very fun and exciting month for the residents here at Rockville! We will be taking full advantage of the sun and warmth it radiates. From outside performances by Syria, Glenn, and Denny to watermelon eating contests, water activities, and a family Luau! On August 20th, we will be celebrating "Hawaii Statehood Day" and welcoming all of the family to our back patio! Put on your best luau outfit, because starting at 5:00PM, our back gates will open to welcome you all for snow cones, games, and a hydration station full of fun drinks! There will also be raffle baskets to win, which are provided by each manager at Rockville Terrace. Then at 6:00PM, we are welcoming a very special group, "Da Island Way Dancers," who will put on a performance you do not want to miss!

August 2021

ROCKVILLE TERRACE MANAGEMENT

EXECUTIVE DIRECTOR	MIKAYLA MUEHLEISEN
AL CARE COORDINATOR	HANNAH RICHARDSON
MC CARE COORDINATOR	MARIBEL SAMAYOA
DIRECTOR OF RESIDENT DEVELOPMENT	JESSICA DUPLANTIS
DIRECTOR OF COMMUNITY OUTREACH	EMILY DORAN
DINING SERVICES DIRECTOR	CARMEN CREANO
IL & AL ACTIVITY DIRECTOR	MADDI LEWIS
MC ACTIVITY DIRECTOR	MONTE BOOMGAARN
MAINTENANCE DIRECTOR	JIM UNDERHOLT
HOUSEKEEPING DIRECTOR	TRINA BARTHOLOMEW
MEDICAL RECORDS	CYNTHIA LEARSON

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Maddi Lewis
Activities Director
Independent & Assisted Living

Welcome New Friends!

Henry G., Jeanne L., Diana B.,
Frances H., Michael E., and
Margaret M.

We are excited to welcome you all to Rockville Terrace and are so thrilled that you have chosen to be a part of our community. We recognize that this transition in your life can be difficult, but all of the staff want to personally extend a helping hand to you.

Do not hesitate to reach out for any questions because we want to help in any way we can. Our community is very welcoming and we always strive to make sure you are happy here!



A Message From Maddi
Thank you all for making this transition such a smooth and exciting one! This past month has been so amazing and full of new learning opportunities. I am thrilled to continue moving forward with everyone! The relationships that I have already formed are so amazing and I am thankful to have all the support that I do. I can't wait to see what the future holds for us and all the fun activities we have yet to do!

Get to Know Our Staff



Meet Sierra

"Though I was born in Santa Rosa, I spent most of my childhood living in Napa; on the weekends in Sonoma. Having divorced parents can be rough, but I'm fortunate enough that my parents remained friends, even though things didn't work out as originally planned. I am the oldest of now seven siblings and even though I am thankful for each of them, I am beyond thankful that my siblings and I never had to live in the same house at one time!"

I moved to Fairfield during my freshman year of high school and I began to work as soon as I was legally allowed too. For my first job, I worked for Calvin Klein for five years. When the store closed, I knew that it was time to try something new. So, I began to work as the Receptionist here at Rockville Terrace and so far, I love being part of such an amazing team!

I am a big animal and nature lover. When I'm not at work, I enjoy spending lots of time with them, going on adventures, or simply enjoying local scenery."

Aloha!

You may think that luau's are just a great way to throw a tropic-inspired party, but the luau actually has a tradition and history dating back to the days of Hawaiian royalty.

Prior to the rule of King Kamehameha II, feasts known as 'aha 'aina were celebrations of momentous events: a child's first birthday or the return of warriors. Men and women ate separately at these events, as required by religious custom. King Kamehameha II parted with tradition, however, and threw a celebration at which men and women sat together to eat. Many believe this celebration is the historical root of the modern luau.

As these celebrations became more common, they came to be known as "luau's" for the taro plant that was a popular ingredient in dishes served at the celebrations.

Today, luau's are just as likely to be a general party as they are to be a specific celebration. They are characterized by foods such as poi, poke and kālua pig. Entertainment typically includes music and dancing.

After-Hours Assistance

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

***** Babar Bites *** (August 12th Activity)**

Ingredients

- 1 cup pecan halves
- 1 cup walnut halves
- 1 cup macadamia nuts
- 1 cup pepitas
- 1 cup dried cranberries
- 2 cups chocolate chips
- Additional nuts and dried fruit of preference
- 2 tablespoons coconut oil
- cupcake liners (approx 30)
- cupcake tin

Directions

1. Line 2 full cupcake tins with cupcake liners.

Upcoming Holiday Fun

- **August 3rd - National Watermelon Day** - We are going to crash the party in Assisted Living and join in on their "Watermelon Eating Contest" they are having in the afternoon.
- **August 11th - Play In The Sand Day** - The residents will be sifting through our very own beach sand to "sea" what ocean treasures we can discover.
- **August 19th - Black Cow Root Beer Float Day** - We recently got an ice cream maker, so we want to try our hand at making our own ice cream for Root Beer Floats.

2. Combine chocolate chips and coconut oil in double boiler stirring constantly until completed melted.

3. Once chocolate is totally melted, add in the nuts, seeds, and dried fruits.

4. Stir mixture until all ingredients are covered in chocolate.

5. Scoop 2-3 tablespoons of mixture into each cupcake liner.

6. Place cupcake tins in fridge for 20 minutes.

7. Once set, you may enjoy! You may store extra for up to one month in lidded freezer-safe container.

**Makes approx. 30 servings
depending on sizing.**

- **August 25th - National Banana Split Day** - We will be making a double batch of "Banana Split Cookies" to snack on ourselves and to share with Assisted Living residents & staff. (Monte and the residents created this recipe together.)
- **August 30th - Slinky Day** - We are going to have "Slinky Races" down the big staircase in the main lobby.
- **August 31st - National Trail Mix Day** - We will be making and packaging our own healthy recipe of trail mix snack bags in the morning.

Welcome Home!

Please join us in welcoming Edmond A. and Pauline C. to the Rockville Terrace Family. They have both been with us for a little time already, but we are just scratching the surface with getting to know one another. We have discovered so far that Ed loves cookies and Pauline loves to hula. We all look forward to getting to know more about them both!

A Mother Is With Us Always, First in Her Lifetime, Then Forever in Our Memory.

Our deepest sympathies go out to the family and friends of Violanda G. as we say goodbye to a beloved maternal figure for many of us. She was such a creative soul, there is no doubt she passed on her creativeness to all her children. Violanda was an avid quilter and baker, ever with her hands involved. We will miss her heart and joyful spirit.

Picture below from Gorgeous Grandma Day. Monte took "glamour shots" for the ladies.





Take Time
to Savor All of the
Joys of Summer!



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