

# Rockville Terrace

## SENIOR LIVING



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

### November 2021

#### ROCKVILLE TERRACE MANAGEMENT

EXECUTIVE DIRECTOR ..... MIKAYLA MUEHLEISEN  
DIRECTOR OF  
COMMUNITY OUTREACH ..... EMILY DORAN  
DIRECTOR OF  
RESIDENT DEVELOPMENT .. HANNAH RICHARDSON  
AL CARE COORD. .... JOSEPHINE GARCIA-EVANS  
MC CARE COORDINATOR ..... MARIBEL SAMAYOA  
MARKETING COORDINATOR .... CHRISTINA TURNER  
IL & AL ACTIVITY DIRECTOR ..... MADDI LEWIS  
MC ACTIVITY DIRECTOR ..... MONTE BOOMGAARN  
HOUSEKEEPING DIRECTOR . TRINA BARTHOLOMEW  
MEDICAL RECORDS ..... CYNTHIA LEARSON

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#### Friends Who Feast!

Thanksgiving has always been significant to many people because it is a time where family and friends gather together over a home cooked meal and enjoy each others company. In the face of many changes and new protocols, unfortunately Rockville Terrace is unable to host a family involved Thanksgiving, but with that being said we will still do our very best to make this Thanksgiving one to remember. Our wonderful kitchen staff will be hosting a very special Thanksgiving feast for our residents on Tuesday, November 23rd. The celebration will not end there, the Activities department will also be hosting their very own Friendsgiving Happy Hour on Wednesday, November 24th at 2:45PM. There will be delicious food, wine, desserts, and friends to celebrate with. Although times are difficult and we continue to navigate through it the best we can, there is also still a lot to be thankful for and we will be sure to remember that this Thanksgiving holiday.



Maddi Lewis  
Activities Director  
Independent & Assisted Living

**Welcome New Friends!**  
Welcome Betty H., Hobert H.,  
and Bill D. to Rockville  
Terrace!

We are so excited to welcome you all home and we look forward to creating new bonds and friendships! Thank you for choosing our community as your next step into life. We know that acclimating to a new area can be challenging but we want you to know we are here for whatever it is that you need.

Please do not shy away from asking any questions that you may have, we are more than happy to help!



**Happy Birthday to Our  
Friends Born  
in November!**

We wish you the happiest of birthdays and we are so thankful that we have the opportunity to celebrate another special year with you:

- 11/10: Mike E.
- 11/10: Nancy R.
- 11/11: Peggy P.
- 11/29: Ruby S.

## Get to Know Our Staff



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### Meet Hannah

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I grew up locally, so when it came time to decide on where to go to college, I decided to go far away to the University of Alabama for a new experience and I absolutely LOVE football. While there, I got my Bachelors of Science in Food and Nutrition, as well as my Masters in Human Nutrition. From there, I sat for my board exam to be a Registered Dietitian! I have always had a passion for seniors.

After I started working in the skilled nursing setting, I was asked if I wanted to come and be a Care Coordinator for Rockville Terrace. I absolutely fell in love with the building and the residents here. Ever since then, I've thought of Rockville as my second home and all of the residents as family. Now that I've transitioned to being the Director of Resident Development, I get to share my love for the community with others. What a gift it is to work somewhere with people you consider family.



Due to the new cases of COVID-19 and the dedication that Rockville Terrace has to keeping your loved ones safe, unfortunately this year we will be unable to host a Christmas party. We understand that this news may be upsetting to some; however the safety and well-being of your loved ones is our top priority and we continue to ask for your patience and understanding as we navigate the ever-changing recommendations. With that being said, please remember that if you plan to visit our community, per Licensing, all visitors must show proof of being fully vaccinated (at least 2 weeks from final dose) or show proof of a negative COVID test (within 72 hours of visiting). Please call if you have any questions.



### With Great Sympathy

To our dearest Tillie M., you have not only been a wonderful friend to all but also family to many. You will be deeply missed and your smile will always be remembered. To the family, we extend our condolences and warm thoughts to you all during this difficult time.

### Monte Boomgaarn

Memory Care Activities Director

## **Parmesan Artichoke Dip (November 10th Activity)**

### Ingredients

- 1 cup mayonnaise
- 1 cup grated Parmesan cheese
- 4 oz can diced green chilies
- 13.75 oz can artichoke hearts
- 1 large baguette (or favorite crackers of choice)

### Instructions

1. Preheat oven to 350 degrees.
2. Slice baguette into half inch slices.
3. In large bowl, add mayonnaise, Parmesan cheese, and green chilies. Stir until combined.
4. Drain artichoke hearts. Slice

into quarters, if not already done.

5. Fold quartered artichoke hearts into mayo/Parmesan mixture.
6. Spread dip into 9 inch circle or square casserole dish. Make sure to smooth top evenly as possible.
7. Bake for 45 minutes or until top and edges are golden brown.
8. Serve immediately with sliced baguette (or crackers).

*Perfect appetizer dish to bring to a potluck! This recipe is a family recipe that Monte learned from her Mother. November 10th is "Forget Me Not Day," that is why we are passing down this family recipe to you.*

## **Upcoming Holiday Fun**

- *November 5th - National Doughnut Appreciation Day* - The residents will be enjoying a special treat of donuts & pastries from our favorite local shop (Jelly Donut) along with their morning coffee break.
- *November 9th - Go To An Art Museum Day* - We will be creating art using different mediums, and then putting up our own "Art Gallery" in the Activity Room displaying the artwork. Later we will be taking a virtual tour of "The Louvre," making sure to see the beloved Mona Lisa.

- *November 25th - Thanksgiving Day* - We plan to celebrate a day early on Wednesday the 24th with a "Gratitude Check" in the morning and then a yummy "Friendsgiving Feast" full of food & fun in the afternoon.
- *November 30th - National Mason Jar Day* - Christmas is around the corner. Now is a great time to make DIY gifts. We will be decorating mason jars and filling them with a variety of items (such as rocks, jewels, etc.). Before being given as gifts, the beautifully embellished vessels will contain cuttings from our pothos plant.

## **You Have Left My Life, But You Will Never Leave My Heart!**

We send our deepest heartfelt sympathies out to the family and friends of Karen W. as we say goodbye to a lovingly spirited soul. She was full of vivacity & spunk all the way to the end, letting her opinions known to anyone who would sit and listen for a moment. Karen's playful sense of humor and jokes were a welcome addition to Memory Care. Her laughter and happiness she bestowed upon us will be greatly cherished and thoroughly missed.



## **Salutations & Greetings!**

Please join us in wishing the warmest of welcomes to our newest Memory Care resident Dan T. (He is affectionately also known as and self titled "Big Dan.") Big Dan has already graced us with colorful memories of his days in the Navy, Coast Guard, and San Francisco Police Department. We look forward to hearing many more exciting stories and learning about the brand new member of our Rockville Family!





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