

Rockville Terrace

SENIOR LIVING



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

January 2022

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
DINING SERVICES DIRECTOR EUGENIO GARCIA
IL & AL ACTIVITY DIRECTOR MADDI LEWIS
MC ACTIVITY DIRECTOR MONTE BOOMGAARN
HOUSEKEEPING DIRECTOR . TRINA BARTHOLOMEW
MEDICAL RECORDS CYNTHIA LEARSON



A Note From Our Administrator ...

Happy New Year to all!

Through all of the ups, downs and ever-changing guidelines, WE MADE IT!

Our team at Rockville hopes that this new year will bring happiness, good health, and many fulfilling memories to all.

Thank you all for your continued support!

-Rockville Team



Page 2: Independent & Assisted Living

Page 3: Memory Care

Maddi Lewis
Activities Director
Independent & Assisted Living

**Welcome, Welcome,
Welcome!**

**Welcome to Rockville Terrace,
Edna M., John C., and
Lynda C.!**

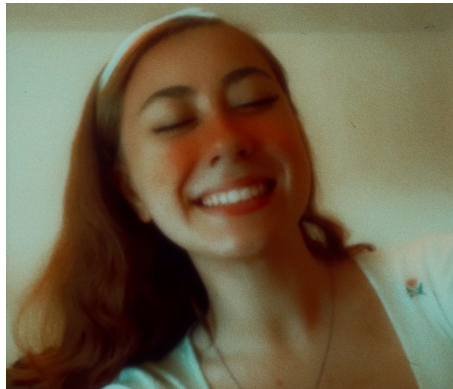
We are so excited to have you as a part of our community. We love making new friends and connections! Please let us know if there is any way we can help in this big transition. All of us here are looking forward to getting to know each of you more; and don't be afraid to introduce yourselves, we are all very friendly!



Friends Born in January

1/01	Bud S.
1/01	Michael G.
1/02	Erlinda H.
1/13	Edna J.
1/14	Charles M.
1/23	Judy F.
1/26	Geraldine Y.
1/29	Pat B.

Meet Our Staff



MC Caregiver Jasmine

Hi there, everyone, my name is Jasmine Stokley, and I am a hearing-impaired individual who knows sign language. When I was younger, I always had the urge to help people around me and I always made sure they were doing okay and that they were happy. When I was ten years old, I lost my grandpa to cancer. Before he passed away, he had been battling Alzheimer's and once told me that I have a very special heart and to use that heart forever as I lived and grew.

So, I listened, I have used my kindness growing up even through my toughest times. I love helping the residents here at Rockville Terrace because I love giving and sharing my kindness. I am able to come up with new ideas to keep them going and make them feel like they are young again! Waking up early for this job is like an adventure, and as soon I walk into the community, the adventure begins!

An Update on Guidelines

We are excited to share with you new and improved guidelines for communal dining and group activities! As always, we follow the Department of Social Services guidelines which are now making it possible for more gatherings.

Visitors can reserve times to join their loved ones for meals; however, we do ask that you make a reservation 24 hours prior. Each visitor will need to pay \$10 in cash to the Receptionist to receive their meal ticket and all meals will take place in Rocky's Café. Please call (707)862-2222 to make your reservation.

If you are a visitor and interested in attending any entertainment we provide or group activity, please notify our Activities Director 24 hours in advance to ensure space is provided.

Effective immediately, we can have visits occur in our community's common areas, but we ask that social distancing still be practiced. Please remember to check in at the front desk, take your temperature, sign in and provide your proof of vaccination or that you have tested negative within 72 hours of visit.

Thank you all for your patience as we navigate through these changes. If you have any questions or concerns, please call the front desk.

Monte Boomgaarn

Memory Care Activities Director

UPCOMING JANUARY FUN

We look forward to the following special days and activities:

- **January 4th - Tom Thumb's Birthday (1838)** - In homage of General Tom Thumb's time in the circus under P. T. Barnum, the residents will be learning to juggle scarves.
- **January 12th - National Hot Tea Day** - We will be dyeing blankets with hot tea & other organic materials such as red cabbage leaves and beets.

- **January 26th - Paul Newman Birthday (1925)** - We will be putting together a "Marinated Vegetable Salad" the day prior (Jan. 25th) so that the flavors have time to marry. We plan on using *Newman's Own Salad Dressing* as a nod to his philanthropy. We will enjoy our dish as a snack in the afternoon on the 26th.
- **January 31st - National Hot Chocolate Day** - To celebrate the day in a sweet way, we will be hosting "Hot Cocoa Creations & Chit-Chat", with a variety of toppings & mix-ins while we sip and converse.

- **January 14th - International Kite Day** - We will be making and then flying kites in the AL Courtyard.
- **January 17th - Martin Luther King Jr. Day** - Using magazines and an array of crafting supplies, we will be making our very own "Dream Boards".
- **January 21st - International Sweatpants Day** - To go along with our sweatpants, we will be personalizing sweatshirts for ourselves using fabric paints and stencils! Contest for most creative will win gloves and hat sets to complement their designs.

Welcome Home!

Please join us in wishing the warmest of welcomes to Jacqueline V. She immediately made fast friends with Monte. They already have a tradition of sharing iced coffee in the mornings & singing all the goofy parts during karaoke. As Jacque said, "It feels good to laugh!"



Wishing a
Happy Birthday
to Edmond A. on
January 5th!

Wishing a
Happy Birthday
to Betty B. on
January 16th!



MONTE'S RECIPE CORNER

** Cheese Bombs ** (January 20th Activity)

Ingredients

- 1 tube Pillsbury Grands Flaky Layers Biscuits
- 12 ounces cheddar cheese, cut into twenty-four 1-inch square cubes
- cooked bacon (enough for twenty-four 1-inch pieces)
- 1 stick unsalted melted butter
- 2 teaspoons Italian seasoning
- 2 teaspoons garlic powder
- 3 tablespoons grated Parmesan cheese
- 3 tablespoons finely chopped fresh parsley

Instructions

1. Preheat oven to 400 degrees.
2. Split each biscuit into 3 by separating the layers.
3. Put 1 cheese cube & piece of bacon into the center of each biscuit. Wrap dough around the cheese, seal, and place on lined baking sheet seam side down.
4. Bake for 10 minutes, or until lightly golden brown.
5. While bombs bake, prepare the glaze by first melting the butter. Add Italian seasoning & garlic powder, stir to combine.
6. Immediately as you pull the bombs from oven, generously brush each one with glaze.
7. Sprinkle with Parmesan cheese and garnish with parsley.
8. Serve immediately.



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