

Rockville Terrace

SENIOR LIVING



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

Hello August!

Welcome to August! A month that will be filled with many exciting and fun events! On **Tuesday, August 1st, National Night Out** begins at 5 pm and runs until 7 pm. Expect an entertaining evening with live music, featuring **Helios Band**, BBQ and drinks, Ice cream, raffle prizes, and more. Come one, come all! Tell your friends!

Looking for a fun Hawaiian experience? Join us on **Wednesday, August 16th**, for our **Passport event to Hawaii!** We have plenty of activities planned for the whole family, including games for kids, delicious Hawaiian food, drinks. The **Island Breeze Luau Dancers** will perform at 5 pm after our Hawaiian feast. Don't forget to wear your best Hawaiian outfit.

Then, on **Monday, August 21st**, Rockville Terrace will host our first-ever **Rockville Oscar Awards** in honor of **Senior Citizen Day**. Take part in this red-carpet event by voting for your favorite nominees in each category. Voting will be held in the Activity Room. See Irene for more information and to cast your votes!

National Dog Day is a time to celebrate all the furry friends in our lives. And this year, Rockville Terrace is taking it one step further with our upcoming **Pet Adoption Event**. On **August 26th, Saturday, at 10am**, you can come on down and meet your new best friend. Whether you are looking for a loyal companion or just some puppy cuddles for the day, there's sure to be a furry friend waiting for you.

Don't miss out on the chance to enjoy an exciting August with us here at Rockville!

Please call the front desk to **RSVP** and make sure to bring your family and friends!

August 2023

ROCKVILLE TERRACE MANAGEMENT

| | |
|---------------------------------|------------------------|
| EXECUTIVE DIRECTOR | CAROL DOWELL |
| DIRECTOR OF | |
| RESIDENT DEVELOPMENT .. | HANNAH RICHARDSON |
| IL/AL CARE DIRECTOR | JOSEPHINE GARCIA-EVANS |
| MC CARE DIRECTOR | STACY SHARP |
| COMMUNITY OUTREACH | |
| DIRECTOR | CHRISTINA TURNER |
| MC ACTIVITY DIRECTOR | JOLENE BARNETT |
| DINING SERVICES DIRECTOR | FRANK MINOR |
| IL & AL ACTIVITY DIRECTOR | IRENE FINGER |
| HOUSEKEEPING DIRECTOR .. | TRINA BARTHOLOMEW |
| MEDICAL RECORDS | CRISTAL GIBSON |
| MAINTENANCE DIRECTOR | MANNY FERRER |

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Irene Finger
Activities Director
Independent & Assisted Living

Welcome to Our Community!

Welcome! We are so excited to meet you! Please do not hesitate to introduce yourself or ask questions. We are here to help you any way we can!

- **Mohammad P.**
- **Susan G.**
- **Dennis D.**
- **Carthan B.**
- **Jimsey O.**
- **Elia L.**
- **Barbara D.**



Happy Birthday to Our Friends Born in August!

| | |
|--------------|------|
| Connie Q. | 8/2 |
| Maria T. | 8/2 |
| Gloria G. | 8/15 |
| Patricia R. | 8/17 |
| Millie S. | 8/18 |
| Inez F. | 8/18 |
| Donna G. | 8/19 |
| Cheralyn J. | 8/20 |
| Beverly H. | 8/21 |
| Ferdosieh T. | 8/23 |
| Charles B. | 8/27 |

With Great Sympathy

We want to extend our condolences out to the families and friends of **Jesse G.** and **Noella L.** They will be missed.



Meet Our New Chef, Frank

Hello Rockville residents and families. My name is **Frank Minor**, and I am so excited about having the opportunity to share my experiences and get to know everyone here at the Rockville Terrace. I've been here just a little over one month and I must say, time flies when you are having fun. I have had numerous conversations with the residents, and I must say some of the conversations are very entertaining and others are strictly business. Nevertheless, it has been a pleasure. The staff here has been very welcoming and helpful. Whether it's in the kitchen, dining room, or around the property, everyone has been very nice. It feels really good.

I've lived here in Vacaville, CA, for approximately 5 years. I came here for the peace and quiet and haven't looked back since. I've worked at Universities, Sports venues, and Senior Living facilities for the past 18 to 20 years as...
(continued)

Sous Chef, Executive Sous Chef, Executive Chef, and Director of Culinary Services. It's something about food and accepting the daily challenges of making people happy through food. I love it. I wake up happy, my thoughts are positive, and I thank the Lord for it all. Then it's time for work and time to share that positive vibe.

I have 5 sons, all grown and married with the exception of my youngest. I also have 3 beautiful and adorable granddaughters that I miss very much. They keep me smiling when I see photos or just hear or see them on Face Time. In my spare time, I love to cook of course. I also like planting, fishing, going to beaches, visiting restaurants, and going on the occasional walk, or see a really good movie. I am prior military (Air Force to be exact) and I must say thus far I've lived a lot, learned a lot and I still am learning, and I am happy.

Outing to Goat Ranch

On **Wednesday, August 30th**, Rockville Terrace will be embarking on an exciting adventure to **Goat Ranch**. This is an unique opportunity for our Residents to interact with these adorable animals and we are grateful to **Liza of McQueeney Ranch** for giving us this amazing chance. For those who want to join us in this adventure, please make sure to sign up in the Activity Room.

Happy Birthday to Our Memory Care Residents Born in the Month of August

- Carl. W- 8/6
- Yoshiko.E-8/29



The Monthly Birthday Bash will be held on August 31st at 2pm, with cake and ice cream!

What's Cooking

Join us for these yummy upcoming 2:00pm socials! Sugar free options available.

- 8/3- Making peanut butter cheerio bars.
- 8/10- Making s'mores.
- 8/17- Making brownies.
- 8/24- Making homemade ice cream.



CANDID CORNER: "How to Pick a Watermelon" Tasting



Renate says, "It's juicy but picked too early." We love her honesty, and the next watermelon will be more ripe!



Ginny and Laurelee say, "It's delicious!" Thanks, ladies!



Mary Jane is excited to take her first bite of watermelon!

August Showtimes

The movie theatre is reserved for Memory Care residents on Monday afternoons at 1:30pm. Check out what's showing this month on the big screen!

- 8/14- "BLUE HAWAII"
- 8/21- "SOUTH PACIFIC"
- 8/28- RESIDENTS' CHOICE



Out & About

This month we will still continue our bus rides. Rick, our bus driver will be sure the bus is nice and cool for our scenic drives! If your loved one has an appointment and needs to stay behind, please be sure and let the care coordinator know, so your loved one does not get on the bus and miss their scheduled appointment. Our bus rides are Fridays at 10am and 2pm.

Jolene Barnett
Memory Care Activities Director

"This Month In History" AUGUST

1907: UPS is founded as a messenger service by two teenagers in Seattle. It's now one of the world's largest package delivery companies.

1913: Stainless steel is invented by Harry Brearley of England.

1946: The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

1959: President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

1969: Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

1990: MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

2005: Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

2020: The music video of the hit song "Dynamite," by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.



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