

Hilltop Commons Phone Numbers

Office: (530) 272-5274
Kitchen: (530) 272-2854
Maintenance: (530) 272-5274
Activities: (530) 272-5274
Fax: (530) 272-5275

Laundry Room Hours:

Daily: 7:00am-9:00pm
Please remove all items from washers and dryers by 9:00pm

Van Schedule

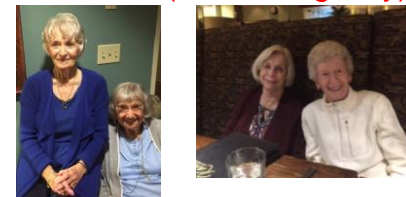
Van leaves at 10:00 am
Tuesday: Brunswick area
Wednesday: Medical appointments
Thursday: Pine Creek area

Beauty Salon Hours:

Wednesday/Thursday/Friday
By appointment only
Please call (530) 271-5958

Important Phone Numbers

Gold Country Lift: 271-7433 (271-RIDE)
Post Office: 273-3429
The Union: 273-9565
Comcast Cable: 1-800-266-2278
AT&T: 1-800-750-2355
Sacramento Bee: 1-800-284-3233
Grass Valley Police
477-4600 (non-emergency)



March Birthdays

Beverly Murphy.....March 3
Jeanne Spring.....March 5
Bobby Duval.....March 9
Audrey Swenor.....March 13
Shirley Hamilton.....March 13
Marguerite Blickenstaff.....March 14
Walter Debardeleben.....March 16
Kay Kerr.....March 23
Bud Taylor.....March 23
Terri Roman.....March 26

March Anniversaries

Jan Leonhard 1 year
Babe Ludlum 1 year
Gerri Holzen 2 years
Paul and Donna 2 years
Bud Taylor 6 years
Heidi Imfeld 6 years

Welcome New Residents

Ted & Selma Gregg
Donna Mack
Shirlee Shaman
Mary Koop
Dorothy Morgan



March Newsletter

Hilltop Commons 131 Eureka St. Grass Valley CA 95945 (530) 272-5274 www.raystoneseniors.com



**From the Desk of Terri Howell
Community Administrator**

Egg-ceptional Spring Traditions

With the arrival of spring on March 20th comes all of the holidays and traditions associated with the end of winter: religious traditions like Passover and Easter, and Nowruz, the Persian New Year. All of these celebrations share an important symbol: the egg.

For millennia, the egg has been an exalted symbol of birth, rebirth, and hope. Ancient Egyptians told stories of the sun god hatching from an egg. Sometimes the sun was considered an egg, laid each day by Seb, a cosmic goose and god of the earth. In Hinduism, the egg represents the makeup of the universe. The shell is the heavens, the white is the air, and the yolk is the earth. In the Persian story of creation, Good and Evil are locked in an epic battle. When Evil is hurled into an abyss, Good lays an egg, which represents the universe, with Earth suspended from the heavens as a halfway point between Good above and Evil below. Eggs have always been a symbol of the beginnings of the universe and life itself. No wonder that after the long dark of winter, with the return of the sun, eggs are revered as harbingers of life.

When Jews sit together for the Passover Seder on March 30th, an egg will adorn the seder plate as a symbol of the ritual offering to the Temple in Jerusalem. Furthermore, the egg symbolizes—you guessed it—life itself. For Christians, Easter is a holiday celebrating the resurrection of Jesus Christ, so using an egg as a symbol of rebirth was a natural choice. The traditional color to dye Easter eggs is red, symbolizing the blood Jesus shed on the cross. In Macedonia, congregants bring their red eggs to Easter church services, and when the priest proclaims, "Christ is risen," it is customary to eat the egg as a ritual breaking of the Lenten fast. Elsewhere, in Iran, Persians prepare for their new year, Nowruz, by preparing their ceremonial table, the *haftseen*, with symbolic foods and objects, including painted eggs representing fertility. All over the world, people will be looking at eggs in a different light.



Celebrating March

Tuesday March 6

"Wild Things" Presentation

Sunday March 11

Daylight Savings Time

Wednesday March 14

Speaker on "Dementia"

Thursday March 15

Happy Hour

Chris Crockett

Saturday March 17

St. Patrick's Day

Wednesday March 28

Easter Dog Parade

Friday March 30

Good Friday

Passover Begins

Sundays

Hot Beverage Social



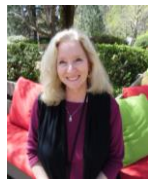
Marketing Minutes By Sue Hudson Marketing Director

We are so excited to have a lot of new folks living here at Hilltop! Please remember how it was when you were *the new kid on the block* and be extra friendly to the new friends you just haven't met yet!

This year will be filled with lots of new, fun activities and educational talks. This month, on the 14th, an expert from Sierra Nevada Memorial Hospital will be at Hilltop speaking about Dementia, it will be very insightful ...if you remember to attend!

Testimonials are a very powerful way to let others know what life is like at Hilltop Commons. We LOVE testimonials from you and your family! If you want to share how you feel about Hilltop and/or our staff, PLEASE let me know and I'll help you. It can be as easy as writing a letter and giving it to me, no computer necessary. I am always open for new marketing ideas so don't be shy, come share your thoughts with me, or online on Facebook or Google! Thank you in advance for your feedback!

Keep smilin', it's contagious!
Sue



Letter from the Editor Traci Gelgood Associate Marketing Director

Happy March, Happy springtime, Happy St. Patrick's Day, Happy Easter, Happy Passover, Happy daylight savings time, Happy EVERYTHING!!

Stay happy, healthy, and safe!!

*"It does not matter how slowly you go,
As long as you do not stop!"*



Activity Corner By Sabrina Busher Activity Director

"May you live as long as you want and never want as long as you live"

What a fun month February was with the tie-dye and our Mardi Gras party with all of you wearing your wonderful works of art. The Valentine's Day party was also a big success. A big thanks to all of you!

This month on the 6th we are having Wildthings come to Hilltop. They have exotic rescue animals to share with us. Ken Roberts will be here to entertain us as Neil Diamond. We had a great time the last time he came to Hilltop. I also have a Studio Movie Grill outing planned for those of you that have been asking to go. On the 21st we are going to get a group together and go to Twin Cities Church and help stuff Easter eggs for the kids. It is a great way to help out our local church. On the 28th we will be having an Easter dog parade, so get your furry friends ready.

Thank you all for participating in the Hilltop events.

Remember, if you need anything or have new ideas you want to share, my door is open.

Be the reason someone smiles today



Culinary Corner

March is here and I hope it is just as exciting as last month. I already see flowers blooming and it looks like an early spring.

This month we will be having a St. Patrick's Day Buffet on the 17th and we will be serving the traditional meal of corned beef and cabbage, potatoes and carrots, as well as corned beef hash, eggs and toast. Please feel free to invite your family and friends, but please RSVP a week in advance for any guests you will be having. This is a **special event**, so guest meals will be \$12.00 per person.

I hope you all enjoyed last month's Chinese buffet. We will be trying out some new ideas each month, so if you have any ideas, please let us know. But, no worries - we will still have Big Breakfast every couple of months. I know there are some of you that prefer the Big Breakfast Buffet compared to the other buffets. It will work its way back to the menu every couple of months.

Thank you all for being you. See you soon!

Sincerely,
Jammie Barquilla (Chef)

Kitchen # 272-2854



Hilltop Commons Resident Testimonial:

Rose Lauria



What is your favorite thing about Hilltop Commons?

I love the view from my apartment, it is so beautiful.

What was the #1 reason you chose Hilltop Commons?

My son lives in Grass Valley. He wanted me to be closer to him, so we toured Hilltop. I loved the staff and how friendly everyone was!

What is your favorite activity at Hilltop Commons?

I really enjoy card games, especially "Skip-Bo". I was a "21" dealer in Tahoe for many years. The entertainment is also great!

What would you tell someone looking to move here?

Hilltop feels like home to me. I would recommend Hilltop to anyone.

