

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 10:00am  
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)



May Birthdays

Roland Francis.....May 3  
Jan Fox.....May 6  
Joe King.....May 9  
Joan Kearney.....May 12

May Anniversaries

Colleen Krebs 1 year  
Mary Grace & Joe Neves 1 year  
Jeanne Pello 2 years  
Lanell Lee 4 years

Welcome New Residents

Matt Herman  
Celeste Jones



May Newsletter

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



Celebrating May

Friday May 4<sup>th</sup>

Excursion

High Hand Nursery

Tuesday May 8<sup>th</sup>

Speaker

Gage McKinney, Author

Thursday May 10<sup>th</sup>

Happy Hour Music

Jed Dixon

Sunday May 13<sup>th</sup>

Mother's Day

Tuesday May 22<sup>nd</sup>

Music

Kim Bass & Crystal Bowls

Monday May 28<sup>th</sup>

Memorial Day

From the Desk of Terri Howell  
Community Administrator



Man's Best Friends

May 6–12 is Pet Week, a week to honor our nonhuman companions. Pets have been shown to make us more empathetic and even interact more with others. Pets also offer many health benefits too, such as, lower stress, sharper executive function, even a reduction in physical pain. Moreover, people who own pets get more exercise, both physically and mentally.

In many ways, our pets do much more than just act as companions. Three-year old Alida Knobloch of Georgia is literally attached to her pet goldendoodle, Mr. Gibbs. That's because Mr. Gibbs carries her heavy oxygen tank. Alida suffers from a rare form of lung disease that makes it difficult for her to breathe without assistance. With Mr. Gibbs by her side and an oxygen tank carried on the dog's back, Alida is able to run and play. Alida's family is so grateful that they call Mr. Gibbs Alida's "four-legged lifeline."

When a wildlife park became overcrowded with animals, Casey Anderson stepped in to save a baby grizzly bear. Little did Anderson know that the bear, named Brutus, would grow to be one of his best friends, and even be the best man at his wedding! Anderson's love of grizzlies led him to found the Montana Grizzly Encounter sanctuary. When Brutus isn't roaming the park, he may be found cuddling with Anderson, or eating at the dining room table.

An eight-year-old girl from Seattle befriended an entire flock of crows. As a four-year-old, she often spilled food in her yard, attracting the birds. Over the years she began to intentionally feed them. The crows, one of nature's cleverest animals, were so grateful that they began to bring her gifts in return: buttons, toys, dead fish, rocks, even a plastic heart, which, the girl says, proves "how much they love me."

Animals may not be human, but they often bring out the best in us. So, during Pet Week, make sure you do your part to thank the animal that has given you so much.





### Marketing Minutes By Sue Hudson Marketing Director

***“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” — Marcel Proust***

I hope you enjoyed the Resident Appreciation Dinner as much as the staff did! Thanks to Chef Jammie and her team, we "all really enjoyed serving you a wonderful meal filled with love and gratitude. The Hilltop Team is so thankful we have the privilege to work among all of you ...the best residents in the whole world!!

Sabrina and I are “kicking things up” here at Hilltop and we will be introducing many new and exciting activities in the months to come! Check your newsletters, activity calendars and look for the flyers, you won’t want to miss what we have in store for you!

Traci and I have been very busy with tours and you will really enjoy the new folks that will be moving to Hilltop later this month. Please be sure to take the time to welcome our new Hilltop family members!

The residents ...no, my *friends* here at Hilltop really make my soul blossom and I want you to know; I am so very grateful for YOU!

With much appreciation for a job I love,  
Sue

Your Marketing Director



### Letter from the Editor Traci Gelgood Associate Marketing Director

***“Youth is gift of nature,  
Age is a work of art...”***

Stay happy, healthy, and safe!!



### Activity Corner By Sabrina Busher Activity Director

***Mother was the greatest teacher, a teacher  
of compassion, love and fearlessness. If  
love is sweet as a flower, then my mother is  
that sweet flower of love.***

First, I want to say HAPPY MOTHER’S DAY to all of you. I hope you have a joyous day with your loved ones and special friends.

May is going to be an exquisite month. The weather is nice. I will be starting the walking group on Mondays at 8:45am. We live in a beautiful area and there are so many places that we can walk and enjoy the fresh air.

May 3<sup>rd</sup> - Twyla is the nurse practitioner for Dr. Gill’s office and she is coming here to talk to all of you about coming once a month to do home visits.

May 4<sup>th</sup> – It’s the perfect time of year to have lunch and look at all the plants at High Hand Nursery.

May 10<sup>th</sup> - Jed Dixon from Off Broad St. will be here to perform a special Mother’s Day event for Hilltop. If you have never heard Jed’s voice before, you are truly in for a treat.

May 18<sup>th</sup> - We will be going to Auburn to get pedicures and to do some shopping at Ross, then we will enjoy a nice lunch.

May 22<sup>nd</sup> - Kim Bass will be back playing her crystal bowls for us, and I will be bringing my bowl also. What a spiritual experience it was last time she was here.

Get outside and enjoy the spring weather.

**BE THE REASON SOMEONE SMILES  
TODAY**

### Culinary Corner



May is an exciting and busy month in the dining room! Starting on **Saturday, May 5<sup>th</sup>**, you’ll enjoy the **Cinco de Mayo Mexican Fiesta Bar!** With LOTS to choose from; taco meat, shredded chicken, mini tacos, taquitos, corn chips, beans, rice, tortillas, taco bowls, cheese, lettuce, tomato, onion, cilantro, olives, salsa, guacamole and sour cream. For those of you that do not enjoy Mexican food, we will have scrambled eggs, sausage and toast available. This will be a fun new brunch and the staff is really excited about it!

On **Sunday, May 13<sup>th</sup>**, we will be having a **special Mother’s Day brunch** to honor all the mothers and grandmothers. We will be serving herb crusted roast beef, garlic mashed potatoes and asparagus. The alternate meal is eggs benedict with home fries and fruit. Dessert is strawberry cheesecake. I know you will all enjoy this meal!

On **Monday, May 28<sup>th</sup>**, we celebrate **Memorial Day** with a BBQ buffet; mini hot dogs, mini hamburgers, baked beans, potato salad and watermelon ...and of course “eggs made to order” is always available.

These are all **special events**, so if you would like to invite your family to join you for brunch, **please** inform the kitchen in advance so we have an accurate head count! **Please remember that special event guest meals are \$12.00 per person.**

The kitchen staff and I are also excited to start the new spring and summer menu this month. There are a lot of new entrée items and wonderful new recipes ...we can’t wait to get cooking!!! We would like to know how you feel about these new meals, so please give us your input as we go through the month, or feel free to use the suggestion box if you prefer. Once a week all suggestions are read and reviewed by Terri, the kitchen staff and me.

Due to all of my new extra responsibilities, I can’t make it out into the dining room as much as I would like to and I miss the time I used to share with all of you. If you ever want to speak with me, PLEASE let one of our staff members know. I will stop what I’m doing and come talk with you. You are my Hilltop family and family is top priority to me!

Sincerely,  
Chef Jammie Barquilla

**Kitchen # 272-2854**

### Resident Testimonial Jan Fox



What is your favorite thing about Hilltop Commons?

*I enjoy setting up the exercise class in the morning. It gives me something to look forward to in the morning and I really enjoy the exercise class.*

What was the #1 reason that made you choose Hilltop Commons?

*My daughter has always loved Grass Valley and my niece lives in Grass Valley. We all came and took a tour. I loved the setting and the residents all looked so happy. I knew this was a good place.*

What is your favorite activity here at Hilltop?

*I really enjoy the Happy Hour and all of the great music that we have.*

What advice would you offer someone looking to move here?

*Come and tour Hilltop & see for yourself!*

