

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:

Tuesday - 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)****April Birthdays**

Gerri HolzenApril 1

Donna Mack.....April 2

Mary Drake.....April 5

Bettie Ferry.....April 6

Barbara Licari.....April 12

Jean Thompson.....April 13

Neva Bright.....April 16

Barbara Comfort.....April 16

Bill Holsclaw.....April 26

Lynn Stites.....April 27

April Anniversaries

Barbara Comfort 1 year

Jayne Brown 2 years

Joan Broxholme 2 years

Rena Scharf 2 years

Juanita Croker 4 years

Betty Geach 4 years

Darlys Jacoby 4 years

Welcome New Residents

Nancy Larson

Bev Donato

Welcome Back!

Mary Moore

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

**Celebrating April****Wednesday, April 3rd*****Speaker Carol Scofield*****Tuesday, April 9th*****Canine Officer Rudiger******Demonstration*****Friday, April 12th*****Happy Hour Music******Jack Scott Band*****Friday, April 19th*****Passover Begins*****Sunday, April 21st*****Easter*****Tuesday, April 23rd*****Wild Things******Conservation Animals*****From the Desk of Terri Howell
Community Administrator**

Knock, knock!

Who's there?

Hatch.

Hatch who?

Bless you and please cover your mouth next time.

Who doesn't love a good knock, knock joke? Lucky for us, April is National Humor Month and was conceived as a means to heighten public awareness of the therapeutic value of humor. Studies have shown that laughter and joy, the benchmarks of humor, lead to improved well-being, boosted morale, increased communication skills and an enriched quality of life.

It is no coincidence that the month begins with April Fools' Day, a day which has sanctioned frivolity and amusement for hundreds of years.

Humor as a tool to lift ailing spirits is an established notion supported by scientific research. The curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times.

Why do we love humor? Humor is free entertainment. The best things in life are free and that includes humor. Sure, you can pay to see a great comedy show, or go check out a funny new movie, but getting a good laugh really doesn't have to cost a penny.

Laughter is contagious. What makes you open your mouth wide, is highly contagious and isn't a yawn? You guessed it, laughter! Studies show that just hearing the recorded sound of laughter causes our facial muscles to naturally form a smile and that laughing with others can help you form stronger social bonds.

Laughter is the best medicine. Just because laughter is contagious doesn't mean it's bad for you. In fact, quite the opposite is true. Humor can be a great tool for combating difficult emotions, slowing the aging process and increasing overall satisfaction with life.

What are we waiting for? Let's hear it for the knock, knock jokes, corny dad jokes and chicken crossing the road jokes. Cheers to an April filled with enough humor to tickle even the most fickle funny bone!





Marketing Minutes By Sue Hudson Marketing Director

April brings change, growth and renewed beauty to the world, be sure to enjoy the changes you see...INCLUDING all the new folks at Hilltop! The New Resident Happy Hour was a lot of fun and I appreciate the participation of all the new residents and our Hilltop Ambassadors, a BIG THANK YOU to you all!!

April is also the time we will be celebrating all our residents at the Resident Appreciation Dinner, Thursday, April 18th starting at 4:00PM SHARP! Due to limited seating, please do not invite friends and family to this meal, we just don't have any room on that day.

I am so proud to be your Marketing Director and so grateful for your warm, welcoming smile and kindness when Traci and I introduce you to the folks on tour. I love bragging about all our beautiful happy people at Hilltop...the greatest residents in the world!

Spring is in the air at Hilltop Commons!

Sue

Letter from the Editor Traci Gelgood Associate Marketing Director



Not to brag, but I just went into another room and actually remembered why I went in there.

It was the bathroom, but still....

Stay happy, healthy, and safe!

Hugs,
Traci



Activity Corner By Sabrina Busher Activity Director

I am happy to say SPRING IS HERE!! This is a wonderful time of year. All the flowers are blooming, the trees are growing their leaves, and the birds are all around singing and enjoying the spring air.

After a long cold winter of being inside, it is time for us to get out and enjoy the fresh air and sunshine on our faces. I am starting up the walking group on Monday's, weather permitting. We go to some beautiful trails, the fairgrounds and parks in the area. This is a great way to start your day. Please let me know if you are interested, as there is limited seating in the van.

There are fun and different events this month. Carol Scofield will be here to speak to us on laughter. Carol is an inspirational speaker. K9 officer Rudiger and officer Jesse Cody will be here. K9 Officer Rudiger is going to show us his special training as an officer. Wild things will be coming here with some different animals to share with us. We are very excited to have them back.

The bus will be taking us to the Folsom Outlets for all of us to enjoy and do some spring shopping, then, off to lunch. Also, we are heading to our favorite restaurant, High Hand Nursery, to enjoy the beautiful gardens and have lunch.

Don't miss our Resident Appreciation Dinner. Chef Jammie has been working on a delicious dinner. This is our way to let you know we appreciate all of you!

Remember to look at your event calendar so you don't miss out on the fun.

BE THE REASON SOMEONE SMILES TODAY



Culinary Corner

April showers bring May flowers. This month, on the 18th, is the **Resident Appreciation Dinner**. We are all so excited to honor all of our residents and show you how much we appreciate you! You are all so wonderful and I love that we get to do this to show you how much you all mean to every one of us. On this day, we will have a box lunch for you to pick up between 10:30am – 12:30pm. This gives us time to get everything ready for the big event. Seating for the Appreciation Dinner will be from 4:00pm to 4:15pm. We will begin serving at 4:20pm. This is **NOT** a buffet style dinner, so we need you all to be seated at the same time please. Details will be coming soon. This is for **residents only**. Sorry, no guests for this event.

Our Easter Brunch is on Sunday, the 21st. Please feel free to invite your family and friends for this event. We will be serving baked ham, yams, scalloped potatoes, baked beans and sautéed green beans with bacon. The breakfast alternative will be strawberry waffles with sausage. And for dessert, we will be serving lemon meringue pie. This is a **special event**, so all guests will be **\$12.00 each**. Please be sure to make reservations in advance if you will be bringing any guests. Easter is a half day for the kitchen staff, so we will be leaving for the day at 2:00pm. We will be handing out box dinners at brunch from 10:30am – 12:30pm. If you are unable to pick up your box dinner between these times, just ask the office or night watch staff and they will be happy to get one for you.

Just a reminder: Please leave the silverware, cups and dishes in the dining room. If you have any in your apartment, please return them. We are running short and would like to set all the tables with our dishes and silverware. Thank you!

Thank you all for being you. See you soon!

Sincerely,
Jammie Barquilla (Chef)

Kitchen # 272-2854

