

**HILLTOP COMMONS INFORMATION**

Office: (530) 272-5274  
Kitchen: (530) 272-2854  
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  
(Mike at Comcast: 530 570-9230)  
Gold Country Cab: 274-8294  
Fast Taxi: 477-7766  
Grass Valley Police  
477-4600 (non-emergency)



**February Birthdays**

Pat Thomas.....2/3  
Inge Cupak.....2/10  
Babe Ludlum.....2/12  
Roberta Ostby.....2/18  
Anne Brett (Happy 102<sup>nd</sup>!).....2/21

**February Anniversaries**

Rita Blake 1 year  
Linda Vorpahl 1 year  
Ed Hayden 7 years

**Welcome New Residents**

Bev Kauffman  
Bill Lawrence  
Eldha Amezcua



# February Newsletter

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



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



Traditionally, February is the month where we celebrate romantic relationships with candy, flowers and send heartfelt messages of love to our beloved...however...

There are often other kinds of love and relationships that too often get ignored. In particular, we rarely hear about platonic love, or the importance of friendship for a person's health and happiness. That's why this year, on Valentine's Day, and the days that follow, I've decided to focus on friendship, making an effort to value the people and relationships in my life.

According to science, friends can make us happier, healthier and yes, even more beautiful. Friends can literally make you healthier.

Many studies have shown the positive benefits of friendship on social, emotional and physical well-being. Having a strong circle of friends can be a good boost for hearts and can help the body's autoimmune system resist disease.

When life doesn't go as planned, our friends are there to help us pick up the pieces. While they probably can't make all your stress go away, they certainly reduce it.

In a study published in the *Journal of Experimental Social Psychology*, participants estimated a hill to be less steep when they were accompanied by a friend than when they were alone. The longer the friends knew each other, the less steep the incline seemed.

I've heard it said that to have a friend you must be a friend. I encourage all of us to make as many friends going forward as possible and, in return, to be a true friend to anyone who needs one.

*"All you need is love. But a little chocolate now and then doesn't hurt. I think friends like you are pretty important, too."* - Charles Schulz

**Celebrating February**

**Groundhog Day**  
*February 2*

**Valentine's Day Happy Hour**  
**Music with Rick Turnage**  
**Wine and Chocolates**  
*February 14*

**Presidents' Day Holiday**  
*February 17*

**Casino Outing**  
*February 20*

**Happy Hour**  
**Music with**  
**Pre-Existing Conditions**  
*February 28*

**Leap Year Day**  
**Music with InConcert Sierra**  
*February 29*

**Treat Social**  
*Every Sunday*





**Marketing Minutes  
By Sue Hudson  
Marketing Director**

Marketing is a tremendously fun and interesting field, one that has challenged my brain for the past 40 years. Puzzling together an effective advertising campaign within a budget is extremely rewarding. I am so happy Hilltop is blessed with the most wonderful residents!

Testimonials are one of the most effective ways to reach potential new residents and we have been very blessed at Hilltop Commons to have residents happy to share their positive experience. We have used these wonderful testimonials in print, video and on KNCO radio. I thank all who have participated thus far, we wouldn't have been so successful without you! If you are interested in sharing your Hilltop story, please let me know. Creating a video or radio ad is fun and easy (I help every step of the way) ...and you become a local celebrity!

Please don't hesitate to contact me if you have any ideas or want to share how great life is at Hilltop Commons!

I hope you have met all our new residents, they are amazing folks!!

Stay warm and happy,

Sue



**Activity Corner  
By Sabrina Busher  
Activity Director**

**"It does not matter how slow you go, as long as you don't stop"**

To start off this month, we will be having a Super Bowl party. Come and support your team!

The Mobile Dentist will be here to speak to you about his service he has available for us.

Lauren Galloway is back to speak to us about our minds. We all enjoyed her so much last time.

Crystal massage is a wonderful relaxing experience. We will be heading there way this month to enjoy a massage. Crystal is my personal favorite.

The bus will be taking us to Shogun sushi for lunch on the 6<sup>th</sup> and back to the casino to win big money on the 20<sup>th</sup>.

Happy Hour and great music are at 3pm on Fridays. This is a great way to enjoy your Hilltop family and share some laughs.

Don't forget, we have a lot of exercise classes available for you at different times. It is important to keep moving.

**BE THE REASON SOMEONE SMILES TODAY**



**Submitted by Traci Gelgood  
Asst. Marketing Director**



**A Giant "Leap" for Humankind**

This month we will enjoy an extra day, transforming 2020 into an extraordinary year. Every four years, an extra day, called *leap day*, is added at the end of February. This extra day is built into the year to ensure that our calendars remain aligned with Earth's movement around the sun. Our modern calendars have 365 days, but Earth takes 365.2421 days to make it all the way around the sun. The ancient Egyptians were the first civilization to calculate that our cycle of days and nights did not align perfectly with the calendar year, but it wasn't until Julius Caesar's reign during the Roman Empire that anything was done about it.

For millennia, calendars were loosely based on human observations of the lunar cycle. Extra days, weeks, and even months were added at random to make up for seasonal discrepancies. Julius Caesar was fed up with the inadequacies of such calendars based upon a 10-month solar year. In 46 BC, he enlisted astronomer Sosigenes to modify the calendar to include 12 months and 365 days. January and February were added as the final two months of the calendar, with the leap day added as the final day of the last month of February once every four years. Julius Caesar named this the *Julian calendar* after himself.

The Julian calendar was hailed as a tremendous improvement, but it was still not perfect. The solar year is only .2421 days longer than the calendar year, not .25. Adding an entire day every four years added 11 extra minutes to each year! After hundreds of years, the Julian calendar veered weeks from the solar year. Like Caesar before him, Pope Gregory XIII decided to fix this problem. In 1582, the Pope created his *Gregorian calendar*. It was still a 12-month, 365-day calendar with an added leap day every four years, but the Pope went further. He decreed that leap years would not occur on years evenly divisible by 100, excepting those divisible by 400. For example, the years 1700, 1800, and 1900 were not leap years, but the year 2000 was. Pope Gregory XIII's calendar is still in use today, but it is still not perfect. Mathematicians note that after another 10,000 years, someone will have to create a new calendar once again.

JULIAN 1582		October						Gregorian 1582	
Sun	Mon	Tues	Wed	Thurs	Fri	Sat			
	1	2	3	4	15	16			
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			
31									

**Submitted by Traci Gelgood  
Asst. Marketing Director**

**"From Your Valentine"**

On February 14 each year, sweethearts celebrate Valentine's Day by exchanging cards, chocolates, and other tokens of love. But do these sweethearts know who they are celebrating? The true identity of St. Valentine is murky and there are differing stories detailing his role in the church and the acts that inspired the popular holiday bearing his name.



Competing stories depict St. Valentinus (the Latin version of the name) as either a priest from Rome or the Bishop of Terni during the reign of Emperor Claudius II. Legend has it that Valentinus aided Christians who were persecuted under Claudius II's reign. Eventually, Valentinus, too, was put under house arrest at the home of

Judge Asterius. It so happened that Asterius had a blind daughter. The judge asked Valentinus to prove the power of Christ by restoring the girl's sight. When Valentinus performed the miracle, the judge thanked him by freeing him and all the Christians he had imprisoned. But Valentinus did not remain free for long. He was again arrested and brought before Emperor Claudius II himself. When Valentinus attempted to convert Claudius to Christianity, he was executed on February 14, AD 270, but before his martyrdom, he is said to have written a note to the daughter of Asterius, which he signed "From your Valentine."

Another story details how Claudius II outlawed marriage for young men in the belief that single men made better soldiers than those with wives and families. Valentine defied Claudius and performed marriages in secret, purportedly cutting hearts of parchment and gifting them to the couples as a sign of God's eternal love. When Valentine's secret was discovered, Claudius executed him.

These stories are different yet they both illustrate Valentine's devotion to his faith and his people. As these legends spread, so did Valentine's reputation for heroic love and devotion, inspiring a holiday dedicated to the ideals he died for.

