

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
Temporarily suspended

Beauty Salon Hours:
Temporarily closed

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)



June Birthdays

- Bill McKinney.....6/6
- Jack Sullivan.....6/9
- Julie Martin.....6/10
- Jane Heywood.....6/13
- Shirlee Shaman.....6/14
- Mary Koop.....6/17
- Philip Hale.....6/20
- Jo Todd.....6/27
- Joyce Wynne.....6/30

June Anniversaries

- Bob Whitney.....1 year
- Annette Aurrecochea....3 years
- Joan Deiro.....4 years
- Edna Larsen.....5 years
- Kay Kerr.....8 years

Welcome New Resident

Julie Martin



June Newsletter

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



From the Desk of Terri Howell
Community Administrator

It's time to take off your boots and put on your flip flops...June has arrived!

When I was growing up, summer life was pretty simple. Playtime was wherever our imaginations took us. I have wonderful memories of playing outside for hours with my younger sister and our friends. We'd leave the house mid-morning and ride our bikes to our favorite biking trails, stopping to pick wild blackberries for lunch. Other days we would hang out at the pool, ignoring the need for sunscreen and eating junk food from the concession stand. The house rules were simple; be home before the street lights came on. I sure miss those lazy, carefree days!

What are some of your favorite summertime memories? Hopefully you'll find time this month to stroll down memory lane, reminiscing about your own lazy, carefree summer days.

Don't forget that Father's Day is Sunday, June 21st. Please join me in wishing a Happy Father's Day to all the men who enrich our lives and help us stand tall. You are appreciated!

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."

-John Lubbock

Celebrating June

June 14
Flag Day

June 20
First Day of Summer

June 21
Father's Day



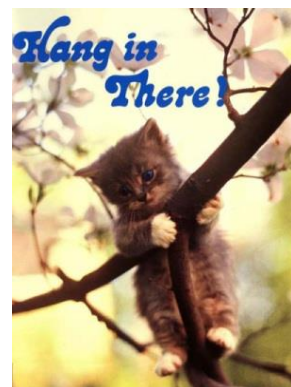


Marketing Minutes
By Sue Hudson
Marketing Director

Looking forward to seeing everyone after this pandemic is over!

In the meantime, hang in there, find the blessings ...the BEST is yet to come!

Sue



Activity Corner
By Sabrina Busher
Activity Director

1. Eat healthy

Eating healthy and mindfully is one the best and foremost step towards healthy living. As we grow old our digestive system becomes weak and our metabolism rate slows down. If we do not eat healthy food, then this might lead to serious health disorders. Elderly people should try to eat vitamin and nutrient rich food like oatmeal, quinoa, and green vegetables. These are some of the best foods for hormone balancing in older people. A few healthy food tips for the elderly by nutritionists from all around the world suggests that there should be an increase in the consumption of high fiber food, like whole grains, vegetables, fruits, and nuts, and the consumption of calories should be lowered down. This will not only help the elderly regulate their digestion, but also contribute to maintaining healthy weight and metabolism.

2. Drink water

It is always advisable for everyone regardless of their age to consume as much water as they can. Drinking at least 3 to 4 liters of water a day helps our body to flush out the toxins. In fact drinking a glass of lukewarm water as soon as we wake up in the morning and before going to bed at night are considered some good health tips. This helps to maintain a healthy bowel system.

3. Exercise daily

Exercising daily is one of the best fitness tips for women and men, regardless of their age. Regular exercises can reduce the risks related to heart disease, improve the flexibility of elderly people, improve their mental health, strengthen their bones, keep their blood pressure in check, and improve memory. Exercise also helps to boost their immune system and keeps them energetic.

Remember staying healthy is important in all ages.

BE THE REASON SOMEONE SMILES UNDER THEIR MASK TODAY

Culinary Corner



I hear a lot of good comments from everyone about the menu. You all seem to be enjoying the food. Thank you for all your input in this hard time. I love to hear what works and what does not work for everyone. If you have any questions, please don't hesitate to ask. I know this has been hard on all of you, and our staff. I can't wait to see you all in the dining room again. I could not do all of this without my wonderful staff. They are a great group of people to work with and I am so proud to have them on my team.

We are offering alternates at dinner time. Please tell your hall waitress if you would rather have a sandwich for dinner instead of the main meal. We have ham, turkey and egg salad sandwiches, and also cottage cheese and fruit plates.

If you will not be here for a meal, please let the kitchen know directly by calling 272-2854.

The hot weather is on its way, so don't forget to drink lots of water this summer. I have seen a lot of you walking around the building trying to get out and enjoy the good weather. It is important to stay hydrated throughout the summer, especially on the hot days, so I encourage you to please keep drinking.

Sincerely,

Chef Jammie Barquilla

Kitchen 272-2854

Letter from the Editor
Traci Gelgood
Assoc. Marketing Director



"The world has turned upside down. Older folks are sneaking out of the house, and their kids are yelling at them to stay indoors..."

"Quarantine has turned us into dogs. We roam the house all day looking for food. We are told 'NO' if we get too close to strangers, and we get really excited about car rides..."

Day 57: "Now I know why dogs chew at the furniture and run out of the house as soon as the door opens..."

I know this has been a challenging time for all of us, but "this too shall pass". I look forward to being able to visit with you again after all of this is over, but in the meantime --

Stay strong, stay home, and of course, as always, stay happy, healthy and safe!



“This is my wish for you:
Comfort on difficult days,
smiles when sadness intrudes,
rainbows to follow the clouds,
laughter to kiss your lips,
sunsets to warm your heart,
hugs when spirits sag,
beauty for your eyes to see,
friendships to brighten your being,
faith so that you can believe,
confidence for when you doubt,
courage to know yourself,
patience to accept the truth,
Love to complete your life.”

-Ralph Waldo Emerson
(1803-1882)