

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)



April Birthdays

Mary Drake.....April 5
Bettie Ferry.....April 6
Barbara Licari.....April 12
Wilma Bowen.....April 13
Barbara Comfort.....April 16
Neva Bright.....April 16
Eldha Amezcua.....April 16
Lynn Stites.....April 27
Donna Collins.....April 30

April Anniversaries

Pat Anderson.....1 year
Inge Cupak.....1 year
Mary Moore.....1 year
Barbara Comfort.....2 years
Jayne Brown.....3 years
Joan Broxholme.....3 years
Betty Geach.....5 years



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

April Newsletter

**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!



Celebrating April

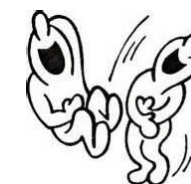
April Fool's Day
April 1

Passover Begins
April 8

Easter
April 12

Earth Day
April 22

Arbor Day
April 24



Out of the Mouths of Babes

Oodles of evidence exists demonstrating that laughter is a powerful medicine. A good laugh stimulates the heart and lungs, releases feel-good endorphins from the brain, decreases stress, strengthens the immune system, lifts the mood, and just plain makes us happier people overall. The only problem is that many adults don't laugh enough. Scientists have run the numbers, and most adults, on average, laugh 20 times per day. This may seem like a lot, but children laugh up to 300 times a day! Humor Month, which begins with the foolishness of April Fools' Day, seems the perfect time to get to the root cause of this laughter deficit.

Psychologist and laughter expert Robert Provine began collecting laughter samples in the 1980s. He wanted to understand why people laughed. Interestingly, laughter did not occur most often when people heard a funny joke. Instead, people laughed most at everyday remarks made by friends. Laughter, Provine discovered, was an incredibly important type of social glue and a healthy way to engage the world. And this may be why kids laugh so much more than adults.

Children are filled with the sense of wonder that comes with constantly learning new things. Not only is laughter a normal response to a delightful and unexpected outcome but a sense of humor is critical to developing self-esteem, practicing social skills, and learning to solve problems. Kids who laugh at themselves demonstrate the ability to accept their own imperfections. This lightheartedness attracts other friends, which in turn makes them feel better about themselves, resulting in higher self-esteem. The funny thing is that all of these social benefits continue into adulthood. As we grow, we should never stop delighting in the unexpected and laughing at ourselves, for these traits will keep our friends close and keep the laughs coming—and the more we laugh, the happier and healthier we will be.



Activity Corner By Sabrina Busher Activity Director

"You can't use up creativity. The more you use, the more you have."

I thought this quote was very appropriate at this time. It will help us to get in touch with our creative side. This could mean coloring, knitting, redecorating your apartments. Going through your closets, reconnecting with friends you have not talked to in a while and sharing some laughs.

We are all feeling the effects of COVID-19. This has been a very hard transition for all of us.

Unfortunately, due to the current situation, our activity calendar is being planned on a week to week basis. We are hoping to have a full calendar of events very soon. Fingers crossed!

Please remember we are here for you all. Let us know if you have ideas for us that can help all of us through this time.

Love you all.



Culinary Corner

These are certainly interesting times right now! My staff and I appreciate your patience as things are changing, and we are doing the very best we can in order to provide you with meal service delivery as efficiently and as timely as possible.

Please expect changes to the April menu as these times make it necessary to adapt and be flexible as things are constantly changing. We will continue to provide you with the very best meals and services that we can, and again we appreciate your understanding during these difficult times. We know it's hard for you, and we just want to keep you happy and healthy.

On Easter Sunday, April 12th, we will be bringing both meals to you during the brunch delivery. It is a half day for the kitchen staff that day.

Again, we thank you for your patience and understanding while we are all faced with this Covid-19 pandemic. And I want to give special thanks to my wonderful staff who have all stepped up during these challenging times.

Sincerely,

Chef Jammie Barquilla

Kitchen 272-2854

Letter from the Editor Traci Gelgood Assoc. Marketing Director

Coronavirus Poem

Lately, it's all over the news and everywhere you turn.
You can't escape from hearing about it,
so, we are here to help you learn!
We've got you covered, with tips to help you out!
The first one being, whenever you cough,
make sure to fully cover your mouth!
We know it may be tempting,
but keep your hands off your face.
Avoid all personal contact,
and keep a safe distance with some extra space!
We know you want to shake hands to say "hello,"
but, during these tough times,
an air high five is the safer way to go!
Don't forget to disinfect all around you,
with a simple wipe or spray,
and remember to wash your hands
as many times as you can within the day.
If you feel like you're getting a symptom or two,
make sure to call your doctor, so he can keep an eye on you.
Remember, you are not alone, we are here to help you out!
The wellbeing of our residents and teams
is of the utmost importance
and we are here for you to help ease your doubts.

By Sarah Jones

Stay happy, HEALTHY, and safe!
Hugs to you all!!

