

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)

May Birthdays

- Rita Blake.....5/1
- Pat Wilder.....5/5
- George Kostik.....5/8
- Mary Moore.....5/9
- Dee Dee Bicocca.....5/17
- Linda Vorpahl.....5/29
- Nancy Larson.....5/31

May Anniversaries

- Avaline Ball.....1 year
- Wilma Bowen.....1 year
- Bev Donato.....1 year
- Pat Myers.....1 year
- Matt Herman.....2 years
- Colleen Krebs.....3 years
- Dee Sutton.....6 years

My new social distancing outfit just arrived from amazon



Prediction: There will be a minor baby boom in 9 months, and then one day in 2033, we shall witness the rise of THE QUARANTEENS.

May Newsletter

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



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

Stay Positive! Isn't that what we're all hearing these days regarding our current situation? What exactly does that mean and what is positivity anyway?

Positivity is a state of mind we would all like to achieve, but it isn't always easy. During a period of depression, loss or social distancing, having a positive mindset can feel impossible. Many of us are also skeptical about positivity. We ask ourselves if it's even possible to look on the bright side when there's so much negativity in the world.

Part of the problem could be that we're approaching positivity all wrong. Being positive doesn't necessarily mean being happy all the time or seeing the good in everything. In fact, the official positivity definition may surprise you. According to the Oxford English Dictionary definition, positivity is: "The *practice* of being or tendency to be positive or optimistic in attitude."

That's right. Positivity is a practice, not something you're born with. Positivity is a skill you get better at the more you do it. What's more, scientists are now learning that the [power of positive thinking](#) is more than just a buzzword – it can actually rewire our brains to rewrite trauma and overcome [negative thinking patterns](#). Positivity is the act of training your brain to think and respond to situations calmly and optimistically. It takes time and a little effort every day, but the rewards can be life-changing.

The definition of positivity is only helpful if you can put the words into action. Here are some steps to help you live a more [positive life](#).

Be Mindful. Studies show that people who [practice mindfulness](#) are calmer, have better memories and are more creative than those who don't. This is because our brains are programmed by neural connections. Like working a muscle in the gym, the more you work on a particular neuron (e.g. positivity), the stronger it gets. The neurons you don't use will eventually disappear. This is how habits form. The following are some tips to help you become more mindful. **Observe your thoughts:** Try not to label them as "good" or "bad" or get too invested. Watch them pass like traffic in your mind. Don't try to stop them or intervene. **Do one thing at a time:** When you're eating, for example, just eat. Don't watch TV or listen to music or work on your computer. Focus on the tastes and textures of the food in your mouth. **Do nothing:** Every day, set aside 5-10 minutes to sit with yourself and just do nothing. No phone, no book, no TV, no music. Only you and your thoughts.

Practice Gratitude. Practicing gratitude is surprisingly simple. Find a time of day that suits you (the last thing at night works best) and write down three things for which you are grateful. You may choose something as small as a hot shower or the coffee you drank on your way to work, or as general as support from your friends and family. If you're unable to get out of bed due to mental or physical illness, be thankful that you have a soft pillow and a comforting space to rest and recover.

Journal. If you're going through a challenging time in your life, starting a positivity journal could help you achieve a happier mindset. You can keep your gratitude lists here, jot down inspiring quotes and collect images that make you feel good. When you're having a particularly bad day, you can look back at your positivity journal and know that there are things in life to feel good about.

By taking a few small steps each day towards positivity, we can re-train our brains to look for the good things in life. All we ever have is this moment – so why not make it the best it can be?

Celebrating May

Nurses Week
May 6–12

Mother's Day
May 10

Armed Forces Day
May 16

Memorial Day
May 25

2020 Leap Year

February: 29 days

March: 300 days

April: 946 days



Marketing Minutes By Sue Hudson Marketing Director

In marketing, as in life, it is imperative to be able to communicate with one another. Recently a resident learned about a FREE phone program for seniors with speech, vision or hearing impairments. He is so excited about it I thought I would share the info with you.

The California Telephone Access Program (CTAP) distributes telecommunications equipment and services to individuals certified as having difficulty using the telephone. CTAP is a California State mandated program, under governance of the California Public Utilities Commission (CPUC). Equipment and some network services are available at **no charge** to eligible consumers. Californians who are deaf, hard of hearing, speech disabled, blind, or who have low vision, cognitive impairments, or restricted mobility, are eligible to receive equipment with certification by a medical doctor, a licensed audiologist, a qualified state agency, or a hearing aid dispenser.

If you want to take advantage of this FREE telephone program, call 1-800-806-1191 Mon-Fri 7:00AM – 6:00PM, Sat 9:00am – 4:00PM or you can email them at info@CaliforniaPhones.org.

Please continue to follow all the safety policies and stay healthy!

And this too shall pass....

Hang in there & keep smiling,

Sue



Activity Corner By Sabrina Busher Activity Director

**“DECIDE WHAT YOU WANT.
BELIEVE YOU CAN HAVE IT. BELIEVE YOU DESERVE IT.
AND BELIEVE IT’S POSSIBLE!”**

I thought this quote is appropriate with what is going on in the world. I know it is so hard to stay positive. Research has shown that humans have around 50,000 thoughts a day. Using affirmations daily has been proven to increase positive thinking rather than negative.

Here are a few examples:

1. I breathe in relaxation, I breathe out tension.
2. I am capable of solving any problems that face me.
3. I am free of anxiety and am living a calm life.
4. I am ridding my mind of negative thoughts and filling it with positive ones.
5. Anxiety might make me feel uncomfortable, but I am in charge of my mind and body.
6. I am more and more calm with each deep breath I take.
7. I am attracting positive energy into my body.
8. I am free of anything that weighs me down.
9. I have everything I need for a happy life.
10. I have the ability to overcome anxiety.
11. I am safe and in control.
12. The feelings of panic are leaving my body.
13. My mind is clearing and I am in control.
14. I am freeing myself from stress.
15. I am relaxing each part of my body.
16. I am ridding my mind of negative thoughts and filling it with positive ones.
17. I am more and more calm with each deep breath I take.
18. I am now in control.
19. My body is calm.
20. All is well in my world.

Take one or two of these affirmations, or make up some of your own and say them to yourself regularly throughout the day. Pin them up somewhere that you can see them.

Being positive and using affirmative statements can change your life dramatically in a great way. Like most things, it will get easier each time you do it.

A Poem

Written by Bev Donato
Hilltop Resident

*I am someone who is new.
Since major life events imploded on me,
My family dispersed or gone literally to
distant shores.
A new stage, an untrusting heart, a weaker body,
Simply not as sure of myself than I used to be.*

*I am someone new.
Deep below my slightly wrinkled skin and psyche
Lives creative thoughts and idealistic tendencies
Combined with energy, intense urges and
memories.
This vision is somewhat softened, blurred,
somewhat scared.
Nothing stays the same for very long.
A very real grown-up thought I don't much like.
But I do know I haven't stopped growing yet.
This someone who is new...*

*So many milestones, chapters in my book.
Some pages are comfortable to drift back to.
Others filled with pain and self doubt.
We all remember the past a little differently
In a variety of shades, colors, textures and tones.
My dad told me that pale pink apple blossoms
Popped open the sunny morning that I was born
into the light.
I can see the day, I can see the light.*

*My Art is becoming someone new.
I want it to be a deep piece of me,
Not just a mirror image of the creator's
great scapes.
I want my visions to be filled with passion, bliss
and mystical beauty.
I want to give my work enough time
So that it becomes as smooth as a stone
Polished in a rough stream of fresh, cold waters.
The water has been my healing force
It's reflected images are an opening to my soul.
I am someone new.
I don't have to hold on to the past so tightly...*

Letter from the Editor Traci Gelgood Assoc. Marketing Director

“Stay home, stay safe, stay healthy”!

That’s what we keep hearing, and so far, it’s working! Here are some things other people are saying:

“Half of us are going to come out of his quarantine as amazing cooks. The other half will come out with a drinking problem...”

“I used to spin the toilet paper like I was on Wheel of Fortune. Now I turn it like I’m cracking a safe...”

“I need to practice social-distancing from the refrigerator...”

“I’m so excited – it’s time to take out the garbage. What should I wear?”

“I don’t think anyone expected that when we changed the clocks, we’d go from Standard Time to the Twilight Zone...”

“This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house and told my dog. We had a good laugh!”

And as I always say --

Stay happy, healthy, and safe!