

**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

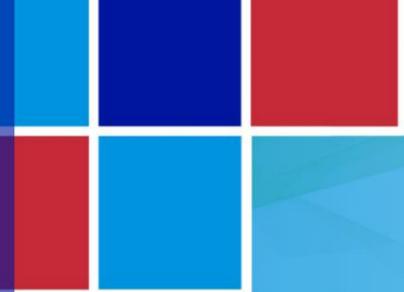
**Grass Valley Police
477-4600 (non-emergency)**

July Birthdays

- Patty Skeahan.....July 9
- Merle Rasmus.....July 15
- Mary Corder.....July 19
- Carolann Aragon.....July 31

July Anniversaries

- Jo Todd.....1 year
- Joyce Wynne.....1 year
- Janice Klein.....2 years
- Terri Roman.....3 years
- Doris Moore.....5 years
- Dorothy Barrick.....6 years
- Bill McKinney.....15 years



July Newsletter

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



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

Hot dogs, fireworks and sizzling weather...welcome to July!

With the temperatures on the rise, it's the perfect time to talk about staying hydrated. Water is so important year-round but especially during the summer months. It is amazing how much water we lose on a daily basis and this is only multiplied when the weather gets warmer. Unfortunately, this summer we will not have our "hydration station" available in the common area, so you might want to make sure your water bottle is filled and ready to go.

Be sure to check out this month's Mindful Scoop insert for more information on the importance of staying hydrated.

Happy 4th of July, everyone!

"Mosquito is out,
it's the end of the day;
she's humming and hunting
her evening away.
Who knows why such hunger
arrives on such wings
at sundown? I guess
it's the nature of things."

- N.M. Boedecker, *Midsummer Night Itch*



Celebrating July

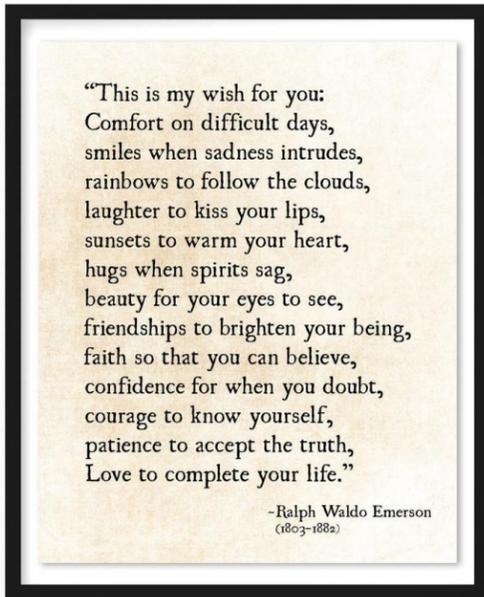
Saturday, July 4th

Independence Day





**Marketing Minutes
By Sue Hudson
Marketing Director**



Looking forward to seeing everyone after this pandemic is over!
In the meantime, hang in there ...the BEST is yet to come!

Sue



Activity Corner

HAPPY 4TH OF JULY!

Land of the brave & home of the free ...unless we are dealing with COVID-19! Yes, this 4th of July will be different; we are not feeling as *free* as we did just a few months ago, and perhaps nervous about all the unknowns that lie ahead. So, **it's up to us** to keep a healthy mind and positive attitude as we navigate through the pandemic.

“When you move your body, you increase endorphins, and we all need endorphins right now to help our mental state. Don't over think it. Just move!” -Sasha Shillcutt, MD

You can move while in your apartment, even while seated; lift your legs, rotate your ankles, move your arms in circles, take deep breaths to fill your lungs, ...all of these things will help you feel better! When the weather permits, take advantage of our wonderful walking path, the fresh air will do you good! It's safe and fun, keep your eyes open for the painted rocks!

Enjoy the warm weather, drink lots of water, keep movin' and keep smilin'. And be brave ...this too shall pass.

I'm proud to be an American!

A Fight for Women's Rights



On July 19, 1848, hundreds of women converged upon the Wesleyan Chapel in Seneca Falls, New York, to attend what was billed as the Women's Rights Convention. Organizer Elizabeth Cady Stanton had brought women together to fight for the social, civil, and religious rights of women.

Stanton was a well-educated woman who worked alongside her husband as an abolitionist. While attending an anti-slavery conference in London, Stanton met Lucretia Mott, and the two women discovered that they also shared a disgust for the unequal treatment of women in society. The two friends kept in touch, and eight years later they enjoyed the fruits of their labors: the convention in Seneca Falls. Stanton opened the convention with a stirring speech:

“We are assembled to protest against a form of government, existing without the consent of the governed—to declare our right to be free as man is free, to be represented in the government which we are taxed to support, to have such disgraceful laws as give man the power to chastise and imprison his wife, to take the wages which she earns, the property which she inherits, and, in case of separation, the children of her love.”

Stanton, Mott, and others had penned their Declaration of Sentiments, a rewriting of the Declaration of Independence that added the words *woman* and *women* throughout. The document also listed 18 grievances highlighting the disempowerment of women in society. Attendees discussed and passed 11 resolutions on women's rights, resolutions that demanded women be held as equals to men in the eyes of the law and society. Ten of the 11 passed unanimously. The ninth resolution, which demanded the right to vote for women, struggled to pass. It took stirring speeches by Stanton and fellow abolitionist Frederick Douglass to muster support. The Seneca Falls convention remains a watershed moment for women's rights, a struggle that continues to this day.



**Letter from the Editor
Traci Gelgood
Assoc. Marketing Director**

Just for fun...

“When I say ‘the other day’, I could be referring to anytime between yesterday and 15 years ago...”

“I remember being able to get up without making sound effects...”

“I had my patience tested. I'm negative...”

“I don't mean to interrupt people. I just randomly remember things and get really excited...”

“It's the start of a brand new day, and I'm off like a herd of turtles...”

“Have you experienced that moment when walking into a spider web suddenly turns you into a karate master?”

“The older I get, the earlier it gets late...”

**Hang in there, everyone!
“Stay happy, healthy, and safe!”**

