

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)



***“Our mind is a garden,
Our thoughts are the seeds,
You can grow flowers or
You can grow weeds.”***

September Birthdays

Jeanette Haire.....September 10
Ed Hayden.....September 13
Dorothy Morgan.....September 14
Leo Licari.....September 17
Bev James.....September 17
Jayne Brown.....September 18
Bev Donato.....September 23
Annette Aurrecoechea...September 30

September Anniversaries

Phil & Helen Hale 1 year
Joyce Towell 2 years
Mary Drake 4+ years
Patty Skeahan 4 years
Peggy Boss 5 years
Barbara & Leo Licari 6 years



September Newsletter

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



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



Think it's too late to "reinvent" yourself? Think again.

Nothing stays the same forever. In a world where things are always changing, sometimes you have to think about who you are and where you're at. You can decide whether or not it's time for a refresh or a total change in direction.

The month of September is Healthy Aging Month, an annual health observance designed to focus national attention on the positive aspects of growing older. According to Carolyn Worthington of Healthy Aging, September is a great month to take stock of where you've been and where you'd like to go to improve your physical, mental, social and financial well-being.

To get you started on reinventing yourself, the following are some ideas from the editors of Healthy Aging Magazine.

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Don't keep looking in the mirror, just FEEL IT!
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.
3. Have negative friends who complain all the time and constantly talk about how awful everything is? It might be time to change friends. Surround yourself with energetic, happy, positive people of all ages and you will be happier, too.
4. Walk like a vibrant, healthy person. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? Make a conscious effort to take big strides. Walk with your heel first and wear comfortable shoes.
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Practice it every day, all day until it is natural. You will look great and feel better.
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Go to the dentist regularly.
7. Lonely? Stop brooding and complaining about having no friends or family. Pick up the phone and make a call. Just reach out! Your friends and family will be happy you did.
8. Start walking. Stretch your muscles.
9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, you can stop worrying about ailments for a while.

“Don't ever feel like your best days are behind you. Reinvention is the purest form of hope. Make today your best yet.” – Phil Wohl

Celebrating September

**Mondays and Wednesdays
Outside Exercise**

**Tuesdays and Thursdays
Outside Gigong**

**Mondays, Tuesdays, &
Thursdays
Outside Bingo**

**Thursday Afternoons
“Thirsty Thursdays”
Beverages and Snacks delivered
to your doors**

**Friday Afternoons
Outside Entertainment**

All activities are weather permitting

Activities are limited to 12 people and sign-ups are required

Masks are required



Marketing Minutes By Sue Hudson Marketing Director

September is the month to honor seniors!

The cooler days of September are here, and there is plenty to celebrate, starting with **Grandparents Day on Sunday, September 13!** Call your family and share your wisdom, perspectives, and civic values. Look for ways to help children and young adults become aware of the strength, information and guidance older people can offer. If you can't visit your loved ones in person, call, or send a card or letter because YOU have a lot to share! This month consider writing down your family memoirs and stories, they will be fun to think about and will be enjoyed by your family for decades to come!

September is also **Healthy Aging® Month**, an annual health observance designed to focus national attention on the positive aspects of growing older. You're never too old to try out a new fitness plan in your apartment, recommit to eating better, drinking more water and reducing your stress.

We celebrate all the residents at Hilltop Commons, not just this month, but **every** month because YOU are the reason we enjoy our work here!

Please take good care of yourself and

HAPPY GRANDPARENTS DAY!

Sue

**Letter from the Editor
Traci Gelgood
Associate Marketing Director
Temporary Activities Director**

***“IF YOU CANNOT DO GREAT THINGS,
DO SMALL THINGS IN A GREAT WAY”***

First of all, I want to thank you for following the guidelines set in place to keep everyone safe and healthy. I know sometimes it's a challenge, but it's so important right now!

We have scheduled several events outside for you to enjoy (sign-ups are required since we are limited to 12 people per event). We are having exercise outside on the patio (weather permitting). Regular exercise is on Mondays and Wednesdays, and Peggy Boss teaches a Qigong class on Tuesdays and Thursdays.

We also have Bingo on Mondays, Tuesdays, and Thursdays on the patio. If you are interested in joining in the game, please contact me and I'll give you the details!

We are bringing back Friday entertainment on the patio (again, weather permitting). We have several musicians lined up, and I already have a list of those of you who originally signed up. I will be notifying you individually of your dates and times.

Please remember that for all activities you must wear a mask, and we are limited to 12 people at a time with social distancing required.

Looking forward to seeing you during morning coffee service, at activities, and especially during Thirsty Thursdays when we bring around the cart with drinks and snacks to your door!

Stay happy, healthy, and safe!

Culinary Corner

Hello September!! Monday September 7th is Labor Day, and we will be celebrating with a BBQ brunch. Pork ribs, corn on the cob, potato salad and watermelon will be served. For dinner, we will be serving hot dogs, baked beans, potato chips and fruit. I hope you all are aware of the alternative menu options. Please ask your hallway server any questions you may have. You can always call the kitchen also. We are here to serve you.

I just wanted let all of you know how much the kitchen staff and myself appreciate you all. We love to see you every day with smiles on your beautiful faces. Hearing your jokes and stories really brighten up our days. We have a great kitchen staff that is very helpful and kind. So, a big thanks to everyone here at Hilltop. Thank you for being you!

Sincerely,

Chef Jammie Barquilla

Kitchen #272-8254

The Autumn Harvest

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning “equal,” and *nox*, meaning “night,” for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September's full moon to denote the importance of the harvest. September's full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the “Moon When the Plums Are Scarlet,” denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month's various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!