

**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)

August Birthdays

- Bill Lawrence.....8/1
- Rena Scharf.....8/3
- Betty Geach.....8/8
- Susan Laureyssen.....8/9
- Judy McBride.....8/10
- Matt Herman.....8/27

August Anniversaries

- Carol Aragon.....1 year
- Mimie Dudek.....2 years
- Nina Schott.....4+ years
- Bettie Ferry.....6 years
- Jack Sullivan.....7 years
- Anne Brett.....12 years



August Newsletter

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



Keeping Our Cool

The so-called “dog days” of summer stretch from mid-July into mid-August. Today, many people believe that we call these the dog days because we all feel as hot as a dog, or that the heat of the day is enough to make a dog go crazy. But to discover the real explanation behind the dog days, look to the night sky. This period earned its canine moniker during the age of ancient Greece. Mid-July coincided with the rise of the constellation Canis Major, the Greater Dog, which features the brightest star in the night sky, Sirius, also known as the Dog Star. During this time, Sirius rises just before the sun. No wonder the word *sirius* means “scorching” in Greek. The Dog Star was believed to be a harbinger of drought, plague, lethargy, fever, thunderstorms, and bad luck. Lucky for us, modern technologies have given us plenty of ways to beat the heat. Perhaps the Greeks and Romans would have thought differently about Sirius if they had air conditioning?

It is no coincidence that Air Conditioning Appreciation Days overlap with the dog days of summer, because for many this invention is the greatest source of relief from the oppressive heat. It was during the dog days of 1902 that Willis Carrier invented the first air conditioner. He did not set out to create artificial cooling but rather a machine that could lower humidity. A printing company came to Carrier with a problem. During summer, high humidity would wreak havoc with their color printing. Carrier designed a system of chilled coils, fans, ducts, heaters, and temperature controls that not only lowered the humidity inside the printing plant but created cool artificial breezes! Carrier’s new industry changed the world.

Air conditioners did not become widely available to the public until the 1960s, but once they became common in homes, heat-related deaths decreased by 80%. Talk about life-changing! Air-conditioning cools more than air; it cools our tempers, too. Research shows that heat increases aggression, while air-conditioning actually helps calm us down. It may be much easier to enjoy Relaxation Day on August 15 with the air-conditioning on!

Marketing Minutes By Sue Hudson Marketing Director

Like everything else during the pandemic, life as your Marketing Director is a little different now. I have new challenges and new ideas to bring into fruition. It's challenging and exciting to be actively thinking of creative ways to market Hilltop Commons during COVID-19.

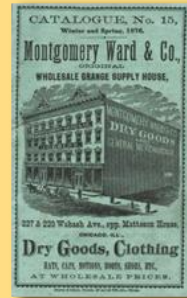
Since Traci and I can't presently give tours like we use to, we are learning how to create "virtual video tours." We are learning how to create fun, interesting and effective video tours. They will be posted on our website, on Facebook and best of all, we can send them to anyone with a smart phone or email address!

We currently have apartments available, so if you have someone in mind that might enjoy living at Hilltop, please let us know and we will send them our new virtual tour videos and "show them around." 🤗

Please stay safe and healthy!
Have a wonderful summer,
Sue



Mighty Mail-Order



On August 18, 1872, Aaron Montgomery Ward mailed out a catalog detailing the wares he had for sale at his dry goods business in Chicago. His 8 X 12-inch pricing sheet was the world's first mail-order catalog. Ward believed that people living in rural communities

wanted city goods and that he could provide them at an affordable cost. He mailed his goods from Chicago to rural train stations, where customers could pick them up. Country folk loved the wide selection of goods Ward was able to offer, and his idea gathered steam over the next few years. Rural retailers tried to thwart his success by burning the catalogs, to no avail. By 1883, Ward's modest pricing sheet had become a 240-page "Wish Book" filled with 10,000 items. Ward had become the titan of the mail-order business.

Drink More Water

The National Academy of Science recommends males drink 13 cups of fluid and females drink 9 cups of fluid a day to stay properly hydrated. Water is not the only fluid that will keep you hydrated- milk, juice and even coffee provide you with the valuable fluid you need.

Why is it important to stay hydrated?

- *During hot weather, it is important to increase your fluid intake – regardless of activity level.*
- *Adequate hydration replaces and maintains the fluid our bodies need to function properly.*
- *Mild dehydration can impair your ability to concentrate, impair short-term memory, cause fatigue and decrease cardiac output.*
- *Water helps cushion joints, keeps muscles working properly and preserves skin elasticity.*

Culinary Corner

Hello Hilltop Family! It's another hot August, folks. I want you all to remember to stay hydrated and drink lots of fluids during these hot days. I have seen a lot of you walking around the building trying to get out and enjoy the sunshine. It is important to stay hydrated throughout the summer on the hot days, so I encourage you to please keep drinking water.

I have heard a lot of good feedback about the food. Please remember to tell your hall waitress if you need anything or have any special requests, for instance gravy on the side, no gravy, or extra gravy. Maybe you are not getting enough food and would like a larger portion, or maybe it's too much food and you'd like a smaller portion? Whatever it may be, please let us know so we can accommodate your needs. We are just a phone call away. **Kitchen # 530-272-2854**

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

Sincerely,

Chef Jammie Barquilla

Kitchen #272-8254

Only You

During World War II, Japanese submarines bombed a California oil field and nearly triggered a massive forest fire. This prompted the Forest Service to run ads in conjunction with the War Advertising Council that read, "Another Enemy to Conquer: Forest Fires" and "Careless Matches Aid the Axis." Disney had just released the hit *Bambi* and allowed the young animated deer to be used as a mascot. Then, on August 9, 1944, the U.S. Forest Service retired Bambi and adopted Smokey Bear as its new mascot, wearing his trademark Ranger's hat and blue jeans and carrying a shovel. Soon, every camper in America knew about Smokey and his mission to prevent forest fires.



In 1950, a manmade fire swept through Lincoln National Forest in New Mexico. While trapped by the flames, twenty-four firefighters found a lone black bear cub clinging to a smoldering tree. All survived, and the rescued cub was named

Smokey. He was moved to the National Zoo in Washington, D.C., where visitors could meet the real-life Smokey Bear, learn his story of survival, and understand the horrible dangers forest fires pose to both wildlife and society.

Over the decades, Smokey's message has sunk into the consciousness of America. The average amount of forest consumed by fire fell steadily each year, from 22 million acres in 1944 to 6.6 million in 2011. Americans understood the dangers and destructiveness of forest fires and that fires could often be prevented.

But has all this fire suppression been counterproductive? Some argue that fire suppression has led to a buildup of dead trees and dried underbrush, creating a fuel to feed catastrophic blazes. We now know fires are a natural part of a forest's life cycle, important for its growth and renewal. What does this mean for Smokey Bear and his messaging? Perhaps it means that the best way to help our forests is to keep learning about them.