

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
Gold Country Cab: 274-8294
Fast Taxi: 477-7766
Grass Valley Police
477-4600 (non-emergency)

October Birthdays

Arleigh Snyder.....October 15
Nancy Boling.....October 28

October Anniversaries

Mary Putnam.....2 years
Merrill Putnam.....2 years
Nancy Boling.....6 years
Shirley Hamilton.....7 years



October Newsletter

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



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

Read any good books lately?

Getting lost in a good book is an enjoyment for many people. More than just entertainment, reading has been shown to be good for your health.

Boosts brain power. Much like exercise for the body, reading a book is a workout for the brain. Critical thinking is required to process the text, make connections between chapters and retain information. This forges new pathways in the brain, which can help protect against cognitive decline.

Increases empathy. When immersed in reading, especially a fiction story, we are likely to identify with the characters and their emotions. This may help us better relate to people in real life.

Promotes sleep. A bedtime routine that includes reading with dimmed lights sends a signal to wind down. Physical books work best at night since the glare from digital devices can disrupt sleep.

Reduce stress. A page turner often transports the reader to another world, providing a break from worries.

I have a mother that loves reading. She read to me and my sister every night. Our favorite books were written by E. B. White and she would read at least one chapter before tucking us in, sometimes more if we promised to go immediately to sleep after. My mom instilled in both of us a thrill of going to the library and picking out a pile of books and racing home to crack them open. I still love reading to this day. I now enjoy most of my books through an online app where I can listen to them during my one hour morning and evening commute. I also keep plenty of books on my nightstand, always ready to take me on a new adventure in a far off land. Thanks, Mom!



October Activities

**Mondays and Wednesdays
Outside Exercise
9:00 am and 9:30 am**

**Tuesdays and Thursdays
Outside Qigong
9:00 am and 9:50 am**

**Mondays, Tuesdays, &
Thursdays 1:00 pm
Outside Bingo**

**Wednesdays 1pm
Inside Rock Painting**

**Thursday Afternoons
"Thirsty Thursdays"
Beverages & Snacks delivered
to your doors**

**Wednesday, October 14th
Flu Clinic (on patio)**

**MASKS ARE REQUIRED FOR
ALL ACTIVITIES**

**SPACE IS LIMITED AND
SIGN-UPS ARE REQUIRED**

**PLEASE CALL THE OFFICE TO
SIGN UP!**

**All activities are weather
permitting**



**Marketing Minutes
By Sue Hudson
Marketing Director**

Was I a Trick or Treat? That is what my parents asked me every year as I grew up because I was adopted on October 31, 1957, a Halloween my Mom said she would NEVER forget! As a brand-new mom, trying to juggle the trick or treaters and a hungry new baby, she burned the formula she was stirring on the stove three times before she got it right.

On my 40th birthday, I was on a cruise with friends who gave me a letter my folks had written, revealing that I **was** a treat! Phew! After 40 years, what a relief! Although my parents have passed, I continue to celebrate my adoption day because, thanks to them, I feel like I have a second birthday, only better.

Why is that important to marketing? Heck if I know, I just wanted to share the story 😊

Traci and I are starting to receive a lot of phone calls, retired folks interested in moving to a senior community like Hilltop. They are looking for relief from the stressful and difficult job of safely navigating in the world right now. They realize a senior community will simplify their lives and relieve them of many of their daily worries, like safely going to the grocery store.

Our slogan “Worry less – Smile more” is even more relevant in today’s troubled world. Traci and I are excited we can now safely move folks in, allowing more seniors to worry less and smile more!

Try to think about all the blessings in your life, instead of all the troubles in the world; you’ll feel better and sleep better.

Happy Fall!
Sue

**Activities Staff
By Traci Gelgood
Acting Activities Director
Assoc. Marketing Director**



Happy Fall!

We have some exciting news! In addition to the regular activities that we have been implementing outside (weather and smoke permitting), we will be adding some new activities for you to enjoy! We will be offering **rock painting** that will be done indoors in the common area, and we will also be bringing around a “library cart” with books and puzzles for you to enjoy (once a week). And as the weather gets cooler, we will be offering opportunities for additional programs to be held indoors, such as exercise and bingo for starters.

We will be limited to two indoor activities per day, and they will be spaced out so that proper sanitizing measures can be followed.

Please remember, we must always follow health and safety guidelines and policies at all times. We must always maintain at least six feet of social distance. Masks are required at all times. And activities are limited to 12 people, so sign-ups are required.

Please call the office at 530 272-5274 to sign up for activities, or to get more information and details!

We look forward to seeing you at our events!

Stay happy, healthy, and safe!



Culinary Corner

October is a great time of year. It is finally cooling down and all the trees are changing.

And the menu is changing to accommodate the weather change. You will see some new items on the menu for these cold winter months. We have chili, stews, hot turkey sandwiches and corn bread. These are some of my favorite choices and I hope you will enjoy them too. We will be trying some new desserts that I think you will like, and we have some nice surprises coming your way as well; some fun little treats for you that are not for brunch or dinner.

Please remember you have other options to choose from. Please let your server know if you’d like an alternate meal when they are taking your order, or anything special, such as sauce on the side, no vegetables, etc.

ALTERNATIVE BRUNCH

- Cheese omelet with toast & fruit
- Scrambled eggs with toast & fruit

ALTERNATIVE DINNER

- Ham, turkey, egg salad & BLT sandwiches with chips & fruit
- Hot dog with chips & fruit
- Cottage cheese & fruit plate
- Baked potato with butter, sour cream, cheese and green onion, served with fruit
- Chicken salad served on a bed of lettuce with sliced egg, tomato, cucumber & cheese with ranch dressing

If you have changed your mind after we have taken your order, and want an alternative dinner after all, please call the kitchen and let us know **before 2 pm**. Thank you.

Sincerely,
Chef Jammie Barquilla

Kitchen #272-8254

**Letter from the Editor
Traci Gelgood**



Thought for the day...

