

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)

November Birthdays

Marilyn Bishop.....11/5
Dorothy Barrick.....11/10
Jan Leonhard.....11/10
Bob Whitney.....11/15
Mary Putnam.....11/21
Ellie Saunders.....11/25
Dee Sutton.....11/27

November Anniversaries

Dee Dee Bicocca.....1 year
Jeanette Haire.....1 year
Judy McBride.....1 year
Shirlee Shaman.....1 year
Susan Laureyssen.....2 years
Joan Elmore.....3 years
Merle Rasmus.....3 years

November Newsletter

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



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

Cheers to Hope!

Most people hope for something. The big things: an end to the pandemic, their candidate to win the presidential election, a better future for their children. They hope for tangible things: a bigger paycheck, a safe home, good health. People also hope for love, respect and to feel seen.

Recent polls show that while most Americans remain at least somewhat hopeful about the future, hope is being tested. Suffering and division are ever-present and there doesn't seem a clear path forward. But psychologists say hope is not a luxury. For mental health, it's a necessity.

Not only does it make life more enjoyable but hope also provides resilience against things like post-traumatic stress disorder, anxiety, and depression. Hope offers chemical benefits too, in the form of endorphins and lowered stress levels.

Matthew Gallagher, an Associate Professor of Clinical Psychology at the University of Houston published a study in 2013 where he and other researchers looked at whether people expected their lives five years in the future to be good or better than their current ones. The study included more than 100,000 people from over 100 countries and found that worldwide, people tend to have positive expectations for the future. People often believe it can be as good or equal to the present.

According to Gallagher, "Hope is compelling because it is universal. It crosses all human boundaries: age, race, class, gender, ethnicity, and religious, political, or any other persuasion. Everyone needs it, and almost everyone exhibits at least some measure of hope if they have made it as far as this day."

"It's a resource that even people who are facing all kinds of obstacles are able to maintain and are able to rely on to cope with all kinds of different stressors," he said. "Hope brings oxygen into our consciousness," Gallagher said. "If we generate hope then we are motivated. We're motivated to act because we feel that there's possibility that the outcome that we want might happen. If we don't have hope, where do we find motivation?"

When we help others remain hopeful, we in turn see that we are constantly motivating ourselves to stay hopeful as well. Being a positive influence on the world around you will inspire and motivate people to stay hopeful in their goals. They will realize that things may not be as bad as they may appear. It will help others to keep up with their actions applied toward their hopes. Each one of us has the capacity to influence each other to stay hopeful.

I encourage you to be helpful and hopeful towards one another. You never know just how much you may change someone's life.

November Activities

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

Tuesdays and Thursdays
Outside Qigong
9:30 am

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

Wednesdays 1pm
Inside Rock Painting

Wednesday afternoons
Library Cart door-to-door

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

MASKS ARE REQUIRED FOR ALL
ACTIVITIES

SPACE IS LIMITED AND
SIGN-UPS ARE REQUIRED

PLEASE CALL THE OFFICE TO
SIGN UP!

All activities are subject to change
due to weather and
other scheduling issues 😊

hope

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- Nikki Banas

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Marketing Minutes By Sue Hudson Marketing Director

Sometimes we look for the silver lining ...sometimes we have to create it. Below is a poem by Kitty O'Meara and she suggests social distancing could be taken up by purposeful activities such as dancing, exercise and self-reflection. Perhaps something other than darkness could come from isolation...

Untitled by Kitty O'Meara (2020)

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

November is a month to be grateful for what we have and thankful for the people in our lives.

I am so thankful for you, and our wonderful Hilltop Team!

Stay safe, stay healthy, and stay hydrated,
Sue



Activities Stuff By Traci Gelgood Acting Activities Director Assoc. Marketing Director

As we enter into the fall and winter months, we plan to bring some activities indoors. We will do it safely, with restrictions in place, in order to keep everyone healthy. We want to do as much as we can to keep everyone happy and engaged, and bring as many activities to you as possible, but our priority must remain keeping everyone healthy and safe. We will keep you posted!

In the meantime, you can enjoy exercise, Qigong, and Bingo outside, Rock painting inside, and the door-to-door coffee service Monday through Friday mornings, the door-to-door library cart on Wednesday afternoons, and the door-to-door "Thirsty Thursdays" on Thursday afternoons.

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.

If you are interested in signing up for any of the activities, or if you have any questions, please call the office at **530-272-5274**.

Stay happy, healthy, and safe!

Culinary Corner

It's the Holiday season again and here comes Thanksgiving, just around the corner! This year, like everything else, Thanksgiving dinner will be a little different. No worries, my staff and I will be preparing a most delicious turkey dinner with all the trimmings for you, but this year we will be delivering it to your apartment around 11:00AM. I'm sure you understand that we cannot have any guests for our Thanksgiving meal this year, sorry. I know a lot of you might go visit your family or friends to enjoy Thanksgiving dinner with them, and that's wonderful, please just let us know.

We will be providing you with a Thanksgiving Day meal sign-up card and ask you return it to a server or the office by Thursday Nov. 12th!

On Thanksgiving Day, Thu. Nov. 26th, the kitchen staff will be leaving at 2:00PM so your evening meal will be delivered with your Thanksgiving meal around 11:00AM. If you are not home to receive your evening meal, please call the office (272-5274) upon your return and arrange a time for you to pick it up.

We appreciate your patience as the staff is doing everything we can to keep you all safe and healthy!

If you have any questions, please call the kitchen 272-2854.

Happy Thanksgiving to my Hilltop family!



Sincerely,

Chef Jammie Barquilla

Kitchen # 272-2854



Letter from the Editor Traci Gelgood

