

**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)**

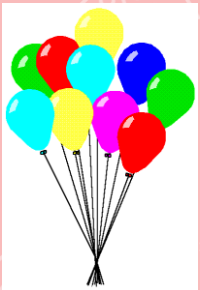
[www.raystoneseniors.com](http://www.raystoneseniors.com)

**February Birthdays**

Pat Thomas.....2/3  
Babe Ludlum.....2/12  
Anne Brett.....2/21

**February Anniversaries**

Eldha Amezcua      1 year  
Bill Lawrence      1 year  
Ed Hayden      8 years



# February Newsletter

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

**February Activities**

Mondays and Wednesdays  
Exercise 9:30am  
Common Area

Tuesdays and Thursdays  
(Fridays and Saturdays TBA)  
Qigong 9:30am  
Common Area

Mondays, Tuesdays, and  
Thursdays  
Bingo 1:00pm  
Common Area

Wednesday afternoons  
Library Cart  
door-to-door

Thursday afternoons  
"Thirsty Thursdays"  
door-to-door

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

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



Traditionally, February is the month where we celebrate romantic relationships with candy, flowers and send heartfelt messages of love to our beloved...however...

There are often other kinds of love and relationships that too often get ignored. In particular, we rarely hear about platonic love, or the importance of friendship for a person's health and happiness. That's why this year, on Valentine's Day, and the days that follow, I've decided to focus on friendship, making an effort to value the people and relationships in my life.

According to science, friends can make us happier, healthier and yes, even more beautiful. Friends can literally make you healthier.

Many studies have shown the positive benefits of friendship on social, emotional and physical well-being. Having a strong circle of friends can be a good boost for hearts and can help the body's autoimmune system resist disease.

When life doesn't go as planned, our friends are there to help us pick up the pieces. While they probably can't make all your stress go away, they certainly reduce it.

In a study published in the *Journal of Experimental Social Psychology*, participants estimated a hill to be less steep when they were accompanied by a friend than when they were alone. The longer the friends knew each other, the less steep the incline seemed.

I've heard it said that to have a friend you must be a friend. I encourage all of us to make as many friends going forward as possible and, in return, to be a true friend to anyone who needs one.

*"All you need is love. But a little chocolate now and then doesn't hurt. I think friends like you are pretty important, too." - Charles Schulz*



## Marketing Minutes By Sue Hudson Marketing Director



### February is National Senior Independence Month!

February is known as the month to celebrate Valentine's Day and commemorate Black History, but what you might not know is that February is also National Senior Independence month! Count your blessings and celebrate your independence this month at Hilltop Commons! Living at Hilltop gives you the independence & safety you want, without the worries!

Many seniors are lonely and wish they could live independently, without the stressors of daily housekeeping, yard work, shopping, cooking, cleaning, and piles of bills. If you have a friend who wants to smile more and worry less, tell them about Hilltop Commons. We have apartments available and can safely move folks in! PLUS, after they are settled in, you will receive \$500 off your rent just for referring them! That puts extra money in your pocket AND a good friend living close by 😊

Celebrate your independence by taking good care of yourself, staying safe and keeping healthy!

Love,

Your grateful Marketing Director,

Sue

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



Happy February!

We are hoping that things continue to get better, and as they do, we will be looking into adding a few more activities. But until that happens, we look forward to seeing you at the activities we currently have! Please be sure to look at the front panel of this newsletter for dates and times for the activities we currently have in place, such as Exercise, Qigong, Bingo, "Thirsty Thursdays", and the Library Cart.

**PLEASE CALL THE OFFICE TO SIGN UP FOR ANY ACTIVITY YOU WOULD LIKE TO PARTICIPATE IN, or if you need any further details!**  
**(530) 272-5274**

We will have some special treats for you on Thursday, February 11<sup>th</sup> to celebrate Valentine's Day.

Please note that Monday, February 15<sup>th</sup> is the Presidents' Day holiday, so there will not be any coffee service or Bingo that day.

And as always, thank you for wearing your masks whenever you leave your apartment.

**Stay happy, healthy, and safe!!**

## Culinary Corner



February is the month of LOVE. We can still love each other from 6 feet apart.

We will be celebrating Valentine's Day on the 14<sup>th</sup> with Valentine's brunch cart delivery service. We will be serving spaghetti & meatballs (as shown in Lady and the Tramp below), vegetable sauté and garlic bread, or strawberry French toast with sausage. Dessert will be cheesecake.

As you all know, we have been doing cart delivery for your meals for quite some time now, and I'm not sure when this is going to end. I do miss all of you dearly and can't wait until we can get back to normal. I know some of you have to leave when we are serving your hallway, so if you are going to be gone and want your meal when you get back, please leave a note on your door or give us a call and we will be happy to save your meal for you. You just need to pick it up in the kitchen when you get back home. If you don't let us know you want us to save your meal for you, unfortunately there won't be one available for you. If you have any questions, please let us know.

Thank you all for being you. See you soon!

Sincerely,  
Jammie Barquilla (Chef)

**Kitchen # 272-2854**



## Letter from the Editor Traci Gelgood



### Valentine's Day Trivia (submitted by Jayne Brown)

**Approximately 110 million roses, the majority red, will be sold and delivered within a 3-day time period.**

**About 1 billion Valentine's Day cards are exchanged each year. The largest seasonal card next to Christmas.**

**About 3% of pet owners will give Valentine's Day gifts to their pets.**

**73% of people who buy flowers for Valentine's Day are men.**

**The Italian city of Verona where Romeo and Juliet lived, receive about 1,000 letters addressed to Juliet every Valentine's Day.**

**The oldest known Valentine was sent in 1415 A.D. by the Duke of Orleans to his French wife while he was imprisoned in the Tower of London. It's on display in an England museum.**

**On Valentine's Day, chocolate manufacturers currently use 40% of the world's almonds and 20% of the world's peanuts.**

**15% of women send themselves flowers on Valentine's Day.**