

## Not the End of the World



In May of 1910, much of the world was in a panic. Halley's Comet—the celestial nomad that passes Earth every 76 years or so—was right on schedule to make its appearance. But its 1910 pass was forecasted to be especially close, so close that Earth would pass right through the comet's tail. Comets have long been considered harbingers of the end of the world, and 1910 was no different despite advancements in scientific thought and reason.

Much of the blame for the doomsday predictions has fallen on the French astronomer Camille Flammarion. When he spotted the comet in September of 1909, he published his observations thus: "The comet's tail is composed of deadly cyanogen and other gases, including hydrogen. If the earth should pass through his tail, either the hydrogen will ignite, blasting earth asunder in a gigantic explosion, or the comet gases will sweep aside our own atmosphere, reacting with the nitrogen to form the familiar laughing gas, nitrous oxide, and suffocating all animal life in a ghastly parody of death."

Flammarion was not alone in his dire predictions. Another astronomer worried that the comet "would cause the Pacific to change basins with the Atlantic, and the primeval forests of North and South America to be swept by the briny avalanche over the sandy plains of the Sahara, tumbling over and over with houses, ships, sharks, whales, and all sorts of living things in one heterogenous mass of chaotic confusion."

Of course, when Halley's Comet did make its closest approach to Earth between May 14 and 22, none of these fantastic catastrophes manifested. Instead, telescope sales skyrocketed, and Earthlings enjoyed spectacular views of the famous comet. One misfortune that did occur was the uncanny death of Mark Twain. Born under the appearance of Halley's Comet in 1835, he predicted his own death with the reappearance of the comet in 1910. Sadly, on April 21 of that year, his morbid prognostication came true.

### May Birthdays

George Kostik.....5/8  
Dee Dee Bicocca.....5/17  
Shirley DeSantis.....5/18  
Linda Vorpahl.....5/29  
Nancy Larson.....5/31

### May Anniversaries

Julie Martin.....1 year  
Wilma Bowen.....2 years  
Bev Donato.....2 years  
Matt Herman.....3 years  
Colleen Krebs.....4 years  
Dee Sutton.....7 years



### 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)

# May Newsletter

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



## From the Desk of Terri Howell Community Administrator

**Stay Positive!** Isn't that what we're all hearing these days regarding our current situation? What exactly does that mean and what is positivity anyway?

Positivity is a state of mind we would all like to achieve, but it isn't always easy. During a period of depression, loss or social distancing, having a positive mindset can feel impossible. Many of us are also skeptical about positivity. We ask ourselves if it's even possible to look on the bright side when there's so much negativity in the world.

Part of the problem could be that we're approaching positivity all wrong. Being positive doesn't necessarily mean being happy all the time or seeing the good in everything. In fact, the official positivity definition may surprise you. According to the Oxford English Dictionary definition, positivity is: "The *practice* of being or tendency to be positive or optimistic in attitude."

That's right. Positivity is a practice, not something you're born with. Positivity is a skill you get better at the more you do it. What's more, scientists are now learning that the power of positive thinking is more than just a buzzword – it can actually rewire our brains to rewrite trauma and overcome negative thinking patterns. Positivity is the act of training your brain to think and respond to situations calmly and optimistically. It takes time and a little effort every day, but the rewards can be life changing.

The definition of positivity is only helpful if you can put the words into action. Here are some steps to help you live a more positive life.

**Be Mindful.** Studies show that people who practice mindfulness are calmer, have better memories and are more creative than those who don't. This is because our brains are programmed by neural connections. Like working a muscle in the gym, the more you work on a particular neuron (e.g., positivity), the stronger it gets. The neurons you don't use will eventually disappear. This is how habits form. The following are some tips to help you become more mindful. **Observe your thoughts:** Try not to label them as "good" or "bad" or get too invested. Watch them pass like traffic in your mind. Don't try to stop them or intervene. **Do one thing at a time:** When you're eating, for example, just eat. Don't watch TV or listen to music or work on your computer. Focus on the tastes and textures of the food in your mouth. **Do nothing:** Every day, set aside 5-10 minutes to sit with yourself and just do nothing. No phone, no book, no TV, no music. Only you and your thoughts.

**Practice Gratitude.** Practicing gratitude is surprisingly simple. Find a time of day that suits you (the last thing at night works best) and write down three things for which you are grateful. You may choose something as small as a hot shower or the coffee you drank on your way to work, or as general as support from your friends and family. If you're unable to get out of bed due to mental or physical illness, be thankful that you have a soft pillow and a comforting space to rest and recover.

**Journal.** If you're going through a challenging time in your life, starting a positivity journal could help you achieve a happier mindset. You can keep your gratitude lists here, jot down inspiring quotes and collect images that make you feel good. When you're having a particularly bad day, you can look back at your positivity journal and know that there are things in life to feel good about.

By taking a few small steps each day towards positivity, we can re-train our brains to look for the good things in life. All we ever have is this moment – so why not make it the best it can be?

### Celebrating May

**Mother's Day (U.S.)**

*May 9*

**Memorial Day (U.S.)**

*May 31*

### ACTIVITIES

**Coffee Cart**

*Monday – Friday*

*8:45 am – 9:30 am*

*Dining Room Entrance*

**Exercise 9:30 am**

*Mondays – Saturdays*

*Common Area*

**Bingo 1:00pm**

*Mondays, Tuesdays, and*

*Thursdays*

*Common Area*

**Trivia 1:30 pm**

*Wednesdays*

*Common Area*

**Thirsty Thursdays**

*Thursday afternoons*

*Door-to-Door*

**Masks are required for all activities**

**Space is limited**

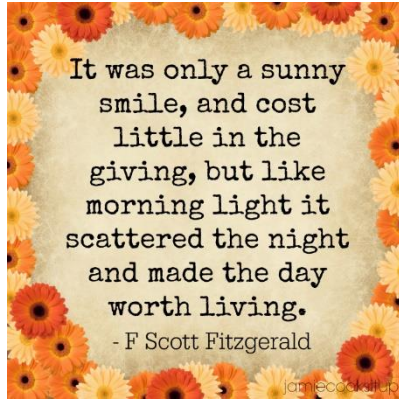
**Please call the office to sign up**

**All activities are subject to change**



## Marketing Minutes By Sue Hudson Marketing Director

### May is for smiling!



It is so wonderful to see your smiling, happy faces (even under your masks) when I am giving tours! Thank you for sharing your positive insight and feelings about Hilltop Commons in passing! Any salesperson can paint a picture about Hilltop, but YOU bring it to life and make it real!

Traci and I thank you for being so supportive as we show others what life can be like at Hilltop.

May will be a very busy month for us and we are up for the challenge, hope you are too!

Worry less and smile more! 😊

I'm here for you,  
Sue



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

Happy May!

Things are getting better in the county, and we are able to slowly and carefully start to open things up a little bit more! As we add in more activities, we still need to be mindful of wearing our masks, and to keep our social distances.

We will begin **TRIVIA** on **Wednesday May 5<sup>th</sup>**. It will be held in the **common area at 1:30 pm**. Please call the office to sign up if you haven't already put your name on the list.

We will let you know about new activities as they become available.

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



## Culinary Corner

Welcome May flowers!



It has been a pleasure seeing you in the dining room again! We encourage all of you to come down to the dining room to eat with your neighbors when it is your day to do so. We would love to see more of you take advantage of eating in the dining room again. It's nice to eat hot meals on real plates, and to be served by the dining room staff. We look forward to serving you in the dining room at brunchtime!

If you will not be eating in the dining room on your assigned day, please let the kitchen know so that we can deliver your meal instead.

We are planning a special meal on Mother's Day for everyone to enjoy! Happy May to everyone!!

Sincerely,

Jammie Barquilla (Chef)

**Kitchen (530) 272-2854**

## Letter from the Editor Traci Gelgood



*Happy Springtime!*

