

**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 (Van leaves at 10am)**

**SIGN-UPS ARE REQUIRED!**  
**Mondays and Wednesdays**  
**Shopping (Brunswick and Pine Creek)**  
**Tuesdays**  
**Doctor Appointments**

**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  
Larry King (Uber/Lyft) 808 652-2490  
Gold Country Cab: 274-8294  
Fast Taxi: 477-7766  
**Grass Valley Police**  
**477-4600 (non-emergency)**

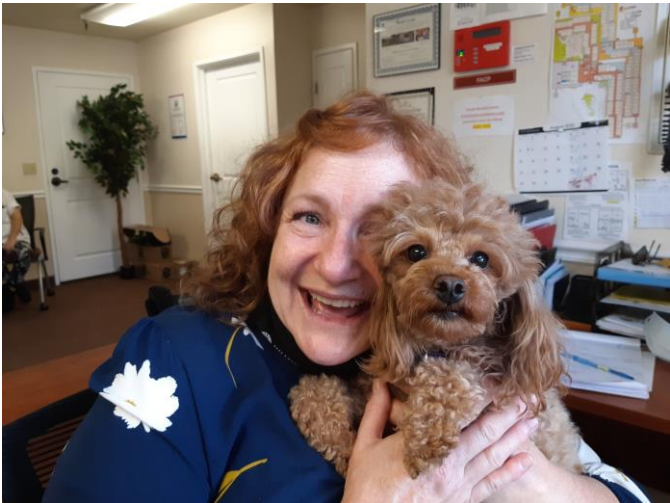
[www.raystoneseniors.com](http://www.raystoneseniors.com)

**September Birthdays**  
Jeanette Haire.....Sept. 10  
Ed Hayden.....Sept. 13  
Dorothy Morgan.....Sept. 14  
Leo Licari.....Sept. 17  
Jayne Brown.....Sept. 18  
Tina Linkul.....Sept. 29  
Annette A.....Sept. 30

**September Anniversaries**  
Joan Mayerle.....1 year  
Helen Hale.....2 years  
Joyce Towell.....3 years  
Patty Skeahan.....5 years  
Leo and Barbara Licari....7 years

**Welcome New Residents**  
Pat Kjose  
Rich and Tina Linkul  
Jane Anderson

**Welcome Returning Residents**  
Roberta Ostby  
John Wiebe



# September Newsletter

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



**Celebrating September**

**Labor Day**  
*Monday, September 6*

**Happy Hour**  
**Music - Cowboy Curt**  
*Thursday, September 9*

**Patriot Day**  
*Saturday, September 11*

**Grandparents Day**  
**Ice Cream Social**  
*Sunday, September 12*

**Yom Kippur**  
*Wednesday, September 15*  
(Begins at sundown)

**Blood Pressure Checks**  
*Tuesday, September 21*

**Services for the Blind**  
*Thursday, September 23*

**Happy Hour**  
**Music – Chris Crockett**  
*Thursday, September 23*

*Please check your activities  
calendar for details and times*

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



Think it's too late to "reinvent" yourself? Think again.

Nothing stays the same forever. In a world where things are always changing, sometimes you have to think about who you are and where you're at. You can decide whether it's time for a refresh or a total change in direction.

The month of September is Healthy Aging Month, an annual health observance designed to focus national attention on the positive aspects of growing older. According to Carolyn Worthington of Healthy Aging, September is a great month to take stock of where you've been and where you'd like to go to improve your physical, mental, social and financial well-being.

To get you started on reinventing yourself, the following are some ideas from the editors of Healthy Aging Magazine.

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Don't keep looking in the mirror, just FEEL IT!
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.
3. Have negative friends who complain all the time and constantly talk about how awful everything is? It might be time to change friends. Surround yourself with energetic, happy, positive people of all ages and you will be happier, too.
4. Walk like a vibrant, healthy person. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? Make a conscious effort to take big strides. Walk with your heel first and wear comfortable shoes.
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Practice it every day, all day until it is natural. You will look great and feel better.
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Go to the dentist regularly.
7. Lonely? Stop brooding and complaining about having no friends or family. Pick up the phone and make a call. Just reach out! Your friends and family will be happy you did.
8. Start walking. Stretch your muscles.
9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, you can stop worrying about ailments for a while.
10. Find your inner artist. Pick up a pencil or paint brush and discover your hidden talents.

"Don't ever feel like your best days are behind you. Reinvention is the purest form of hope. Make today your best yet." – Phil Wohl



## Marketing Stuff By Traci Gelgood Assoc. Marketing Director

Happy September!

We have had a lot of new people moving in, and I want to thank all of the current residents for making them feel welcome! You are always there with a smile, or a helping hand, or an answer to make things easier. It's often confusing for a new resident as they settle in, and we can all remember how we felt being new in any situation! We always encourage new residents to ask questions as they are getting familiar with the community and the details of living here. Of course, the office is always happy to help, and it's wonderful that neighbors are too! 😊

Thank you for being the best and most friendly residents in our community!!

Stay happy, healthy, and safe!!



## Activities Corner By Jammie Barquilla Activities Director

Hello Hilltop Family!! Thank you for all your help this last month. All your suggestions have been wonderful. We are trying new things to see what works and what we might need to change. Let me know what you like, and we can try it out. If it's not on the calendar it doesn't mean we can't do it. You are more than welcome to play games or do activities any time you like. You can get your own weekly card game going if that is something that interests you and your friends.

This month we will be celebrating Grandparents Day on Sunday the 12<sup>th</sup> with an Ice Cream Social at 2:30pm with our lovely Traci. I also have a couple of outings planned. On September 3<sup>rd</sup>, we will have an outing to get pedicures and have lunch at Asian Gardens Restaurant. On the 24<sup>th</sup>, we will be taking a drive around town and looking at what is going on in our beautiful community. I will have sign-up sheets in front of my office by the elevator if you would like to go. Space is limited, and sign-ups are required. I can only take 8 people per outing, so this will be on a "first come first served" basis.

Please look at your activities calendar! There will be coloring on Mondays, Poker on Tuesdays, Mexican Train on Wednesdays, Happy Hour on Thursdays and on Fridays we will be trying some new games in the common area. We have a lot planned! I hope to see you there. Don't be shy! 😊

Thank you for being you!!!

Your Activities Director,  
Jammie Barquilla

## Accidental Breakthrough

By many accounts, the Scottish physician Alexander Fleming was a rather careless and untidy lab technician. So when he left his laboratory for a two-week vacation to Scotland in 1928, perhaps it is unsurprising that upon his return he discovered that some of his petri dishes had been contaminated.



Fleming had been experimenting with influenza viruses and staphylococcus bacteria at St. Mary's Hospital in London. He was shocked to discover a "mould juice" growing on one staphylococcus plate. Even more surprising, after examining the

mold under a microscope, he found that it had prevented the growth of the dangerous bacteria. Quite accidentally, Fleming had discovered the world's first antibiotic: penicillin.

Fleming wrote, "When I woke up just after dawn on Sept. 28, 1928, I certainly didn't plan to revolutionize all medicine by discovering the world's first antibiotic, or bacteria killer. But I guess that was exactly what I did."

Yet by 1931, Fleming had ceased all study of penicillin. Luckily, two University of Oxford researchers, pathologist Howard Florey and biochemist Ernst Chain, continued his work. Unlike Fleming, Florey ran an impeccable and well-funded laboratory. The men knew that Fleming's *Penicillium notatum* strain could treat bacterial infections, but it could never be made in sufficient quantities to reliably treat those infections. Another serendipitous encounter would lead to the necessary breakthrough that made penicillin the world's foremost antibiotic.

Florey was in America trying to develop a method to mass-produce *Penicillium notatum* when a laboratory assistant named Mary Hunt arrived at the lab with a cantaloupe covered with a "pretty, golden mold." This was *Penicillium chrysogenum*, a strain that produced 200 times the amount of penicillin of Fleming's strain. At last, the antibiotic could be mass-produced. The discovery would win Fleming, Florey, and Chain the Nobel Prize.

## Happiness on the Wing

Bluebirds, with their striking plumage and warbling song, are a pleasant sight to behold. But in many cultures, a bluebird is more than just another pretty bird: It is a powerful sign that happiness is just around the corner. For this reason, September 24 is Bluebird of Happiness Day.



In many Native North American cultures, the bluebird is a symbol of prosperity, fertility, and hope. The Cochiti people of New Mexico believe that the bluebird is the first-born offspring of the sun, and to this day it sings at first light to wake us up. The Ojibwa spirit Nanabozho, while putting color into the world, had his paint stolen by bluebirds. As the bluebirds flew through a waterfall's mist, the paint was scattered to create a rainbow. Nanabozho liked it so much that he decreed that every time the sun touches the mist of a waterfall, a rainbow should appear.

The Chinese have revered the bluebird for millennia. During the Shang Dynasty, dating back to 1766 BC, a bluebird was considered the messenger of Xi Wangmu, the Queen Mother of the West. The goddess began life as a fearsome immortal but evolved into a protector fairy queen. The appearance of a bluebird meant that Xi Wangmu was protecting young women who chose to break from traditional family roles: singers, nuns, and priestesses.

The bluebird of happiness features so prominently in the folklore of the Lorraine people of France that it inspired a stage play called *The Blue Bird*. Throughout the 20th century, it was developed into a children's novel, an opera, and seven films.

Of course, bluebirds are not the only birds with symbolic significance. Owls have been associated with wisdom since the worship of the Greek goddess Athena. Eagles are symbols of strength, courage, and freedom. Ravens symbolize knowledge and act as intermediaries for the gods. Cranes are symbols of healing and hope. But amongst all birds, perhaps none is more lighthearted and joyous than the bluebird.