

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)

Tuesdays and Thursdays
Shopping (Brunswick and Pine Creek)

Wednesdays
Doctor appointments
(sign-ups are required in the lobby book)

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
 Larry King (Uber/Lyft) 808 652-2490
Grass Valley Police
477-4600 (non-emergency)
www.raystoneseniors.com



July Birthdays
 Patty Skeahan.....July 9
 Mary Corder.....July 19
 Carol Aragon.....July 31

July Anniversaries
 Jo Todd.....2 years
 Joyce Wynne.....2 years
 Terri Roman.....4 years
 Dorothy Barrick.....7 years
 Doris Moore.....7 years
 Bill McKinney.....16 years

Welcome New Residents
May and June
 Jo Butler
 Pat Picchi
 Jeannie Riel
 Ruth Valdez
 Jo Patterson



July Newsletter

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

From the Desk of Terri Howell
Community Administrator



Hot dogs, fireworks and sizzling weather...welcome to July!

With the temperatures on the rise, it's the perfect time to talk about staying hydrated. Water is so important year-round but especially during the summer months. It is amazing how much water we lose on a daily basis and this is only multiplied when the weather gets warmer. Unfortunately, this summer we will not have our "hydration station" available in the common area, so you might want to make sure your water bottle is filled and ready to go.

Happy 4th of July, everyone!

Be sure to check out this month's Mindful Scoop insert for more information on the importance of staying hydrated.

"Mosquito is out,
 it's the end of the day;
 she's humming and hunting
 her evening away.
 Who knows why such hunger
 arrives on such wings
 at sundown? I guess
 it's the nature of things."



- N.M. Boedecker, *Midsummer Night Itch*

Celebrating July

July 1st

Happy Hour
Celebrating
Independence Day
Music - Chris Crockett

July 4th

Independence Day (U.S.)

July 14th

Bastille Day (France)

July 15th

Happy Hour
Music - Sourdough Slim

July 20th

Blood Pressure Checks
(3rd Tuesday of the month)

July 21st

Water Day and Play
In the Courtyard

July 22nd

Sierra Services for the Blind

*(Check your Activities Calendar
 for further details and times)*



Marketing Stuff By Traci Gelgood Assoc. Marketing Director

Happy Summer! Exciting things are going on!! Things are buzzing with activity, and more people are coming in for tours. Life is getting back to somewhat normal, and social interactions are once again in vogue! It's been so nice to see your smiling faces again after they've been covered up for so long. And there is so much to smile about! People are moving in, new activities are being created, and we can all enjoy the things we have been missing for these past 15 months! Music, card games, restaurants, conversations, and especially friends and family.

I've even hugged a couple of people. 😊

Thanks again for all of your support while I was filling in doing the activities. I enjoy seeing everyone having fun!

Stay happy, healthy, and safe! ❤️



Activities Corner By Jammie Barquilla Activities Director

Hello Hilltop! I am so excited to be here with all of you. I am just finding my groove, so bear with me for just a bit longer.

Please make sure to look at the activities calendar. We have some old and some new activities going on. We are going to kickstart July with Chris Crockett at Happy Hour on July 1st at 2:15pm. This should be fun for everyone, he always gets us so pumped up!! Then we will have Sourdough Slim on July 15th for Happy Hour. He is very happy to be coming back to play for all of you.

In the courtyard on July 21st at 2:30pm, we are going to have a water day. This does not mean you have to get wet, but you can if you want to. I have invited the kitchen staff to come have a water balloon toss with us and I have some other games planned as well. I will have some small kiddie pools set up if you would like to take your toes for a swim and cool them down. You are welcome to join in the fun or just watch from the sidelines.

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. I hope to see you there. Don't be shy! 😊

Thank you for being you!!

Your Activities Director,
Jammie Barquilla

National Treasures

Since 1985, America has celebrated July as Park and Recreation Month, but America's dedication to preserving the nation's wild places goes back much further. It was in 1872 that President Teddy Roosevelt designated Yellowstone as America's first national park, and he would go on to protect over 230 million acres of land as national forests, monuments, and wildlife refuges.

As a child growing up in New York City, Roosevelt spent much of his time indoors, surrounded by concrete and steel and struggling for breath, due to debilitating asthma. It seems logical that Roosevelt would later prioritize the protection of nature. He escaped to the wilderness for fresh air and strengthened himself by trekking primeval forests and snow-covered peaks. Just as nature strengthened and inspired Roosevelt, he hoped that nature would do the same for his fellow Americans.

By every measure, Americans have fulfilled Roosevelt's dream. Each year, over 300 million people visit America's national parks. Since the creation of Yellowstone, the national park system has grown to 423 protected areas in every state, from the coast of Acadia in Maine to the redwoods of northern California, from the cliff dwellings of Colorado's Mesa Verde to the glacier-carved valleys of Alaska's Gates of the Arctic. And the park system continues to grow. At the start of the year, New River Gorge in West Virginia became America's 63rd national park. But while national parks enshrine and preserve America's rich natural legacy, Park and Recreation Month is meant to celebrate parks of all kinds.

National parks make dramatic backdrops for family vacations, but local parks are where we find daily respite and rejuvenation. They are perfect places to enjoy the shade of a tree and listen to the song of a bird. What is more, local parks provide us with opportunities to continue Roosevelt's legacy of conservation by volunteering to plant a tree or clean up a river. Roosevelt's message was not just one of enjoying nature but of protecting and nurturing it for future generations.

Found in Translation

In July of 1798, Napoleon Bonaparte led 35,000 French soldiers into Egypt with visions of a conquest that would make him the next Alexander the Great. Napoleon's military campaign in Egypt may have ended in failure, but the French emperor had a second, nonmilitary objective. Napoleon had brought an army of scholars, scientists, and artists to Egypt to rediscover the region's great ancient culture.



When French forces took over a run-down fort near the port city of Rosetta on July 19, 1799, officer and engineer Pierre Bouchard was put in charge of its reconstruction. While overseeing the repair of the fort's defenses, Bouchard discovered a massive basalt slab built into a wall. It was four feet long, two-and-a-half feet wide, and covered in writing. Over the centuries, much of the fort had been reconstructed with stone looted from nearby sites, and many of these stones were covered in hieroglyphics, but Bouchard immediately recognized that this particular slab was unique. He had discovered the Rosetta Stone.

The message written into the stone was less important than the fact that the message was translated into three different languages: Egyptian hieroglyphs, Egyptian demotic, and ancient Greek. Scientists immediately realized that this single slab was the key to deciphering hieroglyphics, Egypt's ancient language that had been dead for 2,000 years.

Napoleon may have suffered defeat in Egypt, but his Egyptian campaign had stirred a French fascination with Egypt. Soon, an international race was on to decipher Egyptian hieroglyphs. The British intellectual Thomas Young and the French child prodigy-turned-Egyptologist Jean-Francois Champollion would spend many years as rivals making sense of the ancient markings. In 1823, Young finally offered public congratulations to Champollion for his deciphering of hieroglyphics. At last, the language, culture, and history of ancient Egypt were open to scientists as they had never been before.