

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

Shopping (Brunswick area)

Tuesdays

Doctor Appointments

Wednesdays

Shopping (Pine Creek area)

PHONE NUMBERS:

Gold Country Lift: 530-271-7433 (271-RIDE)

Larry King (Uber/Lyft) 808-652-2490

Post Office: 530-273-3429

The Union: 530-273-9565

Comcast Cable: 800-266-2278

Grass Valley Police

530-477-4600 (non-emergency)



February Birthdays

Pat Thomas.....2/3

Ruth Valdez.....2/7

Loree Mazoue.....2/14

Roberta Ostby.....2/18

Anne Brett.....2/21

HAPPY 104th, ANNE!



February Anniversaries

Eldha Amezcua 2 years

Linda Vorpahl 3 years

WELCOME NEW RESIDENTS

Naydean Crowell

Bobbie Swanson

Dale Dollar

Connie DuFour

Paula Harrow



February 2022

February Newsletter

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



**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. We rarely hear about platonic love, or the importance of friendship for a person's health and happiness. That is why this year, on Valentine's Day, and the days that follow, I have decided to focus on friendship, trying 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.

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 does not go as planned, our friends are there to help us pick up the pieces. While they cannot 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 a friend accompanied them than when they were alone. The longer the friends knew each other, the less steep the incline seemed.

I have 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 loyal friend to anyone who needs one.

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



Celebrating February

**Happy Hour
Music with Carl Jones
Thursday, February 3**

**Happy Hour
Music with Cowboy Kurt
Thursday, February 10**

**Valentine's Day
Monday, February 14
Party 2:00pm
Music by Amaryllis Trio**

**Happy Hour
Music with Chris Crockett
Thursday, February 17**

**Happy Hour
Music with
Pre-Existing Conditions
Thursday, February 24**

**Presidents' Day
Monday, February 21**



Marketing Stuff By Traci Gelgood Marketing Director

Happy February! It's the month of love, friendships, and new residents! I want to continue to thank everyone for making your new neighbors feel comfortable and welcome in their new homes, especially in the dining room! It's the best place to meet each other, and often is the best opportunity to make a great 1st impression! Remember when you were new, and remember how you felt when you first walked in. It can be the best feeling if you are greeted with kindness!

I would like to remind everyone to check your cubbies (near the mailboxes). You will find your apartment number listed on them. This is where you will find important flyers, information, and the newsletters with the menu and activities calendar!

I would also like to remind everyone that there are useful phone numbers listed on the back of this newsletter each month for your easy reference, including the office and the kitchen.

Thanks so much for being such great residents, and such great neighbors!!



Activities Corner By Jammie Barquilla Activities Director

February is the month of love! We will be making Valentine's Day cards on Monday the 7th at 2:30. Come join us in the common area and make a card for someone you care about. You will be able to add your own special touch with your homemade card. If that doesn't say I love you than I don't know what does. We will be celebrating Valentine's Day on Monday the 14th at 2:00. We have some special treats for you, and some romantic music will be played by the Amaryllis Trio. They came and performed in December, and you all really enjoyed it. I can't wait to feel the love all around us.

Don't forget about Happy Hour every Thursday at 2:30. Our favorite musicians will be playing for us: Carl Jones, Cowboy Kurt, Chris Crockett, and your absolute favorite, Pre-Existing Conditions. On Fridays we will be playing Bocce Ball and Horse Races at 2:30. Because we are missing Bingo on the 14th, we will play on Friday the 18th at 1:15. See you all there.

If there is anything you would like to do, please leave me a suggestion. I willing to try anything at least once. Let's have some fun!!!

I would like to ask all of you to please wear your mask when coming to activities. I know it's been rough, but we are not quite out of the woods yet. Let's be safe and keep each other safe.



Thank you for being you!
Your Activities Director,
Jammie Barquilla



Culinary Corner By Bonnie Riley

February is the month of LOVE. We will be celebrating Valentine's Day on the 14th and we will be serving shrimp alfredo, garlic bread, and asparagus. The breakfast alternative will be strawberry French toast bake with sausage, and will be followed by the dessert which will be a strawberry shortcake parfait. I love seeing your faces happy and full, and I always get excited for any special holiday when it comes to food. At my home, good food makes for good conversation and full tummies! Looking forward to the 14th, to serve my favorite residents a special meal on a very special day full of love. 😊

I also want to remind everyone of my wonderful waitstaff and cooks who work around the clock to provide you guys with the very best. They have such good attitudes and strive to serve you guys every day with a smile. Please be mindful of how much they do and be sure to compliment them when you can. I know a lot of you do, and I want to thank you for that. It makes a huge difference for both you and them. Following that, it's important to be patient! My servers might have multiple orders on their brain, and will have to get those orders in line before they can get to your requests of extra coffee/drinks, condiments, etc. Please be aware of this and know they will get to you as soon as they can. Also, please be mindful of the importance of safety regarding your walkers and where you are putting them. They can cause an accident for my servers as well as residents. My servers don't mind moving them and bringing them back to you when you are ready to leave

Much love from myself as well as my staff.

Sincerely,

Bonnie Riley (Chef)

Kitchen # 530-272-2854

Maxx Facts



As a dog, I enjoy running around, playing with everything and everyone, getting my head and stomach scratched, and getting treats.

I do not enjoy getting a bath or getting groomed. Or cats. I do not like cats at all. They get in my way, and never want to play with me. They meow, and I don't like it.

I love coming to work with my person, Terri. I like it when Jammie and Traci play with me. And I like to look out of the office door and see people walk by. I especially like it when I get to go out and see people in the lobby and they pet me. I like that a lot!!

And I love going out on the patio. It's really pretty out there. I liked to jump in the leaves a few months ago, and I liked to play in the snow a few weeks ago. Last week I liked sitting in the sunshine out there. It felt really good!!

I don't get to come visit as often as I'd like to, but I really like seeing everyone when I'm here. I also like to see the other dogs. I like to play with them, jump on them, and get my leash tangled up with theirs.

Even when I'm not here, know that I am sending barks and tail wags to everyone!

All pets are
therapy pets.
Most are just
working undercover

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