

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

PLEASE DO NOT LEAVE YOUR CLOTHES SITTING IN THE DRYER – PEOPLE MAY NEED TO USE THE DRYER AND PUT YOUR CLOTHES ON THE COUNTER WHERE THEY MAY BE MISTAKEN FOR GIVEAWAY STUFF!!

**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

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)

May Birthdays

Rita Blake.....May 1

Jo Patterson.....May 4

Linda Vorpahl.....May 29

Nancy Larson.....May 31

May Anniversaries

Jo Butler.....1 year

Pat Picchi.....1 year

Jeannie Riel.....1 year

Ruth Valdez.....1 year

Julie Martin..... 2 years

Wilma Bowen....3 years

Matt Herman.....4 years

Colleen Krebs....5 years

Dee Sutton.....8 years

Welcome New Residents

Mary Evans
Frances Baker
Helen Starkey



May 2022

May Newsletter

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

Celebrating May

**Mother's Day Celebration
Drinks & Snacks
All are welcome!**

May 4

**Happy Hour
Cinco de Mayo**

May 5

Mother's Day

May 8

**Happy Hour
Music – Cowboy Curt**

May 12

**Happy Hour
Music – Sourdough Slim**

May 19

**Happy Hour
Music – Chris Crockett**

May 26

Memorial Day

May 30

**Every Sunday
Sweet Treat Social**

2:30pm

*Please check your activities
calendar for details and
additional events!*



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

Stay Positive! Isn't that what we are all hearing these days? What exactly does that mean and what is positivity anyway?

Positivity is a state of mind we would all like to achieve, but it is not 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 is even possible to look on the bright side when there is so much negativity in the world. Part of the problem could be that we are approaching positivity all wrong. Being positive does not 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 is right. Positivity is a practice, not something with which you are born. 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 do not 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. Do not try to stop them or intervene. **Do one thing at a time:** When you are eating, for example, just eat. Do not 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 are 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 are 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 are having a particularly difficult 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?



Marketing Stuff By Traci Gelgood Marketing Director

Happy May!

I want to thank all the residents of Hilltop Commons for making Hilltop such a great place to live, work, and play!!



Stay happy, healthy, and safe!!



Activities Stuff By Jammie Barquilla Activities Director

April Showers bring May flowers! Everything is starting to bloom outside. This is a great time of year to be outside with all the birds, trees, and flowers. Mondays at 2:30 pm we are doing Wine Bottle painting. We can turn wine bottles into hummingbird feeders or a nice solar light. You can enjoy this outside your window or give it as a gift. This is a fun project that I would like to spend some time on with you all. We don't have to finish it in one day.

Wednesday May 4th at 2:00 pm we are going to have a Mother's Day celebration. Everyone is welcome to join the party. We are not going to do our traditional Mother's Day this year. Instead, we are going to serve some drinks (sangria), light snacks, and I have a new game for us to play that should be some fun. As you all arrive, I'm going to have a card for you all to fill out asking some questions. We are all going to try to figure out who the card belongs to! I'm calling this game "Who's Your Momma"? This should be a lot of fun and a good way to celebrate each other for Mother's Day.

The rest of the Wednesdays in May are game time at 2:30 pm. This has been a good turnout. A lot of you have been playing Spite & Malice. This is an easy card game and great fun. We all look forward to playing this game. Let me know what game you would like to play – such as cards, dice, or scrabble - and I will set it up for you. Talk with your friends and neighbors and get a group together for game time. Happy Hour is always on Thursdays at 2:30 pm with live entertainment. It is always fun, and I would like to see more of you attend. Fridays at 2:30 pm we have Cornhole, Bocce Ball, Yahtzee, and the Horse Races. Get out of your apartment and come join us in the common area for activities. Sundays is Sweet Treat Social with Traci. I hear you all love to come and share your stories with each other. This must be interesting to hear all the different walks of life.

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



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



Culinary Corner By Bonnie Riley

Hello again my peeps! May is a very busy month of fun stuff going on! The events are listed below, and it will be a very eventful month!

May 5th is Cinco De Mayo. We will be having a Mexican fiesta. Stay tuned for the May menu!

Next is Mother's Day brunch to honor all the mothers and grandmothers on Sunday, May 8th. We will be serving chicken cordon bleu, mashed potatoes and asparagus. The alternate is eggs benedict with home fries and fruit. Dessert is cheesecake.

May 30th is Memorial Day. We will have a BBQ buffet with hot dogs, hamburgers, baked beans, macaroni salad and watermelon. We will be serving eggs to order that day if you would rather order that instead.

These are all **special events**. If you would like to invite your family to come and join you for Brunch, we would appreciate it if you could please inform the kitchen of how many guests will be joining you so that we can have an accurate head count. Special event meals for guests are \$16. If you have any questions, please don't hesitate to ask.

The Kitchen Staff and I are so excited to start the new spring and summer menu this month. I have already started implementing things on the April menu that I am sure you've noticed. I will also be adding special things for National food days. It's so much fun changing things up. There are a lot of new menu items on there, and we have a ton of new recipes, and we can't wait to get cooking!! We would love to hear your feedback. Please give us your input as we go through the month and feel free to use the suggestion box. It gets checked once a week and all suggestions get read and reviewed.

I know you all don't see me as much as you used to. I have been very busy in the kitchen, and I have a lot of responsibilities. I miss the time I used to have to share with you all. If you ever need me or would like to talk or chit chat, please let me know or ask one of the staff to come get me. I will stop anything I am doing to come talk with you. You are my Hilltop family and family is top priority to me.

Once again, I want to give a huge shout out to my staff! I am always getting the best compliments about them, and it makes my day! Go Kitchen Team!

Sincerely,
Chef Bonnie Riley

Kitchen # 530-272-2854

Follow the Clues

It is no mystery why mystery novels consistently top bestseller lists and why the genre reliably rakes in hundreds of millions of dollars each year. Curiosity, after all, is one of the most powerful attributes of the human psyche. A good mystery grabs onto our curiosity and doesn't let it go until the wrongs have been righted. Lose yourself in a good mystery during the month of May, which is Mystery Month.



The wonderful thing about a mystery is that it can take place in any setting. Sherlock Holmes chases Moriarty through the streets of London during the Victorian Era. Nancy Drew embodies the Depression Era mindset that all able-bodied people, no matter the age or the gender,

have a chance to pitch in and solve problems. There are plenty of science-fiction mysteries that take place in worlds both dominated by new technology or decimated by it. However, at the crux of every mystery are two reliable and familiar tropes: the detective and the mystery itself. In many ways, our love of mysteries stems from our familiarity with the genre. No matter the setting, the stakes are always the same—our protagonist must decode the puzzle before it's too late.

This doesn't mean that every sleuth is working from a place of altruism. In fact, some of the genre's most beloved detectives are seriously flawed, which makes them feel reassuringly human. Sherlock Holmes often lacks empathy and is addicted to opium. Bob Arctor of Phillip K. Dick's novel *A Scanner Darkly* suffers from such severe mental illness that he must both solve the mystery and figure out who he is. Even Agatha Christie's beloved Miss Marple is a nosy gossip despised by friends and neighbors.

Despite their character flaws, these detectives still seek justice and truth. This is what makes even a flawed detective so heroic. We accompany them on a journey from fear and criminality to justice and reassurance. That might be the thing humans desire most of all—the unambiguous reassurance that a wrong has been righted.

