

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)

MISC. 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)

August Birthdays

Treva Hauck.....8/2
Susan Laureysen.....8/9
Judy McBride.....8/10
Pat Kjose.....8/18
Jim Stillman.....8/23
Pat Bradley.....8/26
Matt Herman.....8/27
Ken Gaskell.....8/30

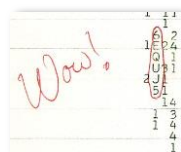
August Anniversaries

Jane Anderson.....1 year
John Wiebe.....1 year
Carol Aragon.....3 years
Mimie Dudek.....4 years
Nina Schott.....6 years
Bettie Ferry.....8 years

Welcome New Resident

Carol Sigety

Wow!



On August 15, 1977, astronomers at the Big Ear Radio Observatory in Ohio detected a signal that they had never encountered before. It was so unusual that astronomer Jerry Ehman circled a printout of the data and wrote "Wow!" next to it. The cause of the *Wow!* signal was inexplicable, and some claimed that the only plausible explanation was that it was sent by extraterrestrial life. The signal has not been repeated in the 40 years since it was picked up, perhaps providing further evidence that it had an extraterrestrial origin.

Only recently have scientists attempted to decipher the skies that night. Two comets could have been picked up by the Big Ear in 1977. One theory is that the signal was transmitted by a hydrogen cloud attached to a passing comet, but some scientists doubt this explanation, still favoring the ET hypothesis.

August 2022

August Newsletter

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

Celebrating August

**Happy Hour and
Open House
Music with Chris Crockett
Thursday, August 4th**

**Horse Races
Friday, August 5th**

**Happy Hour
Music with Cowboy Kurt
Thursday, August 11th**

**Nevada County Fair Outing
Friday, August 12th**

**Happy Hour
Music with DD James
Thursday, August 18th**

**Resident Appreciation
Happy Hour & Dinner
Cowboy Theme
Thursday, August 25th**

**Every Saturday at 2:30pm
Sweet Treat Social**

**Every Sunday at 2:30pm
Fun and Games**

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



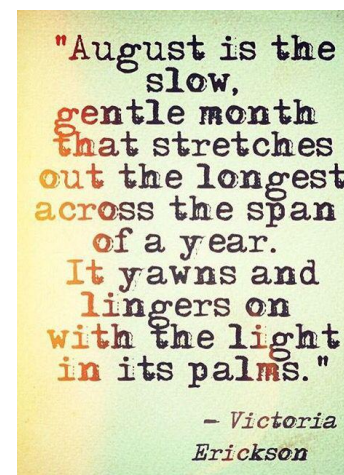
From the Desk of Jammie Barquilla Community Administrator

Goodbye July, and hello August! July was an interesting month with all the new faces around the community. I hope you are all taking a little time getting to know the new staff members. They are awesome! Jill, the new Activities Director, has had some great new ideas, and Chris, the new Night Porter, has been great with all of you residents and always seems to be on his game. Let's not forget about Renata! I hear all of you have lots of fun with her on Sundays. I have been making my way out to Happy Hour and to a few card games with you as well. I do miss it.

I would like to encourage all of you to please come talk to me or leave me a note if you have any questions or concerns. I will do my best to address the situation and get you the answers to your questions. We are all here to help. 😊

Please stay safe and out of the heat and drink lots of water.

Thank you for being you,
Jammie Barquilla



Marketing Stuff By Traci Gelgood Marketing Director



Hello to the heat of August, and the excitement here at Hilltop!

We will be having an Open House Happy Hour here on August 4th, which means that we will be inviting the public to join in on our fun and explore what our community has to offer! It's an opportunity for strangers to become our friends and neighbors. I will be giving tours that day after Happy Hour. If you have someone you'd like to invite who might enjoy the possibility of moving in here someday, please feel free to do so. And remember that you will be entitled to a referral credit after they move in!

On August 25th, we will be having our "Resident Appreciation" day, beginning with a special Happy Hour, and continuing on into dinner. It is our way of saying ***"thank you for being our wonderful residents – we appreciate you!!"***

Regarding the emergency pendants:

This is a friendly but important reminder to always wear them or keep them close to you (even just hanging on your walker)! In case of an emergency, you will want to be able to press the pendant to get the help you need. They will work in your apartments, and also in the common areas. It is the most efficient way to have emergency personnel respond to your needs. Otherwise call 911 immediately.

Stay happy, healthy, and safe!!

Activities Stuff By Jill Mahanna Activities Director



Hi Everyone!

First, I would like to thank you all for being so kind and welcoming. My first month here at Hilltop has been wonderful! I am still learning my new job and I thank you also for your patience as I figure it all out. Also, please keep reminding me of your names. As you know, repetition is key for learning. 😊

We have a few things going on this month. The second Friday, August 12th, we are going to the county fair. Tickets are \$10 at the gate and we will spend a few hours there. For Happy Hour on August 18th, I have invited a new performer; his name is DD James. He has played at other Ray Stone communities and is quite popular. I know you will like him. On the 25th of the month, we are having a Resident Appreciation BBQ! It will be western/cowboy-themed so wear your ten-gallon hats and cowboy boots! Strings Attached will be here to provide us with some country and cowboy music.

Mondays in August will be about water! Watercolor painting, floating chalk in water, and a few surprises TBD. This month we have a tropical beach theme, and with the hot days, it will feel good to work with water. Also, Wednesday is Game Time at 2:30pm. We play a range of card games and board games. We are currently playing Uno and are planning some new games to try. I have sign-up sheets outside my office to see who is interested in **Scrabble** or **Bridge**, **WordMakers**, and I am open to more ideas. **Hearts** and **Spades** are two more fun card games. We have a game of **Blackjack** going in the pool table room every Tuesday at 2:30 and we need more players! Please let me know if you are interested and then just show up! I promise you won't lose any money. 😊 Friday, August 5th at 2:30 pm we have **Horse Races**. I haven't done that before and am looking forward to it. I hear there are prizes playing this game! Come join us in the common area for activities.

If there is anything you would like to do, please leave me a suggestion.

Culinary Corner By Bonnie Riley



Here we are in August already! Summer seems to come and go in a blink of an eye!

We will be having a festive event on August 25th -- Resident Appreciation Day. We will be kicking it off with Happy Hour where you will have some fun appetizers followed by dinner in the dining room. It is a western theme, so bring your cowboy boots and bandanas! We will be serving a cowboy burger, corn on the cob, and potato salad. Dessert will be a cowboy cupcake. Can't wait to party with you all!

I want to talk a little bit about the suggestion cards for a minute. I check the box every week and notice that so many of you do not put your names on them! Please put your names so that I can get in contact with you if I need to and can respond to you directly. I also want to hear not so good and bad things. It helps us grow stronger in many areas and I share them with the kitchen staff as well. It is important all the way around so please keep that in mind!

Also, another issue we are having is that our silverware, cups, and other items are disappearing from the dining room! I really need everyone to ask for something if you need some to-go items to eat with, since I have plastic utensils, cups, to-go boxes, etc.! I would be happy to provide those for you, or feel free to bring your own to-go containers. If you have any of our kitchen items, please bring them back. We would greatly appreciate it and no questions will be asked!

Sincerely,

Chef Bonnie Riley

Kitchen 530 272-2854

The Wonder Drug

The ancient Egyptians used willow bark as a remedy for aches and pains. The ancient Greek physician Hippocrates wrote that willow bark could relieve pain and reduce fevers. It wasn't until the 18th century that the remedy was rediscovered by Edward Stone, a cleric of the Church of England who wrote a report detailing how powdered willow bark seemed to relieve the symptoms of patients in his care. In 1829, a French chemist named Henri Leroux finally isolated willow's magic and medicinal ingredient, salicylic acid. With such a long and documented history, why is it that the German chemist Felix Hoffmann is credited with the discovery of aspirin on August 10, 1897?



Sure, prior to Hoffmann's discovery, salicylic acid had been discovered, isolated, and even synthetically manufactured. But no scientist had yet discovered how to deliver it in reliable medicinal doses. Too much of the stuff could make you horribly sick or possibly put you in a coma. It was Hoffmann who, while working at the Bayer company to find a treatment for his father's rheumatism, first synthesized a less acidic and less harmful version of the medicine by combining salicylic acid with acetic acid. This pure and stable form was known as *acetylsalicylic acid*, or ASA.

ASA was tested and proven to be an effective analgesic (pain reliever), antipyretic (fever reducer), and anti-inflammatory. By 1899, Bayer was manufacturing the new medicine and shipping it out to doctors in glass bottles under the trade name Aspirin. By 1915, it was sold over the counter in tablet form and was widely hailed as a wonder drug.

Today, aspirin is known as a pain reliever, heart attack preventer, and possible cancer preventer. 120 billion pills of the stuff are consumed every year, and it is on the World Health Organization's List of Essential Medicines. While aspirin is not suitable for every patient or every ailment, it certainly lives up to its billing as a wonder drug.