

# January Newsletter

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



## HILLTOP COMMONS INFORMATION

**Office: (530) 272-5274**  
**Kitchen: (530) 272-2854**  
Fax: (530) 272-5275

**Hair by Mary / Hilltop Hair Salon**  
530 883-7112 (Open Saturdays only)

### 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)**

### January Birthdays

Merrill Putnam.....1/3  
Irene Lucas.....1/6  
Nancy Paulson.....1/6  
Frances Baker.....1/10  
Paula Harrow.....1/18  
Doris Moore.....1/31  
Naydean Crowell.....1/31

### January Anniversaries

Lee Barnes.....4 years  
Rita Blake.....1 year  
Pat Bradley.....1 year  
Naydean Crowell.....1 year  
Bobbie Swanson.....1 year

### Welcome New Resident

Jack Goetz



### Celebrating January

**New Year's Day**  
*Sunday, January 1<sup>st</sup>*

**Happy Hour**  
**Music with Nori Fussell**  
*Thursday, January 5<sup>th</sup>*

**Happy Hour Hat Party**  
**Music with Cowboy Curt**  
*Thursday, January 12<sup>th</sup>*

**Martin Luther King Day**  
*Monday, January 16<sup>th</sup>*

**Happy Hour**  
**Music with Sourdough Slim**  
*Thursday, January 19<sup>th</sup>*

**Happy Hour**  
**Music with "Two of Us"**  
*Thursday, January 26<sup>th</sup>*

**Holocaust Memorial Day**  
*Friday, January 27<sup>th</sup>*

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

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



**From the Desk of Jammie Barquilla**  
**Community Administrator**



Hello 2023!

It is hard to believe that 2022 has come and gone. It has flown by faster than any other year. New people, friendships, and new experiences. Precious memories have been created and I am extremely fortunate to have been a part of these adventures with all of you.

Let's start the New Year off by remembering to check your activity calendar every day. You won't want to miss out on any of the fun and informative events already in the works for 2023. It's going to be an amazing year!

I would like to remind everyone that our office is staffed 24 hours a day. Our fantastic evening porters, Al, Andrea, Chris, and Andrew are just a phone call away and ready to help in any emergency. Our office number is 530-272-5274. Your safety and well-being are always our top priority.

We all get the exact same 365 days. The only difference is what we do with them.

Happy New Year!!

**New Years** is all about getting another chance. A chance to forgive, to do better, to do more, to give more, to love more. And stop worrying about 'what if' and start embracing what would be.





**Marketing Stuff  
By Traci Gelgood  
Marketing Director**

Happy New Year!

Last year was a year of many challenges, and also of many triumphs! Things began to get back to “somewhat normal,” and then a few other curveballs were thrown at us. But overall, we got through them, and can be proud of our strengths and successes!!

It's the beginning of a new year, and of new beginnings. A lot of us make resolutions, and it's important to remember that some resolutions take time to succeed. Others can manifest immediate results. As I'm writing this, I'm thinking of what I'd like to have as a new year's resolution. Perhaps more patience. Maybe more flexibility. Always more kindness.

***I wish everyone a happy, healthy, and safe New Year!!***



**Activities Stuff  
By Jill Mahanna  
Activities Director**

Happy New Year, Hilltop! I will have some crafts with Rabbit and Peace Dove themes this month, in honor of Chinese New Year and Martin Luther King Day. The 22<sup>nd</sup> of January is Chinese New Year, the Year of the Rabbit. Martin Luther King Day is the 16<sup>th</sup> of this month. To start the year off with some silly and some fun, we are having a **Hat Party on January 12<sup>th</sup>**. Please wear your favorite hat that day and come to Happy Hour to see who wins the prizes for Most Original, Funniest, and Most Beautiful hat. (National Hat Day is on Friday the 13<sup>th</sup>.) Look for a hat-making workshop earlier that week. Lyla will be here on the third Wednesday of the month for **chair massage**. I highly recommend taking advantage of this healing therapy. You are worth it!

I am excited to share that **Homer Nottingham** is returning to teach **chair tai chi**. He will be teaching on the first and third Mondays at 2:30.

Thank you all for being such wonderful residents; I love my job!

-Activities Director Jill,  
The Room by the Elevator



**Culinary Corner  
By Bonnie Riley**

Happy New Year everyone!! Out with the old and in with the new. This last year went by so fast. It was a good year for me and this one will be just as good if not better. I hope you all enjoyed your holidays!

Come join Josh and me for some monthly cooking presentations in the common area. We want to bring you some insights, tips, tricks, and talks about food. It will be on the activities calendar every month. It's a fun way to be a part of the kitchen and the food!

Let's talk for a minute about how important it is to speak up when you're not happy with something regarding the food. If communication doesn't happen, it goes too long without being addressed. Please reach out to me if you have any questions or concerns about the food if my servers aren't able to address the issue with you. Also, if you are not happy with the look of your plate, or if you know things are missing from your plate, then please reach out to your server to take it back and be corrected by the cook. This should not have to happen, but it does, and it will from time to time. My motto is, "if you don't speak up, things will not get fixed!" We need to be made aware that something is wrong. I am usually here to address the issues personally. If it's on the weekend, leave me a comment card in the lock box or come see me Monday-Friday. Or you can ask for Becky or Josh if it's over the weekend.

Also please be mindful of the dining room times. If you are coming down 10 to 15 minutes before closing, we ask that you consider a to-go box, or call the kitchen and give us a heads up that you need a meal to-go. When you do not want the main dinner meal, please make sure to sign up for an alternate meal before 1pm. If you do not sign up, we cannot accommodate you at the time of meal service.

Finally, we want to thank each one of you for the kitchen staff donations for the holidays.

Happy New Year again, and let's make this an incredibly special year as one big family at Hilltop!

Sincerely,  
Bonnie Riley (Chef)

**Kitchen 530 272-2854**

**Looking Back to See the Future**

A new year often prompts us to look forward and imagine what the coming months might hold. The month of January is named for the Roman god Janus, protector of gates, doorways, and transitions. He was depicted with two faces, one looking to the future and the other looking to the past. January seems an opportune month for reflection, to contemplate where we have been as we chart where we are going.

The Spanish philosopher George Santayana famously said, "Those who cannot remember the past are condemned to repeat it." The past offers myriad lessons for the present. Studying past societies, systems, ideologies, religions, governments, cultures, conflicts, and technologies teaches us how we got to where we are today. Are there any more profound questions than "Who am I?" and "Why am I here?" History often provides answers to these age-old questions.

History occurs on different and dramatic scales. The geologic history of Earth stretches back billions of years. Human ancestors first appeared hundreds of thousands of years ago. Human civilization began a mere 6,000 years in the past, while the modern era is just a few hundred years old. While there are lessons to be learned from each of these periods, perhaps far more pressing are our own personal histories. Personal reminiscence can be a powerful practice if done correctly.

For a long time, reminiscence was seen as unhealthy. It wasn't until the 1960s that psychologists began to value reminiscence and personal reflection. Of course, reminiscence takes many forms. Both obsessing about how awful life was and escaping into the glories of the past offer little value. However, using reminiscence to pass on valuable life lessons can be constructive to a younger generation. Using past experiences as a blueprint to overcome present challenges is also helpful. The value of the past is that it gives us wisdom and strength for the present and reinforces for us that the choices we made were valuable and life was not wasted.