

**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)**



**April Birthdays**  
Pat Jaskier.....April 4  
Bettie Ferry.....April 6  
Barbara Licari.....April 12  
Wilma Bowen.....April 13  
Eldha Amezcua.....April 16  
Janice O'Brien.....April 17

**April Anniversaries**  
Jayne Brown.....6 years  
Pat Anderson.....4 years  
Frances Baker.....1 year  
Janie Richter.....1 year

**Welcome New Residents**  
  
Mable Dicey  
Laurie Prioste

# April Newsletter

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



**Celebrating April**

**April Fools' Day**  
*Saturday, April 1<sup>st</sup>*

**Passover**  
*April 5<sup>th</sup>–13<sup>th</sup>*

**Happy Hour**  
**Music – Carl Jones**  
*Thursday, April 6<sup>th</sup>*

**Easter**  
*Sunday, April 9<sup>th</sup>*

**Happy Hour**  
**Music – DD James**  
*Thursday, April 13<sup>th</sup>*

**Happy Hour**  
**Music – Sourdough Slim**  
*Thursday, April 20<sup>th</sup>*

**Earth Day**  
*Saturday, April 22<sup>nd</sup>*

**Resident Appreciation**  
**Spring Fling**  
**Happy Hour**  
**Music – Runnin' 4 Cover**  
*Thursday, April 27<sup>th</sup>*

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

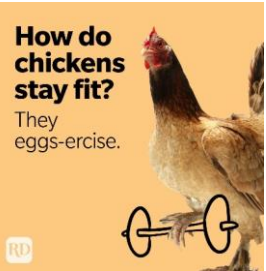
**From the Desk of Jammie Barquilla  
Community Administrator**

*Knock, knock. Who's there? April. April who?  
April Fools!*

*Why do eggs like April Fools' Day?  
They love practical yolks.*

I am so glad that April is finally here. I really don't care for the winter. My favorite thing about winter is that it's over. I am looking forward to spring flowers and sunshine. Sunshine is good for the soul. When the sun hits your skin, your brain is triggered to release a hormone called serotonin. Serotonin is associated with boosting your mood and helping you feel calm and focused. When we don't get enough sunlight, our body doesn't create as much serotonin or vitamin D. Low serotonin levels can make us tired and lethargic, and vitamin D deficiency is also known to cause fatigue. This can make it hard to focus or get much done, even if it's a task you want to do. BRING IN THE SUN! There's something about sunlight that feels motivational. The natural golden light wakes you up mentally and physically, sparks greater productivity, and helps you feel as if everything's going to be okay after all. Why should we always look up to the sun for positivity? To always focus on the brighter side of life.

☀️Thank you for being you! Now go find the sun!☀️





## Marketing Stuff

### By Traci Gelgood

### Marketing Director

Happy April and happy spring! It's my favorite month because it's my birthday month! Jammie and I will both be celebrating our birthdays in April.



#### Did ya know...

**You can receive a \$1000 credit off your rent when you refer a friend to Hilltop and they move in?**

#### Did ya know...

**There are important phone numbers listed on the back of this newsletter every month?**

#### Did ya know...

**Your monthly newsletters along with menus and activity calendars (as well as any flyers and other information) are put into your cubbies?**

#### Did ya know...

**Your cubbies are listed by your apartment number?**

#### Did ya know...

**There is an elephant buried somewhere on this property?**

**For more fun facts, keep reading this newsletter! You'll find out about activities, the dining room, and about your neighbors!**

**Stay happy, healthy, and safe!!**

## Activities Stuff

### By Jill Mahanna

### Activities Director

It's April! That means that **Spring has arrived!** At the time of this writing, we are already having lots of March rain showers, so I am hoping that we don't have too many April showers and can go straight to the May flowers. 😊

You have probably noticed that I added **birthdays** to the Activity Calendar. Celebrate your friends on their birthdays and let them know that you care. I have also programmed our digital screen with a happy birthday message on each resident's special day. Look for it!

As the weather becomes nicer, I will be restarting the **Walking Club** on Fridays at 10:00 am. We will take one or two loops around the building to start. Meet us by the front doors. Eventually, I would like to have a walking outing once a month to the fairgrounds or Empire Mine. And I am open to suggestions for other places!

This month, look for a **Spring Egg Hunt** on Sunday the 9th. Plastic eggs filled with little treats will be hidden all over the building and outside on the patio. An outing to go see the **Ananda Tulips** happens on Friday, April 14<sup>th</sup>. Thursday the 27th, please enjoy the **Resident Appreciation Spring Fling**. Runnin' 4 Cover will be playing and Spring will be in the air! Finally, **Harmonic Convergence Quartet**, the four-man acapella group, will be here on Sunday the 23rd.

**Movie Night** on Tuesdays and Saturdays will commence at 6:00 pm instead of 6:30 pm.

I hope everyone will take the opportunity to join in the fun this month. The more the merrier! As always, I am grateful for each one of you. Thank you!

## Culinary Corner

Hello everyone! Welcome to April!

Our special Spring brunch will be on Sunday the 9<sup>th</sup>. We will be serving honey glazed ham, scalloped potatoes, dinner roll, roasted carrots and a strawberry spinach salad with a balsamic vinaigrette as the main dish. For the alternate breakfast brunch item, we will have carrot cake pancakes with a cream cheese maple syrup with bacon and strawberries, followed by lemon meringue pie.

I want to give a friendly reminder to feel free to invite guests to enjoy our special Spring Sunday brunch on April 9th. Please call to let us know by April 3rd that you will be having guests in order for us to prepare for extra people.

Sunday April 9th is a half day for the kitchen staff, so we will be leaving at 2:00pm. We will be handing out box dinners at brunch. If you are unable to get your box dinner before 2:00pm, the office or night watch staff will be happy to get one for you. The box dinner will be a chicken Waldorf salad, dinner roll, fruit & cookies.

I want to talk about a new program we have in the kitchen. It is a waste watch program and it weighs our left-over food that we are producing and throwing away. So far, I am seeing a lot of left-over stuff coming back to the kitchen from your dinner plates. The most common wasted product is hamburger buns and other bread products. Please help us reduce waste by asking for no bun or bread. Please tell us what you don't want on your plate, so it doesn't go to waste. I will be talking about this and checking in with you when we have our cooking demo next month on the 12<sup>th</sup>. I would like to see a reduction in dining room food coming back! I challenge you to help the kitchen meet their goals regarding wasted food.

I also want to give a shout out to my staff for all the hard work they do! Without them I would be lost! They show up every day because they care and love what they do. Please keep those good vibes flowing and help me make them feel loved and appreciated! One great way to show them that they are appreciated is with your smiles and patience, and most importantly recognizing the little things they do for all of you at Hilltop! Go team!!

Sincerely,  
Bonnie Riley (Chef)

**Kitchen # 1-530-272-2854**

## The Last Laugh

Remember to laugh out loud on April 14, International Moment of Laughter Day. Is laughing always the best medicine?



Research shows that laughter does impart several health benefits. When we laugh, we inhale more air and oxygen, stimulating the heart, lungs, muscles, and brain. A good laugh also stimulates the

body's stress response and then deactivates it, causing heart rates to rise and fall, leaving us with satisfied, relaxed feelings. Laughter not only improves mood, but it encourages the positive thoughts that release *neuropeptides*, chemicals that fight stress and boost our immune systems. Laughter also stimulates chemicals that act as natural painkillers for our bodies. With laughter providing so many health benefits, communities are starting to form various laughter clubs in an effort to laugh more regularly.

While you are probably familiar with yoga, the ancient Indian practice of stretching, breathing, and meditation, are you familiar with laughter yoga? Laughter yoga draws upon many of yoga's foundational principles, such as its deep diaphragmatic breathing. Laughing produces full inhales and exhales. While the laughter is simulated at first, the giggles soon become contagious and real. And we shouldn't overlook the human connections forged by sharing laughter. After a laughing yoga session, participants report feeling their spirits lifted and a greater sense of community.

But fake laughter? Research shows that even fake laughs and forced smiling are enough to boost our moods. While our brains know that we're faking it, our bodies do not. Once the brain sends the signal to the body to laugh, all of the associated physiological actions follow: the relaxation, the mood boost, and the increased energy. Perhaps this is the lesson of the old Chinese proverb: "A hearty laugh makes you ten years younger." Even if you're faking it.