March Newsletter

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

March Birthdays

Beverly Murphy    March 3
Jeanne Spring    March 5
Bobby Duval    March 9
Phyllis Tudor    March 10
Shirley Hamilton    March 13
Kay Kerr    March 23
Lorraine West    March 24
Lena Hedgecock    March 31
Lois McNabb    March 31

March Anniversaries

Mildred Hoover    1 year
Joe Nigro    2 years
Heidi Imfeld    3 years
Bud Taylor    4 years
Agnes Stackhouse    14 years

New Residents
Paul Schreiber and Donna Reddy

SUPERBOWL PARTY
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From the Desk of Dave…

TRIVIA

Why is the sky blue and the sunset red?
When sunlight travels through the atmosphere, blue light scatters more than the other colors, leaving a dominant yellow-orange hue to the transmitted light. The scattered light makes the sky blue; the transmitted light ultimately makes the sunset reddish orange. Having said that, my question is – “why is the moon pink??”!!

Humpbacks
Humpbacks are best known for their haunting songs—a sequence of squeaks, roars, moans, and whistles that, analysts say, contain rhyme, rhythm, and other elements found in human music. A song can last about twenty minutes (and may be repeated for hours), reaching an audience as far as twenty miles (32 km) away. It’s generally believed that only the males sing, and it appears that they sing primarily in their breeding grounds, so an early assumption was that these are songs of courtship. But further research showed that males, not females, are attracted to the singer, which calls the courtship idea into question. So the next time I hear a squeak or a moan or a whistle, I will assume that it is someone trying to create a song.

Old Stuff Day
When asking someone "What's new?" or "What's happening?", how often do you hear “Well, today is Old Stuff Day” in recognition of this all too common response. It is suggestive of a boring time period, or a boring life style. Old Stuff Day is not a day to do the same old stuff. Rather, it's a time to recognize the boring nature of your daily routine, and make some exciting changes. Find new and different activities, projects, and hobbies. Attend an event. Do something, anything, different. I always say “what’s up” because I think it means something positive, and it is better than saying “what’s down”....
Wow, I must say…Hilltop’s Spa Day on Feb. 13th was a marvelous one! We kept 8 wonderful massage therapists, technicians and vendors busy the entire 4 hours! These events are a lot of work and I hope you’ll agree, it’s well worth the efforts by all. I am so happy that MANY of you received some well-deserved pampering and purchased some wonderful items to make you and your life a little more beautiful! Thanks again for sharing your Hilltop home with friends and family!

We march into March with a lot of great marketing events and educational programs for all to enjoy. If you’re a veteran, or a spouse of a veteran, you should consider attending our VA Seminar on Monday March 7th at 2:30pm. VA Accredited Attorney and Veterans Advocate Gabriel Lenhart will be sharing new benefit and pension information.

Happy March! Enjoy Spritntime…

Sue

By Sue Hudson
Marketing Director

By Sabrina Busher
Activities Director

“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.”

I am glad to see a lot of the new residents joining in on our activities and Happy Hours. All of the events here at Hilltop are fun and it is a great way to get to know each other. We are starting to have a lot of new musical groups here. I hope you all are enjoying them.

Family Feud is such a great time. Thank you all for participating. The game is so much fun, I love your answers. For all you scrabble and card game players I put a list out for all of you to sign that way we know who it interested in playing the games. Remember to look for the sign-up sheet that are on the table in the common area so you do not miss out on the outings. They fill up fast. I also added a pottery & crafts class with Margo that is wonderful, so look at your calendars.

This month we will be having Dr. Antouri coming to speak to you on staying active. He has volunteered to come every month and speak on different subjects. Rennette Senum will be coming to speak on her amazing Alaskan adventure. This is truly a DO NOT MISS.

Remember an active mind and body is a healthy one.

BE THE REASON SOMEONE SMILES TODAY!!

By Traci Gelgood
Associate Marketing Director

WE NEED TO UPDATE YOUR EMERGENCY CARD!

For your safety, it’s imperative the office has your current emergency contact information (names & phone numbers), list of current medications, and if you have a DNR (Do Not Resuscitate) Directive we’ll make a copy and attach it to your Emergency Card.

Thanks so much, your effort is much appreciated!

Dave

March is here and I hope it is just as exciting as last month. I already see all the flowers blooming and it looks like an early spring. This month we have St. Patrick’s Day on the 17th and we will be serving the traditional meal of corned beef and cabbage, potatoes and carrots. I know you all really enjoy this meal that’s why I serve it more than once a year. It’s also Happy Hour on St. Patrick’s Day so let’s all go have a green beer with Sabrina.

As a reminder, remember to look for the sign-up sheet that are on our activities and Happy Hours. All of the events here at Hilltop are fun and it is a great way to get to know each other. We are starting to have a lot of new musical groups here. I hope you all are enjoying them.

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March 2016

By Sabrina Busher
Activities Director

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There are so many of you living here at Hilltop and I enjoy every one of you. It has however gotten a little overwhelming for us in the kitchen with all of your different tastes and special diets. (Gluten Free, Lactose Intolerant, Sugar Free, Pork Free, etc..) We need you to communicate with the cooks and the staff and let us know ahead of time if you need us to make you something special for the day. Please take a look at your menu ahead of time and give us a call to see what can be arranged for you, or you can also sign up on the alternate menu for the evening meal. I want you to eat but I need your help. We can’t remember all 85 residents food preferences or needs. Help me help you… 😊

Thank you all for being you!

Sincerely,

Jammie Barquilla (Chef)

Kitchen # 272-2854

What is your favorite thing about Hilltop Commons?

I do not have to cook, make my bed or make dinners.

What was the #1 reason you chose Hilltop Commons?

It is affordable, and Larry Day was my neighbor and he talked a lot about Hilltop. Also my daughters loved Hilltop.

What is your favorite activity at Hilltop?

I really love the music, and Happy Hour.

What advice would you offer someone looking to move here?

You will not be sorry. I feel safe here and I love my apartment.

By Sabrina Busher
Activity Corner

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Kitchen: (530) 272-2854
Maintenance: (530) 272-5274
Activities: (530) 272-5274
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 10:00 am
Tuesday: Brunswick Area
Wednesday: Medical Appointments
Thursday: Pine Creek Area

Beauty Salon Hours:
Wednesday/Thursday/Friday
By appointment only
Please call (530) 271-5958

Important Phone Numbers
Gold Country Lift: 271-7433 (271-RIDE)
Comcast Cable: 1-800-266-2278
AT&T: 1-800-750-2355
The Union: 273-9565
Sacramento Bee: 1-800-284-3233
Post Office: 1-800-275-8777
Grass Valley Police (non-emergency)
530 477-4600

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