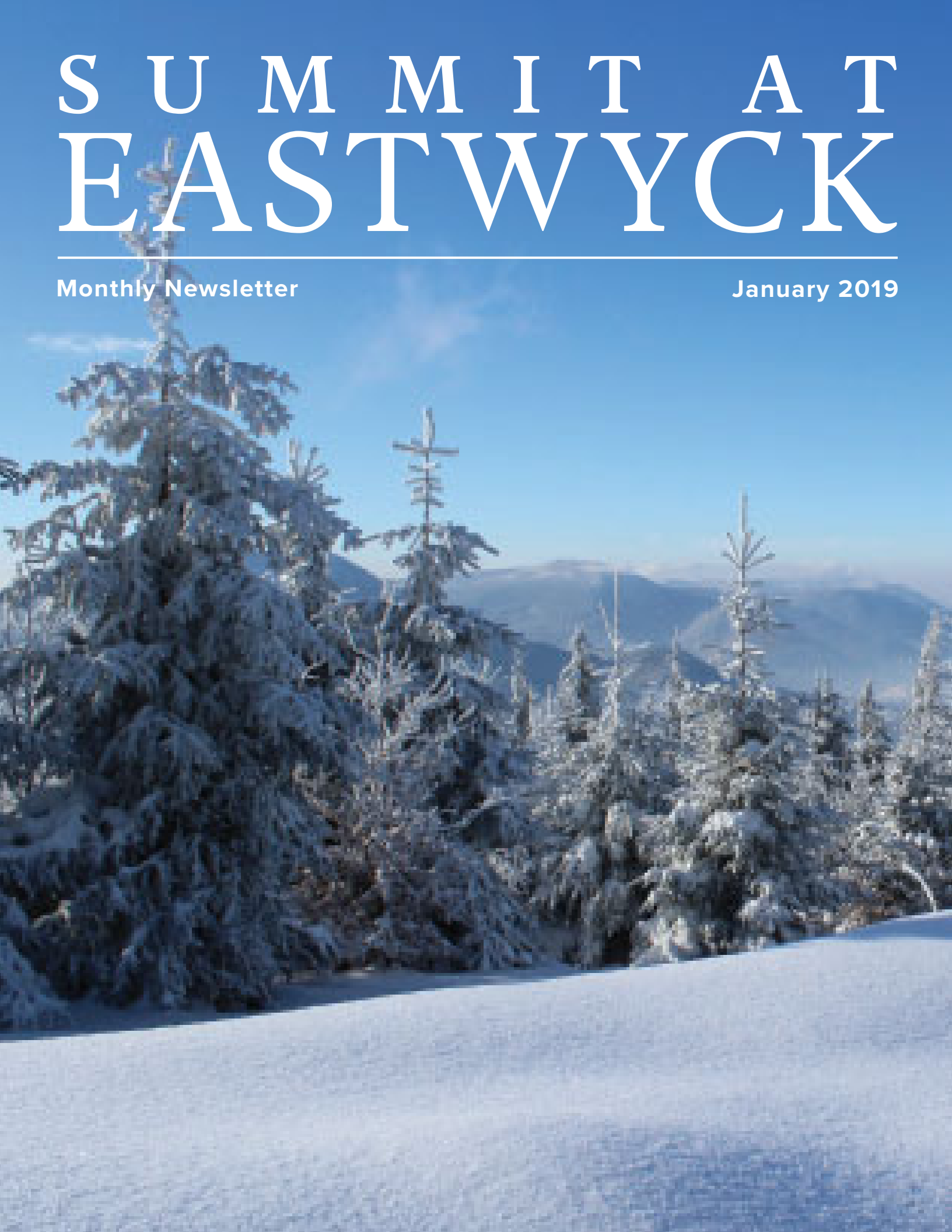


SUMMIT AT EASTWYCK

Monthly Newsletter

January 2019



THE Manager's Message

Here's to a happy, healthy and wonderful new year at The Summit at Eastwyck. We are so thankful for each and every one of our residents and our staff aims to make sure we have a fabulous year full of laughter, music and fun! Each month provides us with opportunities to volunteer, learn, create and enjoy, so be sure to look at your monthly newsletter and see what appeals to you.

Our fitness program is featuring a new class, Therapeutic Tai Chi. This class will take place every Wednesday at 11:00. Tai Chi exercise is a relatively "low tech" approach to preventing disability and maintaining physical performance in adults. The current data suggests that Tai Chi can influence functioning and well being, as well as provide some appreciation for why this form of exercise has been practiced by Chinese adults for more than 3 centuries.

The staff of Eastwyck wants to thank all of the residents for their generous holiday gifts. We truly appreciate your kindness!

"This is the new year the new you. You can pass through another year, coasting on cruise control. Or you can step out of your comfort zone, trying things you have never done before, & make 2019 the year that you elevate from where you are & soar high. Make it happen!" – Pablo

Kelly A. Hotaling

Kelly Hotaling
Community Manager



Staff



Community Manager

Kelly Hotaling

Administrative Assistant

Tarah Lobdell

Maintenance

Kyle Terry
Thomas Strain

Driver

Jerry Bruce

Weekend Clubhouse Attendants

Christine Kuzmak
Susie Ashley

Eastwyck Village
1 Eastwyck Circle
Rensselaer, NY 12144
518.874.1638
www.summitseniorlife.com

Therapeutic Tai-Chi • Wednesdays at 11:00

Therapeutic Tai Chi is coming to Eastwyck at Summit!

Cindy Wheeler will be offering Tai Chi beginning January 2019! Join a class!

There are so many great reasons and benefits for this form of movement. Please read the excerpts below written by Dr. Lam's Institute that practices, teaches and promotes Tai Chi worldwide ... and soon at Summit at Eastwyck!

Numerous studies have shown tai chi improves muscular strength, flexibility, fitness, improves immunity, relieves pain and improves quality of life. Muscle strength is important for supporting and protecting joints and is essential for normal physical function. Flexibility exercises enable people to move more easily and facilitate circulation of body fluid and blood which enhance healing. Fitness is important for overall functioning of the heart, lungs and muscles. In addition to these components, tai chi movements emphasize weight transference to improve balance and prevent falls.

New Resident Orientation

This month we will be having our birthday and orientation on **Monday January 28th, starting at 2:00 pm.**

At this orientation, we will discuss how to order weekly meals, how to RSVP for the monthly activities, and our concierge services, as well as answer any questions that you may have about your new home at Eastwyck. A representative from our welcoming committee will be there too!



PETER STELLING

FRANK & JEAN CICIO



January Birthdays

1/1 Norman Merritt

1/3 Jean Cox

1/11 Elizabeth Doocey

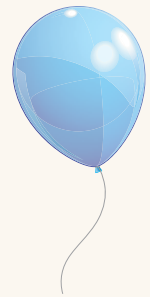
1/12 Colleen Hill

1/14 Robert Dunn

1/14 Joanne Alvaro

1/15 Sheila Van Alstine

1/20 Stewart Sell



Help us celebrate our monthly birthdays on **Monday January 28th, starting at 2:00 pm** in the Great Room.

Cake & Ice Cream for all!

Upcoming Events for January

\$4 Pizza Night



Friday, January 4 at 5:00

Enjoy pizza at the Clubhouse! Please bring a top-ping for the "Friendship Salad" bar. We ask that you please pay when you sign up.



TROY MUSIC HALL

William Safford, Bassoonist

January 8 at 11:30

Take the Eastwyck bus to the Troy Music Hall for a bassoon ensemble. After we will have lunch at Dinosaur BBQ.

Ladies LUNCH

THURSDAY, JANUARY 10TH
LUNCH WILL BE AT THE CLUBHOUSE
GREAT ROOM BEGINNING AT NOON.
PLEASE RSVP TO THE OFFICE.



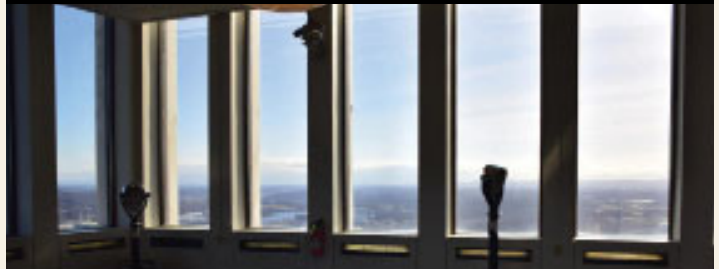
JEWELRY CLASS WITH GHABRIELA



JANUARY 11 AT 2:00

Fellow Eastwyck resident, Ghabriela, will be instructing us on how to make earrings. Seating is limited. Be sure to sign up to reserve your space.

January 15 at 11:00
Corning Tower & Casey's
Join us for a trip to
Downtown Albany



The Corning Tower Observation Deck is located on the 42nd floor. Breathtaking views of Albany, the Plaza, and surrounding areas can be enjoyed. Also visible are the Hudson River Valley, the Port of Albany, large portions of the city and its government, the foothills of the Adirondacks, the Catskills, and the Berkshires of Western Massachusetts.

Following this we will have lunch at Casey's in Rensselaer



January 14 at 11:30

Take our bus to the local plaza to have lunch and do some shopping!



Community Activities

Soup Fest

January 17 at 12:00

*Come to the Clubhouse
and enjoy some hot soup
on a cold January day!
Please RSVP*



UNTIL IT'S OVER OVER THERE

A Dramatic Recreation of a World War II
Armed Forces Radio Broadcast

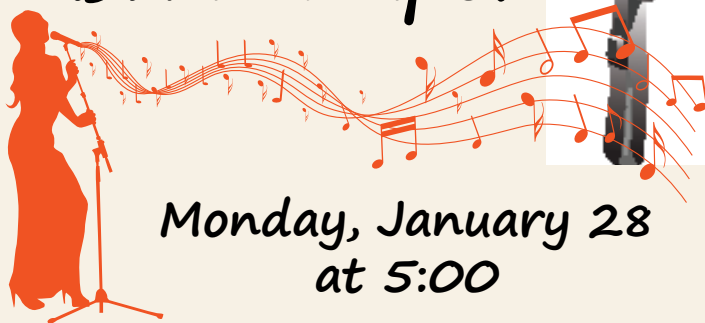
During World War II, radio was king. Americans on the home front tuned in each week to shows like Bob Hope's "Command Performance," Glenn Miller's "I Sustain the Wings," "Mail Call," "Jubilee" and many others. The shows featured the hottest music requested by the best of America: its fighting men serving around the globe. They also featured news updates, War Bond promotional spots, and period ad spots.



Rev. Gary Ferris, currently serving as a chaplain in the New York Guard's 10th Area Command, has written and has been performing his own adaptation of these live shows for more than ten years. Entitled "Until It's Over Over There," the hour-long show captures the essence of the radio shows of the day. Ferris reads letters from soldiers, sailors, and their sweethearts requesting various songs, he then sings them using recorded soundtracks. People who have seen the show say it is superbly done, evoking memories of those years of national emergency.

**WWII RADIO SHOW WITH GARY FERRIS
JANUARY 23 AT 2:00
PLEASE RSVP**

Karaoke with Brian Zapel



Monday, January 28
at 5:00

*Brian is back for another fun night of
Karaoke! Please bring an appetizer to
share. Beverages provided by Eastwyck.
Please RSVP*



SUPER BOWL

**SUPER BOWL 53 Party
February 3 at 5:00**

Join your Eastwyck Friends in the Clubhouse Great Room. Please bring an appetizer to share with everyone & BYOB. There is a sign up in the Great Room, please be sure to note what you will be bringing. If you have any questions, please contact Sandy at 273-9497. Sandy will also be organizing the Super Bowl squares, for \$5 each.

S	M	T	W	TH	F	S
<div>Great Room Reservations</div> <div>1/5 12-5pm 1/6 12-4pm</div>	<div>2019</div> <div>Happy New Year</div>	<div>1</div> <div>Office Closed No Fitness</div> <div>New Year's Day</div>	<div>2</div> <div>No Bible Study 2:00 SKAT CTR 2:00 Movie GR 3:00 Scrabble 4:00 Rumi-Cube Dr. Masias on site all day</div>	<div>3</div> <div>8-12 Medical Trolley 1:00 Bridge CTR 3:00 BINGO GR 5:00 Knitting GR 6:00 Games CTR</div>	<div>4</div> <div>10:30 ShopRite 11am Hannaford & Price Chopper 1:00 Wii Bowling G 2:00 Connected Life Meeting 3:30 Rosary FS 4:00 Rumi-Cube CTR 5:00 Pizza Night GR</div>	<div>5</div> <div>2pm SKAT CTR 2:00 Monopoly GR 4pm Rumi-Cube GR</div>
<div>6</div> <div>NFL 1:00 GR 2:00 Mah-Jong CTR 3:00 Adult Coloring CR</div>	<div>7</div> <div>11:00 Karaoke Rehearsal 1:00 Bridge CTR 2:00 Movie GR 3:00 Mexican Train 3:00 Rumi-Cube CTR 4:00 Supper Club GR 6:00 Poker GR</div>	<div>8</div> <div>11:30 TMH & Lunch William Safford 2:00 Sing-A-Long GR 3:00 Scrabble CTR 5:00 Knitting GR 6:00 Games CTR</div>	<div>9</div> <div>12:00 Book Club GR 1:00 Bible Study FR 2:00 SKAT CTR 2:30 Communion 3:00 Scrabble 4:00 Rumi-Cube</div>	<div>10</div> <div>8-12 Medical Trolley 12:00 Ladies Lunch GR 1:00 Bridge CTR 3:00 BINGO GR 5:00 Knitting GR 6:00 Games CTR</div>	<div>11</div> <div>10:30 ShopRite 11am Hannaford & Price Chopper 1:00 Hand & Foot CTR 1:00 Wii Bowling G 2:00 Jewelry Class CR 3:30 Rosary FS 4:00 Rumi-Cube CTR</div>	<div>12</div> <div>2pm SKAT CTR 2:00 Monopoly GR 4pm Rumi-Cube GR</div>
<div>13</div> <div>NFL 1:00 GR 2:00 Mah-Jong CTR 3:00 Adult Coloring CR</div>	<div>14</div> <div>11:00 Karaoke Rehearsal 11:30 Panera & Target 1:00 Bridge CTR 2:00 Movie GR 3:00 Mexican Train 3:00 Rumi-Cube CTR</div>	<div>15</div> <div>11:00 Corning Tower & Lunch at Casey's 2:00 Sing-A-Long GR 3:00 Scrabble CTR 5:00 Knitting GR</div>	<div>16</div> <div>1:00 Bible Study FR 2:00 SKAT CTR 3:00 Mexican Train 3:00 Scrabble GR 4:00 Rumi-Cube</div>	<div>17</div> <div>8-12 Medical Trolley 12:00 Soup Fest GR 1:00 Bridge CTR 3:00 BINGO GR 5:00 Knitting Party GR 6:00 Games CTR</div>	<div>18</div> <div>10:30 ShopRite 11:00 Hannaford & Price Chopper 1:00 Wii Bowling G 2:00 James Bond Presentation GR 3:30 Rosary FS 4:00 Rumi-Cube CTR</div>	<div>19</div> <div>2pm SKAT CTR 2:00 Monopoly GR 4pm Rumi-Cube GR</div>
<div>20</div> <div>NFL 1:00 GR 2:00 Mah-Jong CTR 3:00 Adult Coloring CR</div>	<div>21</div> <div>11:00 Karaoke Rehearsal Office Closed No Fitness Martin Luther King Jr. Day</div>	<div>22</div> <div>2:00 Sing-A-Long GR 3:00 Scrabble CTR 3:00 Drama Club CTR 4:00 Supper Club GR 5:00 Knitting GR 6:00 Games CTR</div>	<div>23</div> <div>1:00 Bible Study FR 2:00 SKAT CTR 2:00 WWII Radio Show GR Gary Ferris 3:00 Scrabble GR</div>	<div>24</div> <div>8-12 Medical Trolley 1:00 Bridge CTR 3:00 BINGO GR 5:00 Knitting GR 6:00 Games CTR</div>	<div>25</div> <div>10:30 ShopRite 11am Hannaford & Price Chopper 1:00 Wii Bowling G 3:30 Rosary FS 4:00 Rumi-Cube CTR</div>	<div>26</div> <div>2pm SKAT CTR 2:00 Monopoly GR 4pm Rumi-Cube GR</div>
<div>27</div> <div>NFL 1:00 GR 2:00 Mah-Jong CTR 3:00 Adult Coloring CR</div>	<div>28</div> <div>11:00 Karaoke Rehearsal 1:00 Bridge CTR 2:00 Birthday Party GR 3:00 New Resident Orientation 3:00 Rumi-Cube CTR 5:00 Brain Zapel—Karaoke GR</div>	<div>29</div> <div>2:00 Sing-A-Long GR 3:00 Scrabble CTR 5:00 Knitting GR 6:00 Games CTR</div>	<div>30</div> <div>1:00 Bible Study FS 2:00 SKAT CTR 2:00 Belvedere Meeting GR 3:00 Scrabble 4:00 Rumi Cube</div>	<div>31</div> <div>8-12 Medical Trolley 12:00 Lets Do Lunch GR 1:00 Bridge CTR 3:00 BINGO GR 5:00 Knitting GR 6:00 Games CTR</div>	<div>Location Key</div> <div>CR Craft Room CTR Card Table Room FS Fitness Studio G Gym GR Great Room P Pool</div>	<div>Color Codes</div> <div>Games Green Trips Bold Black Summit University Black All Clubs Purple Special Events Red Misc. In House Blue</div>
<div>CONNECTED life</div> <div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>Stretch & Flex FS 9:00 Aqua Fit P 10:00</div>	<div>Every Tuesday</div> <div>Hydro Bikes P 8:00 & 8:30 Pilates FS 9:00 Chair Yoga GR 1:00</div>	<div>Every Wednesday</div> <div>Sit To Be Fit FS 9:00 Aqua Fit P 10:00 Therapeutic Tai-Chi 11:00</div>	<div>Every Thursday</div> <div>Hydro Bikes P 8:15 Balance FS 9:00 Water Walking P 10:00 Hydro Bikes P 11:00 Nia FS 1:00</div>	<div>Every Friday</div> <div>Sit To Be Fit FS 9:00</div>	<div>Every Saturday & Sunday</div> <div>Buddy Swim P 10:00 – 1:00 Residents Only</div>

Concierge Services

At Summit At Eastwyck, we're here for you!

We are passionate about helping you *live well and age well*.

Looking for something to do? We can help you find seasonal events in the Capital District and directions to get there! Want to coordinate or plan a trip? Looking for a doctor or specialist? Need to dry-clean that winter coat or bed spread? Searching for a local veterinarian? In need of transportation? You name it we can help, simply reach out to Tarah in the office!

Meal Options

Continental Breakfast

Monday—Friday 8:30 till 10:30AM
Saturday & Sunday 9:00– 11:00AM

Supper Club

You have the option of a hot meal two Mondays of every month. They come ready to eat, from local restaurants. You can pick up pre-paid meals at the Clubhouse at 4pm.

The Food Florist

Pick up a frozen meal for \$11 at the office. These meals serve two people and are an easy option if you don't want to cook.

Let's Do Lunch!

Monthly lunch at the Clubhouse, prepay at the office and enjoy lunch with your neighbors.

For any of these meal options see the office for more details!

Friday Grocery Shopping

Every Friday the Eastwyck bus goes to three local grocery stores: ShopRite, Price Chopper and Hannaford. We will leave Eastwyck at 10:30am. The bus will pick you up at your building. Please sign up in the main office.

Thursday Medical Appointments

Every Thursday, we provide transportation to scheduled, routine medical appointments.

This service is available between the hours of 8 AM and 1 PM.

Call the office for more details.

CONTINENTAL BREAKFAST

Monday—Friday 8:30 AM until 10:30 AM,
Saturday & Sunday 9:00 AM until 11:00 AM in the GR

We are happy to offer a continental breakfast to our residents seven days a week. Start your morning off right with a healthy breakfast while enjoying each other's company!

There are complimentary copies of the newspaper located in the Great Room.



Monthly Supper Club

January 7th at 4:00
Lasagna, Salad & Bread \$11

January 22nd at 4:00
Haddock Fish Fry \$11

— Let's Do Lunch —

January 31st at 12:00
French Dip \$10

On-Site Podiatrist

Dr. Michael Masias, DPM

Starting at 10:00

First Wednesday of every month he will be on site.

518-320-8659.



Now available to all Summit Residents

Free 24/7 access to health care providers

What is Telemedicine Plus?

- Direct communication with Virtual ER Medicine Team
- Convenient access to diagnosis, testing and medication

One call to get connected

- One call to get connected
- Available for all non-life threatening issues
- Access to diagnosis and treatment of things such as:
 - Cold/flu
 - Allergies
 - Sore Throat
 - Insect Bites
 - Vomiting
 - Pink eye
 - Urinary tract infections
 - Yeast infections
 - Diarrhea
 - Rashes
 - Bronchitis
 - Ear infections
 - Asthma
 - and much more

What people are saying about Telemedicine Plus

"I was able to call and get linked to a medical professional immediately."

Leslie, Telemedicine User

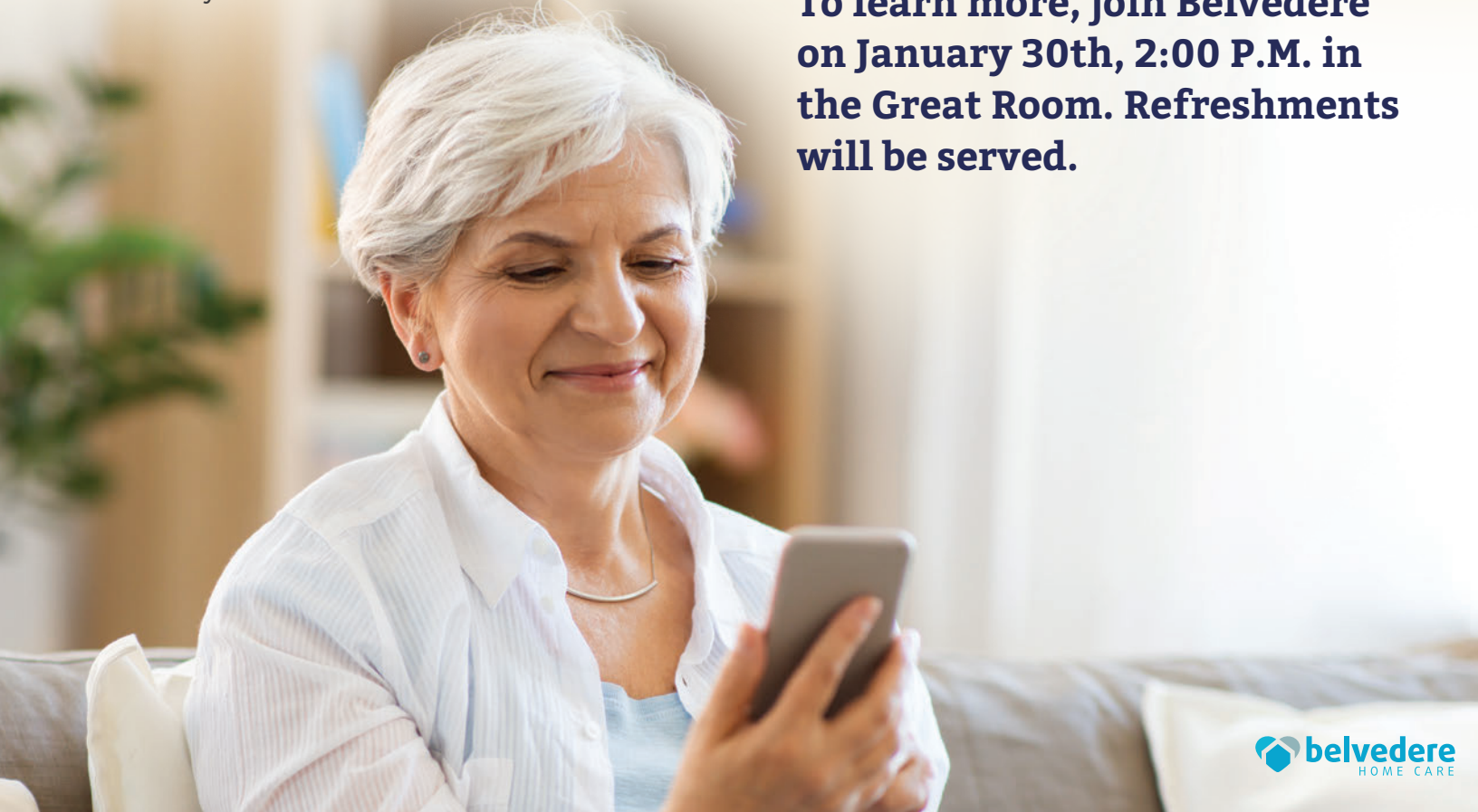
"They were able to diagnose my symptoms and send in a script to my local pharmacy without me ever having to leave the house."

Sarah, Telemedicine User

"So easy and convenient!"

John, Telemedicine User

To learn more, join Belvedere on January 30th, 2:00 P.M. in the Great Room. Refreshments will be served.



Fit For Fictional Espionage

James Bond author Ian Fleming set novel in Lake George region

WILL DOOLITTLE

will@poststar.com

Ian Fleming expressed a low opinion of Lake George in the 1962 James Bond novel “The Spy Who Loved Me,” then readers expressed a low opinion of his book.

But Frieda Toth, a librarian at Crandall Public Library in Glens Falls and an Ian Fleming fan, defends the novel and is working on her own book that uncovers Fleming’s connections to the Lake George-Glens Falls area.

“The Spy Who Loved Me” was Fleming’s ninth James Bond novel and his attempt to break free of the formulas he had adopted in the previous eight, she said. It was told in the first person, from the point of view of a young Canadian woman, Vivienne. It traces her coming of age while working in England and Germany and includes a detailed exploration of her sexual awakening.

James Bond doesn’t even show up until more than halfway through the book, and when he does, he is not quite the ruthless lady-killer and slayer of villains we’ve come to expect. He’s tentative. He makes mistakes and apologizes.

He is a hero who seems fashioned to appeal to female readers, and whether that was Fleming’s intent, that is what happened, Toth says.

What Fleming wanted was to write a book that was more literary and less reliant on the elements — fancy cars, meals and weapons; evil villains; and glamorous women — that he had ridden to popularity in books one (“Casino Royale”) through eight (“Thunderball”).

Not all the formulas were abandoned in “The Spy Who Loved Me.” After a misfire or two, Bond is again the last man standing, and along the way, he does fit in an hour or two of quality time with Viv.

But the book was unconventional enough by Fleming’s own standards to repel a good part of his readership. Fleming, embarrassed, tried to suppress it, forbidding any paperback editions and insisting the movie use only its title and none of its plot.

For his last few Bond novels, Fleming retreated to familiar patterns, and his readers embraced him again. Like Arthur Conan Doyle and other creators of



Frieda Toth, teen librarian at Crandall Public Library in Glens Falls, is writing a book about how Ian Fleming set his 1962 novel 'The Spy Who Loved Me' in the region after visiting Lake George between 1954 and 1961.

charismatic protagonists, Fleming found, to keep the money coming in, he must not fiddle too much with his creation.

“He was so humiliated,” Toth said.

London calling

It’s too bad Fleming wasn’t alive to meet Toth, who read “The Spy Who Loved Me” in the early 1980s, when she was a teenager, and loved it.

Because “The Spy Who Loved Me” is the least popular Bond novel, few people in the huge universe of James Bond fans know of the Lake George-007 connection. But Toth never forgot it, and in 2013 she wrote an article about it — “The Spy Who Snubbed Me” — for the New York Folklore Society.

The article was spotted online by Tom Cull of London, who runs a website called “Artistic License Renewed,” concerning all things Bond. He contacted Toth to ask if she would like to write articles for his site. After that, he suggested a book.

Toth estimates she has done about half the research for the book, which she wants to have completed in a year and a half.

Come hear about this and more fun Bond facts on Friday, January 18th at 2pm in the Great Room.

January Recipe

James Bond's Vesper Martini



Three measures of Gordon's, one of vodka, half a measure of Kina Lillet. Shake it very well until it's ice-cold, then add a large thin slice of lemon peel. Got it?
— "Casino Royale," Chapter 7

Every James Bond fan will recognize the lines in this recipe as the first martini Bond ordered in Ian Fleming's 1953 book, "Casino Royale." It is possibly the most famous drink order in history, it's extremely precise, and recreating the Vesper martini at home is easier than you think. In honor of James Bond's 25th anniversary year, perhaps you might want to try this classic cocktail.

This drink is purely fictional, one created by the author in his first book about the now famous British Secret Service agent. It's even become known as the "Bond martini." Of course, as any devotee of the books or movies knows, Bond is very fond of fine cocktails and this was certainly not the last drink in the series.

The Vesper martini is interesting because it combines gin and vodka with a dry vermouth. It's a very potent mix and Fleming (er, Bond) is very specific about brands for two of the ingredients involved.

INGREDIENTS

- 3 ounces Gordon's Gin
- 1 ounce vodka
- 1/2 ounce Lillet (or another dry vermouth)
- Garnish: lemon peel

PREPARATION

1. In a cocktail shaker, combine the ingredients with ice.
2. Shake well and strain into a chilled martini glass.
3. Garnish with a large piece of lemon peel.

Tip: Shaking the drink will break down more ice and add a greater amount of water to the cocktail. This dilution is actually a good thing, because it creates a well-balanced cocktail in which all the ingredients become one flavor.

Shaken, Not Stirred

Anytime you have a debate over shaking versus stirring cocktails, one can't help but think of Bond's famous line, "shaken, not stirred." That one first appeared in Fleming's 1956 novel "Diamonds Are Forever." One thing's for sure, Fleming certainly knew his way around great drinks. That recipe is easy enough, though many people prefer to stir it like they do a classic martini. The shake is actually a good thing here because it dilutes the drink, which is very heavy on the alcohol. It's said that vodka in the 50's was often bottled at 100 proof and that Gordon's was 94 proof at the time (it's since been reformulated).

Summit Service Club

"Volunteering is a work of heart"

For the month of January, we will be collecting small toiletries for the Capital City Rescue Mission.

They are in need of:

- | | |
|--------------------|--------------------|
| -Shampoo | -Deodorant |
| -Combs | -Bars of Soap |
| -Lotion | -Shaving cream |
| -Feminine products | -Disposable Razors |
| -Toothpaste | |



The Connected Life Program focuses on highlighting the four key aspects we believe are a vital part of a healthy, happy, and balanced life.

Residents are able to choose activities and programs that complement their personal tastes in Health & Fitness, Lifelong Learning, Community Activities, and Leisure & Recreation. The best part? All programs are free for our residents along with a daily continental breakfast.

This includes all of our wellness activities, referrals to community service providers, an array of educational programs, choices of weekly recreational events, regular social opportunities and gatherings, transportation services for shopping, medical visits, and so much more!



HEALTH

Healthy living is an integral part of the Connected Life Program. Whether you're a devoted yoga class-goer, enjoy taking evening walks with a friend, love water aerobics, or just need to meditate in the morning before you start your day, our Health program has something for you.



LEARNING

As seniors, sometimes we think we have seen (and know) it all, but as John Wooden once said "It's what you learn after you know it all that counts." We have monthly lectures and presentations on an array of topics to stimulate the mind.



ACTIVITIES

Being part of a community is more than just being neighbors. It's individuals coming together to build each other up, share similar interests, laugh together, and help each other grow.



LEISURE

Summit residents are never without an opportunity to have some fun. Whether it's trying their hand at a friendly game of cards, unwinding in the salon, perfecting their cross stitch, or just relaxing and catching up with other residents.

December Memories



Live Well



Age Well

One Eastwyck Circle • Rensselaer, New York 12144 • 518.874.1638

WWW.SUMMITSENIORLIFE.COM