

# SUMMIT AT GLENWYCK

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Monthly Newsletter

February 2019



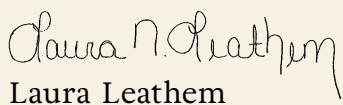
# THE Manager's Message

February has always been a controversial month. We're closing in on Spring, yet the weather often bursts our bubble. Numerically it's short, but the days seem to pass at a turtle's pace. Since the beginning of the winter season in December, we've read all the latest books, seen all the latest movies and eaten way too many calories at all the local restaurants. We've drained all our Christmas giftcard balances, watched all our DVR episodes and started going to bed right after the 6pm local news. It's time for a new February strategy!

The other night, my mother, an amateur genealogist since 1978, called to inform my husband, Joe, that one of his direct ancestors was the aunt of Anne Boleyn. Anne is best known as one of the unfortunate, beheaded wives of England's King Henry VIII. Anne was also the mother of Queen Elizabeth I. Up until this revelation, Joe had come to know his ancestors as mostly factory workers in the industrial northeast.

A few years ago, Mom discovered that Marguerite Ardion, one of my Poirier ancestors, came to Canada in 1663 as a "Filles du Roi" which translates to Daughters of the King. Before I had time to start thinking of myself as royalty, Mom explained that Canada in 1663 was little more than a dangerous, hostile wilderness inhabited mostly by fur traders, native Americans and lonely French soldiers sent by the French king to secure France's foothold in the New World. In an attempt to more quickly settle Canada and...I suspect, to solve morale problems among those lonely French soldiers...King Louis XIV recruited some 770 young, single and widowed women to travel to Canada for a new life. These women, many of whom were orphans or otherwise suffering hard times in France, made the perilous journey, found husbands, started families and have gone on to be honored as the Founding Mothers of French Canada.

Every family has a story. And like every story, there are triumphs, tragedies and more than a few myths to be dispelled. The stories contain open doors, dead ends and some skeletons hiding in a few closets. There is history, mystery and magic. Let me recommend genealogy as a way to bridge the gap between February and the first daffodils of Spring. Discover your roots...and enjoy!

  
Laura Leathem  
Community Manager

## Staff



### Community Manager

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Laura Leathem

### Administrative Assistant

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Francesca Parisi-O'Connor

### Maintenance

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Mike Greenwood  
Mike Nolan

### Driver/Custodian

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Wayne Wissick

### Weekend Office Assistant

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Kathy Nichols

### Office Phone

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518-280-7340

### Emergency Maintenance

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518-338-9562

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The Summit At Glenwyck  
150 Dutch Meadows Lane  
Glenville, NY 12302

# Welcome To The Summit At Glenwyck

AMERICAN RED CROSS



Friday, February 1st

11:30 am to 4:30 pm

Great Room

Volunteers and blood donors needed!  
Register in the main office to participate.

### ***Baked Goods Needed***

If you are interested in providing a home  
baked good for the canteen table, please let  
the main office know.

## New Resident Orientation

To our new residents, we welcome you!

Once a month, we will be offering a personal  
orientation to introduce you to our concierge  
services and answer  
questions you have once  
you settle in and begin  
to enjoy your new home!



We will be reaching out  
to you to let you know  
when this month's  
orientation will be. We are looking forward  
to helping you make yourself at home!

## Fitness Orientation

If you are interested in learning more about  
our fitness rooms and equipment, let us  
know! We can arrange for an orientation to  
meet your needs!

MARTA GRIFFITH  
*from Glenville, NY*



## February Birthdays



Tony Casillo	2/1
Stephen Farina	2/1
Jean Novak	2/2
Edith Sjostrom	2/3
Rudy Wilhelm	2/4
Donna Maloney	2/7
Edith Stables	2/10
Virgina Mottolo	2/10
Gisela Wilson	2/11
Terry Paulson	2/12
Sandra Brewster	2/16
Leonard Tamasi	2/17
Joan Torello	2/18
Stephanie Languell	2/22
Judith Larson	2/25
Elizabeth Posluszny	2/26

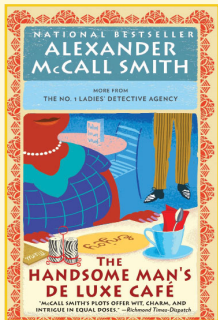
Help us celebrate our monthly birthdays on  
**Tuesday, February 26th, at 2:00 pm**  
in the Great Room.

**Cake & Ice Cream for all!**

# Community Activities

## Literature Club

### The Handsome Man's De Luxe Café In the Library



**Mondays, Wednesdays  
and Fridays at 1:15 pm**

Join fellow residents as we get together to read and discuss the current book. If you are interested in joining, stop by the office!

## Glenwyck Writers Group

In the  
Great  
Room



Meets the first Tuesday of the month at 4:00 pm in the Great Room

## SUBWAY® LUNCH-IN



**Wednesday, February 13th at 12:00 pm**

Join us for a fresh, healthy lunch in the Great Room. Pick your choice of sub at a special Glenwyck price! Only \$3.50!

## Taking Care of Your Heart

**Tuesday, February 19th at 11:00 am  
Great Room**

Vital information from the American Heart Association presented by Barbara Stewart



## Earth's Natural Wonders Docuseries

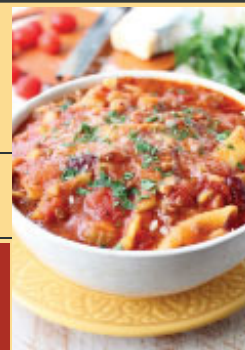
**Tuesdays at 2:30 pm in the Movie Theatre**

From the Arctic to the Outback, humans battle the elements and use their ingenuity to survive in the most extreme environments in the world.

## Men's Cooking Class: Pasta Fagioli

**Saturday, February 9th  
at 11:30 am**

Sign up in the Great Room to reserve your seat & bring a container for your samples.



# Upcoming Outings & Events

## Alphabet Soup Potluck Dinner

Thursday, February 28th at 4:00 pm  
Great Room



Pick a letter and run with it! For example, the letter "C" may inspire menu items including chili, chowder, chicken, carrots, cauliflower, calamari, chips, etc.

Sign up in the Great Room to let everyone know what letter of the alphabet you've chosen and what you're bringing.

## Breakfast at Iron Roost

Thursday, February 28th  
*Bus leaves at 9:00 am*



## Men's Lunch

Hot Torpedos from Ruggiero's



Ruggiero's  
PIZZA, DELI & CATERING

Thursday, February 21st at 12:30 pm  
Tavern

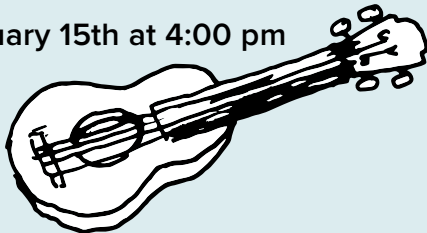
\$8 for 6" / \$11 for 12"

Sign up in the office by Wednesday, February 20th.

Choose from Chicken Parm, Eggplant Parm, Meatball Parm, Sausage Parm, Steak Parm, Chicken Wing (mild, med, hot, bbq), Overstuffed Reuben

## Happy Hour with Happenstance Acoustic Harmony

Friday, February 15th at 4:00 pm  
Great Room



Acoustic harmony duo that specializes in an eclectic mix of country, folk, classic rock, and contemporary music.

## Pizza Party

Friday, February 22nd at 4:00 pm  
Great Room



\$4 per person  
Sign up in the office  
by Wednesday,  
February 20th.

S	M	T	W	TH	F	S
<p>GR: Great Room TAV: Tavern CR: Craft Room FS: Fitness Studio P: Pool CY: Courtyard MOV: Movie Theatre Gym</p>					<p>1 <b>10:30 Grocery Shopping</b> 11:30 Red Cross Blood Drive GR 1:15 Lit Club LIB 2:00 Food Florist Orders Due in Office 2:30 Quarter Bingo GR <b>4:00 Happy Hour: BYOB TAV</b> 5:00 Residents Choice Movie MOV 5:30 Cards TAV <b>NATIONAL WEAR RED DAY</b></p>	<p>2 11:00 Glenwyck Service Club CR 12:00-4:00 Open Studio CR 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema: Bond Movie- <i>From Russia with Love</i> MOV 6:00 Game Night TAV  <b>GROUNDHOG DAY</b></p>
<p>3 8:30 Waffle Station GR 12:00-4:00 Open Studio CR 2:00 Dominoes TAV 2:00 Quarter Bingo GR 2:00 Mexican Train GR 6:00 Game Night TAV 6:30 Super Bowl 53</p>	<p>4 1:15 Lit Club LIB 2:00 Catholic Rosary Circle MOV 4:30 Maria's Café Delivers TAV 5:30 Pinochle &amp; Hand, Knee &amp; Foot TAV</p>	<p>5 11:00 Rivers Casino 11:00 Nurses' Club TAV 12:00 Chinese Lunch Take-Out TAV 2:30 Food Florist Delivers LOBBY 2:00 German Language Class CR 2:00 Jigsaw Puzzles GR  <b>2:30 Docuseries: Earth's Natural Wonders</b> 4:00 Glenwyck Writers Group GR 6:00 Game Night TAV <b>CHINESE NEW YEAR</b></p>	<p>6 1:15 Lit Club LIB 2:00 Catholic Communion Service MOV 2:30 Glenwyck Cinema &amp; Popcorn MOV 2:30 Bunco TAV  <b>3:00 Medicaid Appl. Assistance &amp; Veterans Pension w/Asset Preservers, Inc. GR</b> 4:30 Maria's Café Delivers TAV</p>	<p>7 10:00 Bible Study LIB 1:00 Knitting &amp; Crocheting GR 2:00 Adult Coloring GR 4:00 Scrabble TAV 5:30 Pinochle &amp; Hand, Knee &amp; Foot TAV</p>	<p>8 <b>10:30 Grocery Shopping</b> 1:15 Lit Club LIB 2:30 Quarter Bingo GR <b>4:00 Happy Hour: Bring An Appetizer To ShareTAV</b> 5:00 Residents Choice Movie MOV 5:30 Cards TAV</p>	<p>9 <b>11:30 Men's Cooking Class: Pasta Fagioli GR</b> 12:00-4:00 Open Studio CR 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 6:00 Game Night TAV</p>
<p>10 12:00-4:00 Open Studio CR 2:00 Dominoes TAV 2:00 Quarter Bingo GR 5:30 Mexican Train GR 6:00 Game Night TAV</p>	<p>11 1:15 Lit Club LIB 2:00 Catholic Rosary Circle MOV 4:30 Maria's Café Delivers TAV 5:30 Pinochle &amp; Hand, Knee &amp; Foot TAV</p>	<p>12 <b>10:30 AM Troy Music Hall Music At Noon</b> 2:00 German Language Class CR  <b>2:30 Docuseries: Earth's Natural Wonders</b>  <b>3:00 Basics of Alzheimer's &amp; Dementia GR</b> 6:00 Game Night TAV</p>	<p>13 11:00 Foot Doctor <b>12:00 Subway Lunch</b> 1:15 Lit Club LIB 2:30 Glenwyck Cinema &amp; Popcorn MOV 2:30 Bunco TAV 4:30 Maria's Café Delivers TAV</p>	<p>14 10:00 Bible Study LIB 1:00 Valentine's Day Dessert Hour GR 1:30 Library Committee LIB 2:00 Adult Coloring GR 4:00 Scrabble TAV 5:30 Pinochle &amp; Hand, Knee &amp; Foot TAV  <b>VALENTINE'S DAY</b></p>	<p>15 <b>10:30 Grocery Shopping</b> 1:15 Lit Club LIB 2:00 Food Florist Orders Due In Office 2:30 Quarter Bingo GR <b>4:00 Happy Hour: Happenstance Acoustic Harmony GR</b> 5:00 Residents Choice Movie MOV 5:30 Cards TAV</p>	<p>16 11:00 Glenwyck Service Club CR 12:00-4:00 Open Studio CR 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 4:00-6:30 Cabin Fever Party GR 5:30 WWII Radio Broadcast with Gary Ferris GR 6:00 Game Night TAV  <b>CABIN FEVER PARTY</b></p>
<p>17 8:30 Waffle Station GR 12:00-4:00 Open Studio CR 2:00 Dominoes TAV 2:00 Quarter Bingo GR 5:30 Mexican Train GR 6:00 Game Night TAV</p>	<p>18 1:15 Lit Club LIB 2:00 Catholic Rosary Circle MOV 5:30 Pinochle &amp; Hand, Knee &amp; Foot TAV  <b>OFFICE CLOSED - NO FITNESS CLASSES</b> <b>PRESIDENTS' DAY</b></p>	<p>19 9:30 Blood Pressure Clinic GR <b>10:00 Shopping At Crossgates Mall</b> <b>11:00 Taking Care of Your Heart GR</b> 2:00 German Language Class CR 2:30 Food Florist Delivers LOBBY 2:00 Glenwyck Book Club LIB 2:00 Jigsaw Puzzles GR  <b>2:30 Docuseries: Earth's Natural Wonders</b></p>	<p>20 1:15 Lit Club LIB 2:00 Catholic Communion Service MOV 2:30 Glenwyck Cinema &amp; Popcorn MOV 2:30 Bunco TAV 3:00 Entertainment Committee GR 4:30 Maria's Café Delivers TAV</p>	<p>21 9:00 Sunnyview Audiology Appts SALON 10:00 Bible Study LIB <b>12:30 Men's Lunch Hot Torpedos TAV</b> 1:00 Knitting &amp; Crocheting GR 4:00 Scrabble TAV 5:30 Pinochle &amp; Hand, Knee &amp; Foot TAV</p>	<p>22 <b>10:30 Grocery Shopping</b> 1:15 Lit Club LIB 2:30 Scratch Off Bingo GR <b>4:00 Pizza Party (\$4 pp) GR</b> 5:00 Residents Choice Movie MOV 5:30 Cards TAV</p>	<p>23 9:30 Community Committee CR 12:00-4:00 Open Studio CR 2:00 Quarter Bingo GR 2:30 Glenwyck Cinema MOV 5:00-7:00 Rockin' Rob Entertains GR 6:00 Game Night TAV</p>
<p>24 12:00-4:00 Open Studio CR 2:00 Dominoes TAV 2:00 Quarter Bingo GR 5:30 Mexican Train GR 6:00 Game Night TAV</p>	<p>25 1:15 Lit Club LIB 2:00 Catholic Rosary Circle MOV 4:30 Maria's Café Delivers TAV 5:30 Pinochle &amp; Hand, Knee &amp; Foot TAV</p>	<p>26 <b>2:00 Birthday Party GR</b> 2:00 German Language Class CR  <b>2:30 Docuseries: Earth's Natural Wonders</b> 2:45 GRG Meeting GR 6:00 Game Night TAV</p>	<p>27 11:00 Garden Club Meeting GR 1:15 Lit Club LIB 2:30 Glenwyck Cinema &amp; Popcorn MOV 2:30 Bunco TAV 4:30 Maria's Café Delivers TAV</p>	<p>28 <b>9:00 Breakfast at the Iron Roost</b> 10:00 Bible Study LIB 1:00 Knitting &amp; Crocheting GR 2:00 Adult Coloring GR 4:00 Scrabble TAV 4:00 Alphabet Soup Potluck Dinner GR 5:30 Pinochle &amp; Hand, Knee &amp; Foot TAV</p>		
<p><b>CONNECTED life</b>  <b>FITNESS</b></p>	<p><b>Every Monday</b> 8:15 Water Aerobics (P) 9:10 &amp; 9:40 Balance Class (FS) 3:30 Buddy Swim (P)</p>	<p><b>Every Tuesday</b> 8:45 Sit 2B Fit (FS) 10:00 &amp; 3:30 Buddy Swim (P)</p>	<p><b>Every Wednesday</b> 8:30 Water Aerobics (P) 9:30 Balance Class (FS) 3:30 Buddy Swim (P)</p>	<p><b>Every Thursday</b> 8:45 Sit 2B Fit (FS) 10:00 &amp; 3:30 Buddy Swim (P)</p>	<p><b>Every Friday</b> 8:00 Water Aerobics (P) 9:10 Pilates (FS) 3:30 Buddy Swim (P)</p>	<p><b>Every Saturday &amp; Sunday</b> 10:00 Buddy Swim (P) 3:30 Buddy Swim (P) (Saturday &amp; Sunday)</p>

# Concierge Services

## We're here, just for you!

At Summit At Glenwyck, we are passionate about helping you live well. Let us lend a helping hand to make it a little easier to enjoy! Looking for something to do? We have access to seasonal events and directions to get there. Want to coordinate or plan a trip? We have ideas for where you may want to go and things you may want to see. Looking for a doctor or specialist? Need to dry clean that winter coat? Searching for a local veterinarian? In need of transportation? We can help! Come to the office for details.

### Monday & Wednesday Meal Deliveries 4:30 pm in the Tavern



Call or visit the office to place your order by Friday at 2:00 pm for delivery the following week. Menus are available in the office.

### DELIVERY IS AVAILABLE **pharmacy**

**CVS (Mohawk Ave)**

Mondays and Wednesdays. Call Patty at 347-2206, 24 hours in advance.

**PRICE CHOPPER**

Monday— Friday. Call Jessica at 399-6474.



### *Too busy to grocery shop? Too tired to cook?*

Food Florist meals are available in the front office any day of the week on a first come/first serve basis. The below dishes are frozen and ready to be simply heated. Each 2-person serving is \$11. You can also order the meal of your choice off their extensive menu. Please have order in by the Friday before delivery.

#### **This month's anyday choices:**

- Bacon Swiss Quiche
- Broccoli Cheddar Quiche
- Traditional Sausage Lasagna
- Swedish Meatballs

**February Tuesday deliveries:  
February 5th and February 19th**

## CONTINENTAL BREAKFAST

8:30 AM until 10:15 AM in the Great Room

We are happy to offer a continental breakfast to our residents seven days a week, (with the exception of holidays when the office is closed). 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 to read.

## On-Site Podiatrist

Dr. Michael Masias, DPM

Second Wednesday of every month.

To make your appointment, sign up in the Great Room.

## Friday Grocery Shopping

Fridays at 10:30 am

## Mall Tuesday

10:00 am, check the calendar each month for this select Tuesday trip and Mall location!



## Medical Appointments

Tuesday, Wednesday & Thursday, between 9:00 am and 2:00 pm. Please schedule with the office at least one week in advance. Appointments must be within a 10-mile radius.

# February Recipe



## Cupid's Arrow



Pretty in pink, this Cupid's Arrow Cocktail is perfect for Valentine's Day! Light and refreshing with freshly squeezed lemon juice, raspberries, blood orange liquor and vodka, this libation is a great way to toast the day dedicated to romance!

### Ingredients:

- |                         |                      |
|-------------------------|----------------------|
| 1.5 ounces Vodka        | ½ can Sprite (6 oz.) |
| .75 ounces Cointreau    | Ice                  |
| 1.5 ounces Orange Juice | Garnish:             |
| Splash Lemon Juice      | Slices Lemon         |
| 5 Raspberries           | Raspberries          |
| 1 tsp sugar             |                      |

### Instructions

- Muddle raspberries in a shaker.
- Add vodka, liqueur, orange juice, lemon juice and sugar. Shake until well incorporated.
- Fill a cocktail glass with ice cubes. Pour shaken liquor mixture over ice. Add sprite and stir to mix.
- Garnish with slices of lemons and raspberries.
- Serve.



## Cabin Fever Party

**Saturday, February 16th**  
**4:00 pm to 6:30 pm in the Great Room**  
**Doors open at 3:15 pm**

**\$13 per person payable to Ginny (#316)**  
**Tickets to event will be provided**

**All reservations must be in by Feb. 9th**  
**Country buffet will be provided by Joyce Crawford of Joyce's Country Kitchen, Charlton NY.**



**Entertainment 5:30pm to 6:30pm**  
**Gary Ferris World War II Radio Program**

*This will be a recreation of a World War II Armed Forces Radio Broadcast. In a role of a World War II Army Air Forces Officer, historian and author Gary Ferris brings all the romance and excitement of a World War II Radio Broadcast to life.*





## LEARNING

### Medicaid Application Assistance & Veteran's Pension w/Asset Preservers, Inc.

Wednesday, February 6th at 3:00 pm in the Great Room

#### Medicaid Application Assistance

The Medicaid application process can be very intimidating. The Department of Social Services will not tell you what your rights are. Even if you haven't completed asset protection planning ahead of time, there are legal techniques available to you to save your assets.

#### Veteran's Pension

Up to \$2,169 Monthly

We have discovered the best kept secret. It's a veterans pension for wartime veterans or their surviving spouses who live in an assisted living facility, nursing home or who are receiving home health care.

### Basics of Alzheimer's & Dementia

Tuesday, February 12th at 3:00 pm  
Great Room



### German Language Class with Gudie

Tuesdays at 2:00 pm in the Craft Room



### TROY MUSIC HALL

Tuesday, February 12th  
Bus Leaves at 10:30 am

Music At Noon Series featuring  
Red Canna Trio

## Lifestyle Changes Improve **Heart Health**

Article adapted from a *Blue Zones* interview with Dr. Dean Ornish

Dean Ornish, M.D., is one of medicine's great pioneers of the last 40 years. His work has shown that a plant-based diet and healthy lifestyle can not only reverse heart disease but also perhaps slow the aging process. He proved that diet can reverse heart disease and he can now show us not only the right foods to feel our best, but also reveal how social connectedness and even love are the next blockbuster drugs.

Dr. Ornish puts forth an important new and unifying theory. We tend to think of chronic diseases as being fundamentally different from each other. That heart disease is different than diabetes or prostate cancer or Alzheimer's. But they're really the same disease manifesting in different forms because they all share the same underlying biological mechanisms: chronic inflammation, oxidative stress, changes in the microbiome and DNA expression. Each one of these mechanisms is directly influenced by what we eat, how we respond to stress, how much exercise we get, and how much love and support we have.

*"The radical underlying theory is that for the vast majority of chronic diseases in our 40 years of research, we didn't find that it was one set of lifestyle changes for reversing heart disease and a different diet and lifestyle program for diabetes or prostate cancer. It was the same lifestyle changes for all of them."*

So, these lifestyle changes not only include putting **more plants** in our diet but also being socially connected through what we do everyday. **Purpose and people** is a good way to remember this. Cultures with strong communities live longer.



It's how we've survived as a species all these years - taking care of each other. Often, most people think that the time they spend with friends and family is a luxury after we do the "important" stuff, but what science teaches us is that this time with the ones we love is the most important stuff. The time we spend with loved ones is the single most important determinant in how long and how well we live.

Dr. Ornish also advises to feel a sense of gratitude for what you do have. "It's like when talking about diet—it's more important to emphasize what you include versus what you exclude. it's more important to be grateful for what you do have and who you have in your life and not what you don't." So, here is the magic equation:

**Heart health = more plants + people  
+ purpose + gratitude**



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.

*Good Friends Make  
Great Neighbors!*



If you know someone who would love living at Glenwyck, see Laura in the front office!



✓ **Complimentary  
beauty consultation**  
(appointment needed)

Wednesdays & Fridays • 10:00 AM—5:00 PM  
Call for all your hair needs.  
Cindy 518-526-2262 • Lia 518-470-5992

**Special for Glenwyck Residents:**  
Complimentary wash and style the  
week of your birthday!

♥ **Gift Certificates Available** ♥

**Massage Therapy & Nail Care**  
Available Mondays by appointment  
**Marjorie Garden 518-522-4586**

*Live Well*

*Age Well*