

# S U M M I T   A T M I L L   H I L L

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Monthly Newsletter

May 2021





THE  
Community Manager’s Message



There are so many reasons to look forward to the month of May! Traditionally, this month is the celebration of gardens and flowers. The very name “May” is derived from the Roman goddess, Maia, who oversaw the growth of plants. You may also know that in Europe, “May Day” (May 1st) was established to mark the return of Spring, and May’s Full Moon is known as the “Flower Moon.”

Though it is lovely to enjoy the return of the forsythia, lilacs and other Spring flowers, we will also celebrate 2 other important holidays: Mother’s Day (May 9th) and Memorial Day (May 31st). And of course we can’t forget Cinco De Mayo!

I hope you will mark your calendar and join us as we celebrate the many reasons to welcome this new month!

Warm regards,

*Joan*

Community Manager

Community Manager

Joan Scotti  
JScotti@SummitSeniorLife.com

Concierge

Meg Nigro  
Meg@SummitSeniorLife.com

Maintenance

Matt Grygas  
Mike Magnan

Weekend Concierge

Samantha Foley  
Kelly Chapman

Office Phone

518-941-8871

The Summit At Mill Hill  
2 Mill Hill Court  
Slingerlands, NY 12159  
www.summitatmillhill.com



Meet Your Neighbors

Elda Macri — Apt. 228

Elda Macri was born in Italy and came to the United States in 1954 at the age of eleven. She was married to her husband Joseph for 51 years before he died. Elda worked in the food prep and catering business for most of her career. She spent 9 years at The Albany Academy, 5 years at Christian Brothers Academy and 20 years at Empire Blue Cross. Elda has 2 sons and four grandchildren. She enjoys gardening and playing Bocci. She is a wonderful cook and baker and has prepared delicious meals for many of her friends at The Summit. In addition she is known for her sense of humor and has a gift for making us all laugh and have a good time.


Elda was one of the first residents to move into The Summit. She loves living here and feels it was a good choice for her. She has made many friends since moving in and they certainly have a wonderful time when they get together.

Lois & Patrick Caulfield — Apt. 217

Lois and Patrick Caulfield moved to The Summit from Delmar in January, 2021. Married for over fifty years, they have lived in both the southwestern and northeastern US. During their thirty-five years in Delmar, they raised three children, a couple of cats, and two dogs. Their children and grandchildren all live within a two hour drive from here, with one family still living in the same family home in Delmar.

Lois, a New Hampshire farm girl whose schooling was in elementary teaching, spent four years teaching elementary and preschool on the Navajo Reservation and one year at an inner city daycare center in Manchester, NH, before starting a family. She was a “Home Executive” (commonly called a housewife) while the kids were small. Once they were all in school, she followed her heart in many different “people” related mini careers. These included subbing as a teacher, visiting folks as a Welcome Wagon Representative, and working as a child care provider. During the past 18 years, most of her time has been spent in volunteer work with refugee families in Albany. She has also been a regular volunteer with our local Community Caregivers for many years. Her current interests include pool exercise (their main reason for coming here), hiking, music, napping and reading. Most Sundays, after church in Delmar, the Caulfields can be found at their old home having dinner with most or all of their kids and grand kids. Luckily, the kids all love to cook!

Pak, (Lois’ nickname for him), born and raised in a small village in Connemara, Western Ireland, credits the United States for his higher education. After immigrating here he attended the University of New Mexico School of Medicine and completed his Family Practice residency at UVM. He has practiced primary care medicine in the Capital District since 1985, retiring from full time practice at Community Care in 2015. He has a special interest in travel and in caring for Native Americans, so he has taken several temporary positions over the years in such remote areas as Alaska, South Dakota, and New Mexico. Following retirement, Pak has maintained his specialty interest in geriatrics, seeing patients at a nearby nursing home a few days per week. Besides medicine and travel, his interests include reading, history, hiking (he hiked to the bottom of the Grand Canyon and back out, in one day, to celebrate his 70th birthday), live music of all types, and helping others. This often includes helping his wife in her volunteer work with refugees.



Bill Gronvall	5/17
Tom Cairns	5/23
Catherine Murphy	5/31

Help us celebrate our May birthdays by wishing these residents a very Happy Birthday!

S		M		T		W		TH		F		S	
Location Key FS - Fitness Studio GR - Great Room LIB - Library MOV - Movie Theatre PAV - Pavilion PAT - Patio P - Pool TAV - Tavern YS - Yoga Studio												 2pm Movie, "Zero Dark Thirty"	
2  Continental Breakfast 9am—11:30am		3  8:30-11 Continental Breakfast 4pm Meet & Greet with Podiartist-GR 7pm Guilderland Fire Dept. Presentation – GR		4  8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 5pm Supper Club - Curry Patta		5 8:30-11 Continental Breakfast 9:30 Meditation with Matt  4pm-Happy Hour–TAV		6 8:30-11 Continental Breakfast 9:30 Piano Training –GR 9-2 Transport to Medical Appts. 10am Grocery shopping 2pm Meet Artist Wendy Allen 1st floor gallery		7  8:30-11 Continental Breakfast 2pm Resident Meeting with Joan & Meg –GR		8  Continental Breakfast 9am—11:30am 2pm Movie, "Grand Torino"	
9  Continental Breakfast 9am—11:30am 		10  8:30-11 Continental Breakfast 2pm Mah Jongg-GR		11 8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 2pm "The Battles of Saratoga" Presentation-MOV 5pm Supper Club - Pizza by Dom		12  8:30-11 Continental Breakfast 4pm Happy Hour saxophone performance GR		13 8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 10am Grocery shopping 2pm "Beijing China" Travel Lecture presented by Steve LaPidus-GR 5pm Supper Club—Lam's Kitchen		14  8:30-11 Continental Breakfast 10:30 – Bus to Stuyvesant Plaza 1:30pm Bible Study with Terry-GR 2:30- Bus pick up Stuyvesant Plaza		15  Continental Breakfast 9am—11:30am 2pm Movie, "Midnight Cowboy"	
16  Continental Breakfast 9am—11:30am 12-2pm Car Show & Barbecue 		17  8:30-11 Continental Breakfast 2pm "Herbs and Veggies" Health Presentation – Patty McGee-GR		18  8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 5pm Supper Club - Athos Tavern		19  8:30-11 Continental Breakfast 1:30 Faith Based Discussion with Mike-GR 4pm-5pm Happy Hour–TAV		20  8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 10am Grocery shopping 5pm Supper Club Emma Cleary's		21  8:30-11 Continental Breakfast 12:30 Ladies Luncheon with Guest Speaker Ellen Cole-GR		22  Continental Breakfast 9am—11:30am 2pm Movie, "The Best Exotic Marigold Hotel"	
23  Continental Breakfast 9am—11:30am		24 8:30-11 Continental Breakfast 2pm "Italy to America" presented by Mike DeMasi–GR		25  8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 5pm Supper Club— Inferno		26 8:30-11 Continental Breakfast 9:30 Meditation with Matt–LIB 3pm Book Club Discussion Winter Sisters-LIB 4-5pm Happy Hour Instrumental Live Music-GR		27  8:30-11 Continental Breakfast 9-2 Transport to Medical Appts. 10am Grocery shopping 5pm Supper Club—Tara's Kitchen		28  8:30-11 Continental Breakfast 10:30 – Bus to Stuyvesant Plaza 2:30- Bus pick up Stuyvesant Plaza		29  Continental Breakfast 9am—11:30am 2pm Movie, "Doubt"	
30  Continental Breakfast 9am—11:30am		31 											
CONNECTED <i>life</i>  FITNESS		Every Monday 9:45 Strength & Balance-FS (Fitness Studio) 10:45 Water Aerobics-P (Pool)		Every Tuesday 9:00 Stretch & Flex-FS (Fitness Studio) 10:00 Stretch & Flex-FS (Fitness Studio) 11:00 Hydro Riders-P (Pool)		Every Wednesday 11:00 Sit To Be Fit-FS (Fitness Studio) 12:00 Water Aerobics-(Pool)		Every Thursday 11:00 Chair Yoga-FS (Fitness Studio)		Every Friday 8:45 Water Aerobics-P (Pool) 10:30 Tai Chi-FS (Fitness Studio)			
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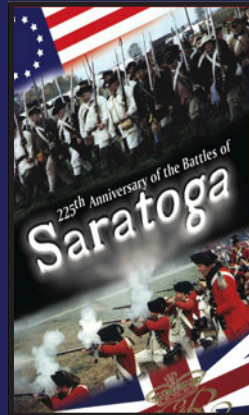
## LEARNING

### “The Battles of Saratoga”

presented by  
filmmakers,  
Mike Camoin &  
Tom Mercer

Don't miss this fascinating  
film and discussion that  
will include details about  
Benedict Arnold.

**Tuesday, May 11**  
**2:00 pm**



### ITALY TO AMERICA

— my family's immigration journey —



Michael DeMasi

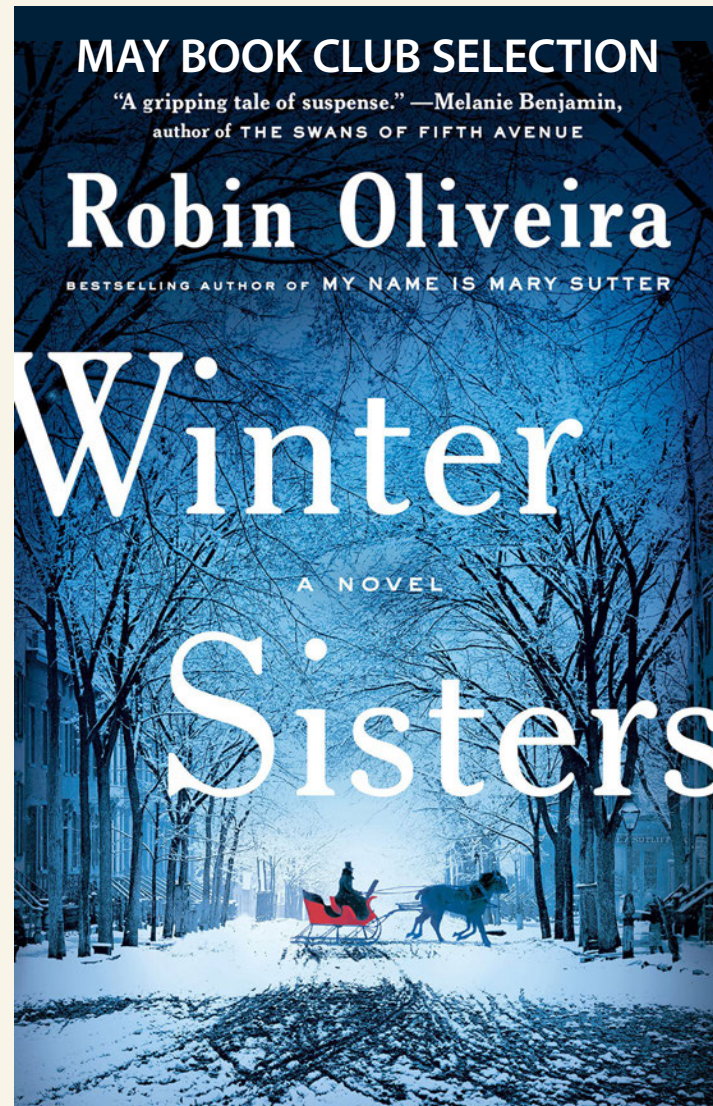
Local author and speaker,  
Mike DeMasi presents:

### “Italy to America: My Family's Immigration Journey”

**Monday, May 24th at 2pm**  
**in the Great Room**

Italy to America: My Family's Immigration Journey” tells the story of Giovanni and Maria DeMasi and their two oldest children, who moved from a small town in southern Italy in 1963 and settled in Troy, New York. They are among the tens of millions of people who left behind everyone and everything they knew for the promise of a better life in the United States, contending with laws that for 140 years have restricted who can enter the country. Their story is both unique and universal.

Michael DeMasi has been a newspaper reporter in upstate New York since graduating from Ithaca College in 1991. Born and raised in Troy, he now lives in Clifton Park with his wife and twin daughters.



Book Club discussion will take place  
on May 26th at 3pm in the Library.

Please contact Meg in The Summit  
Office if you are interested in joining  
The Book Club.

**meg@summitseniorlife.com**  
**518-941-8871**



**What: Women's Lunch with Ellen Cole**  
**When: Friday May 21st at 12:30pm**  
**Where: The Summit Great Room & Patio**

Dr. Ellen Cole is a professor of psychology at Russell Sage College and the author and editor of many publications about women's mental health. For the past decade she has been writing and speaking about positive aging. Her most recent books are Older Women Who Work: Resilience, Choice, and Change and 70 Candles: Women Thriving in their 8th Decade. She turned 80 herself in March and says one of her great pleasures is connecting with women in their 70s, 80s, and beyond. She looks forward to speaking at the Summit and sharing what she has learned.

## Car Show & Barbecue

**Sunday, May 16th 12pm - 2pm**

**Hamburgers • Hot Dogs**  
**Music • Cars • Fun**



## SupperClub

FOOD & FRIENDS

May 4	Curry Patta
May 6	Casa Real
May 11	Pizza by Dom
May 13	Lam's Kitchen
May 18	Athos Tavern
May 20	Emma Cleary's
May 25	Inferno Pizza
May 27	Tara's Kitchen



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

Food Florist meals may be ordered weekly. The homemade dishes are frozen and ready to be heated. Each two-person serving is \$11.

**This month, the Food Florist entrees we have on hand are:**

Chicken Pot Pie  
Sausage Lasagna  
Spinach-Zucchini Lasagna (Gluten-Free)  
Swedish Meatballs.

Please call Meg in the office anytime, to order one of the above Food Florist meals. To place a custom order, see more meal options at [thefoodflorist.com](http://thefoodflorist.com) and place your order with Meg by 3pm on Mondays.



# Concierge Services

## CONTINENTAL BREAKFAST

In the Great Room, weekdays 8:30am – 11:00am,  
9am – 11:30am Saturdays & Sundays.

We are happy to offer a continental breakfast to our residents (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.



## Thursday Grocery Shopping

On Thursdays at 10:00 am, the Mill Hill van goes to one of several local grocery stores or Walmart. Please sign up in the office if you would like to use this service.



## Transportation to Medical Appointments

Every Tuesday & Thursday, we provide transportation to scheduled, routine medical appointments. This service is available between the hours of 9 AM and 2 PM.

Call the office to reserve your appointment time.



## SPA GARMENT CARE

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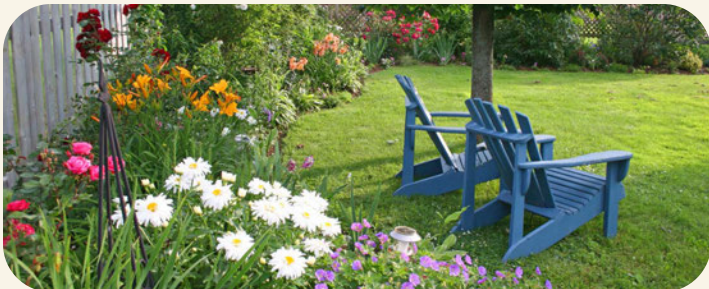


♥ Gift Certificates Available ♥

Hair Stylist - Paula 518-361-5629

Nail Specialist - Sonia 518-512-7479

Massage Therapist - Charlene Watson  
518-813-3347



## PRN Staff Contact Information

Denise Bilka, Physical

Christine Fitzgerald, Occupational

Marybeth Ryan, Speech

SummitMillHill\_NY85@prnphysicaltherapy.com

**716-255-3674**