



# SUMMIT AT MILL HILL

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Monthly Newsletter

August 2021

# THE Community Manager's Message

## TGIA (Thank goodness it's August)!

July at Mill Hill was a month for the record books. It was certainly memorable, for all the wrong reasons!

Starting on July 1st, Spectrum's fiber optic cable was somehow severed, nearby at the intersection of Nott Rd & 155. We had no cable or internet for 2 days! That was inconvenient but we managed, and we were back in business by the next day.

Who would have imagined that we would then be struck by lightning! What a shock! Despite the destruction to our elevators, doors, office internet and more, we survived! We were so lucky that the building did not catch fire.

As we think about that experience, we want to share that we are grateful for the support and quick response provided by our friends at BBL, and technicians from Alarm and Suppression, Otis Elevator, Spectrum, ITZ, Stanley Doors and other vendors. More than anything, we want to thank YOU and your families, for the kindness you demonstrated as we worked to recover our systems. We truly appreciated your patience.

With July behind us, we can now look forward to a safe and "normal" month of August (my fingers are crossed)! We have a lot of wonderful things scheduled, including a Luau with a Steel Drum Band (August 18th) and a Boat Cruise on Lake George (August 24th). We hope you will join us!

Warm Regards,

*Joan*

### Community Manager

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Joan Scotti  
JScotti@SummitSeniorLife.com

### Concierge

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Meg Nigro  
Meg@SummitSeniorLife.com

### Maintenance

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Matt Grygas  
Mike Magnan

### Weekend Concierge

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Samantha Foley  
Kelly Chapman

### Office Phone

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518-941-8871

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





## Steel Drum Band & Luau

Wednesday, August 18th at 4pm  
Great Room Patio



Maryann Wetra  
August 8th

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



## Lake George Narrows Boat Cruise

Tuesday, July 24th  
departing Mill Hill 12:30pm  
returning 6:30pm

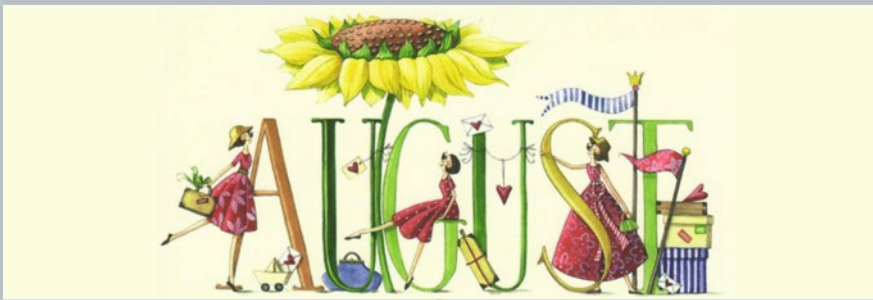



The **Islands of the Narrows Cruise** takes you on a leisurely 14-mile afternoon trip through the many Islands of Lake George. The area called **The Narrows**, is easily the most scenic, peaceful, calming and beautiful spot on the entire lake. No roads line the water's edge and it is easy to imagine life here hundreds of years ago. See for yourself why Lake George is called the "Queen of American Lakes". Learn about Lake George's points of interest, its history, geology and ecology as you sail.

Adults - \$31.50/Over 65 - \$28.50



# August 2021

The Summit At Mill Hills Office: 518.941.8871 | Emergency Maintenance Phone: 518.948.6994

S	M	T	W	TH	F	S
1 Continental Breakfast 9am—11:30am 2pm Rumique – GR	2 8:30—11 Continental Breakfast 12pm “Rising from the Fall” Barb Howansky FS 1:30pm Mah Jongg – TAV	3 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 2pm “Health & Humor” Dan Leffingwell – GR 5pm Supper Club Route 20 Cafe	4 8:30—11 Continental Breakfast 2pm New Resident Orientaion 4pm Happy Hour – TAV	5 8:30—11 Continental Breakfast 9—2 Transport to medical appts. 10am Grocery Shopping 2pm Art Series with Susan Fuller Art Room, 2nd fl. 5pm Supper Club Café Calabria	6 8:30—11 Continental Breakfast 11am Bus to Stuyvesant Plaza 2pm Pick Up Stuyvesant Plaza	7 Continental Breakfast 9am—11:30am 2pm Movie, “Rocky”
8 Continental Breakfast 9am—11:30am 2pm Rumique – GR	9 8:30—11 Continental Breakfast 1:30pm Mah Jongg – TAV	10 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 5pm Supper Club Lam’s Kitchen	11 8:30—11 Continental Breakfast 9:30am Meditation with Matt 10am Transportation to Walmart 4pm Happy Hour – Live Music by Kevin Barcomb, Saxophone	12 8:30—11 Continental Breakfast 9—2 Transport to medical appts. 10am Grocery Shopping 2pm Art Series with Susan Fuller Art Room, 2nd fl. 5pm Supper Club Marisa’s	13 8:30—11 Continental Breakfast	14 Continental Breakfast 9am—11:30am 2pm Movie, “Ordinary People”
15 Continental Breakfast 9am—11:30am 2pm Rumique – GR	16 8:30—11 Continental Breakfast 1:30pm Mah Jongg – TAV	17 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 2pm “How Occupational Therapy Can Benefit You” GR 5pm Supper Club Casa Real	18 8:30—11 Continental Breakfast 8:30—12 Podiatrist in Salon 4pm Luau with Steel Drum Band	19 8:30—11 Continental Breakfast 9—2 Transport to medical appts. 10am Grocery Shopping 2pm Art Series with Susan Fuller Art Room, 2nd fl. 5pm Supper Club Via Fresca	20 8:30—11 Continental Breakfast 1:30pm Bible Study with Terry – GR 11am Bus to Stuyvesant Plaza 2pm Bus Pick Up Stuyvesant Plaza	21 Continental Breakfast 9am—11:30am 2pm Movie, “The Green Book”
22 Continental Breakfast 9am—11:30am 2pm Rumique – GR	23 8:30—11 Continental Breakfast 1:30pm Mah Jongg – TAV	24 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 12:30pm Boat Cruise of Lake George Narrows 5pm Supper Club Pizza by Dom	25 8:30—11 Continental Breakfast 9:30am Faith Based Discussion– GR 3pm Book Club Discussion, The Tattoist of Auschwitz – LIB 4pm Happy Hour Cole Broderick	26 8:30—11 Continental Breakfast 9—2 Transport to medical appts. 10am Grocery Shopping 4pm “Don’t Get Scammed” Guilderland PD – GR 5pm Supper Club Akonomi	27 8:30—11 Continental Breakfast 2pm “Italy to America” Mike DeMasi – GR 5:30pm Potluck Dinner – GR	28 Continental Breakfast 9am—11:30am 2pm Movie, “Along Came Polly”
29 Continental Breakfast 9am—11:30am 2pm Rumique – GR	30 8:30—11 Continental Breakfast 1:30pm Mah Jongg – TAV	31 8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 1pm Group Walk on the Helderberg - Hudson Rail Trail 5pm Supper Club Emma Cleary’s Cafe				
  <b>FITNESS</b>	<b>Every Monday</b> 9:45 Strength & Balance (Fitness Studio) 10:45 Water Aerobics (Pool)	<b>Every Tuesday</b> 9:00 Stretch & Flex (Fitness Studio) 10:00 Stretch & Flex (Fitness Studio) 11:00 Hydro Riders (Pool)	<b>Every Wednesday</b> 10:45 Sit To Be Fit (Fitness Studio) 11:45 Water Aerobics (Pool)	<b>Every Thursday</b> 10:00 Chair Yoga (Fitness Studio) 11:00 Water Balance (Pool)	<b>Every Friday</b> 8:45 Water Aerobics (Pool) 10:30 Tai Chi (Fitness Studio)	<b>Location Key</b> FS - Fitness Studio GR - Great Room LIB - Library MOV - Movie Theatre PAV - Pavilion PAT - Patio P - Pool TAV - Tavern YS - Yoga Studio



## LEARNING

### 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”***

Friday, August 27th 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.



## Why Is Tai Chi For Me:

- Improved balance.
- Decreased risk of high blood pressure.
- Improved physical strength.
- Improved hand-eye coordination.
- Increased blood circulation.
- Improved sleep quality.
- Improved cognitive function and memory.



**PRN**  
Physical Therapy  
Rehabilitation Services  
an affiliate of The Weston Healthcare Group

## How Occupational Therapy Can Benefit You

Please join us for an informative class with  
**Christine Fitzgerald from PRN Physical Therapy.**

Christine will be sharing how adaptive techniques and strengthening through functional activity can help us stay independent and free from injury.

Christine Fitzgerald is an Occupational Therapy Specialist, She graduated with honors in 1998 and has more than 23 years of diverse experience, especially in Occupational Therapy.

**Tuesday, August 17th at 2pm  
in the Great Room**

## Health & Humor

with Dan Leffingwell

2pm August 3rd in the Great Room,  
feel free to bring a joke to share.





## Craft Series with Susan Fuller

Thursday, August 5th  
Decorative Cigar Boxes

Thursday, August 12th  
Art Journals

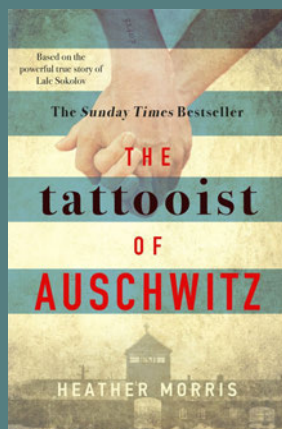
Thursday, August 19th  
Creative Coloring



2pm in the Arts & Crafts Room, 2nd floor

## AUGUST BOOK CLUB SELECTION IS:

The Tattooist of  
Auschwitz  
By  
Heather Morris



Book Club discussion will take place on August 25th at 3pm in the Library.

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

[meg@summitseniorlife.com](mailto:meg@summitseniorlife.com)  
518-941-8871

## SupperClub

FOOD & FRIENDS

- August 3     Route 20 Cafe
- August 5     Café Calabria
- August 10    Lam's Kitchen
- August 12    Marisa's
- August 17    Casa Real
- August 19    Via Fresca
- August 24    Pizza by Dom
- August 26    Akonomi
- August 31    Emma Cleary's



### *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.



## Grocery Shopping

On Thursday at 10:00 am the Mill Hill Van goes to one of several local grocery stores.

The 2nd Wednesday of each month at 10:am the van will go to 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 you appointment time.



## Spa Garment Care

5 New Karner Road (Route 155)  
Guilderland, NY 12084

**(518) 608-1063**

Dry Cleaning, Shoe Repair & Tailoring  
**Free Pick-up and Delivery**  
**10% off on all orders**

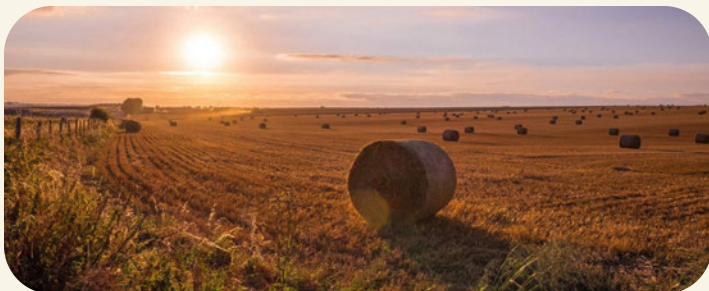


♥ Gift Certificates Available ♥

Hair Stylist - Paula 518-361-5629

Nail Specialist - Sonia 518-512-7479

Massage Therapist - Charlene Watson  
518-813-3347



**PRN**  
Physical Therapy  
Rehabilitation Services

*an affiliate of The Weston Healthcare Group*

## PRN Staff Contact Information

Denise Bilka, Physical

Christine Fitzgerald, Occupational

Marybeth Ryan, Speech

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**716-255-3674**