



# SUMMIT AT MILL HILL

Monthly Newsletter

October 2021



# THE Community Manager's Message

Hello October!

This is one of my favorite months, what with the cool crisp air, colored leaves, cider donuts and pumpkins! I hope you are looking forward to a great month!

As always, we will strike a balance this month between frivolity and topics that are more serious. Here are a few of the serious events we have planned:

- **Recycling Seminar** – We have had some missteps concerning how we dispose of trash and what can and can't be recycled. On Wednesday, October 6th at 2pm, a representative from Casella Waste will be here to educate us about the proper way to dispose of trash and which items should be recycled.
- **Fire Drill and Fire Prevention Seminar** – On Thursday, October 7th we will have a planned fire drill (around 3pm), along with a 4pm presentation by the Guilderland Fire Department.
- **Covid Booster Shot Clinic** – On October 8th, Miller Young from Youngs Pharmacy will be here to provide the Covid Booster to eligible residents who have signed up. Additional information about this clinic will be announced at the Resident Meeting on October 1st and by email.

Just for fun, check out the calendar for other scheduled events and activities, such as...

- **Trip to Indian Ladder Farms** – On Tuesday, October 5th, we will go to Indian Ladder Farms for cider donuts, apples and more.
- **Bingo Night** – On Friday, October 15th at 7pm, we will have our first community Bingo night. Bring your quarters and join friends in the Great Room to play.
- **Halloween Party** – On Saturday, October 23rd at 7pm, join us in the Great Room for a celebration of this spooky holiday! DJ Chuck will be here to provide entertainment - costumes are optional!

Here's to an interesting and fun-filled month!

Joan



## 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](http://www.summitatmillhill.com)





**FIRE SAFETY**



**Guilderland Fire Department  
Fire Safety Presentation  
Thursday, October 7th  
at 4pm  
in the Great Room**

**October is  
Fire Prevention  
Month**

## Sing-A-Long

with Susan Kaplan & Kenny  
**Tuesday, October 19th**  
at 3pm in the Great Room



## Jumpstart Your Health!

**Emily Williams, Nutrition Intern**  
**October 15th, 2pm in the Great Room!**

Are you struggling with issues related to your health including diabetes, heart disease, IBS, high blood pressure, etc.? Do you want help managing these health issues with food and nutrition?

My name is Emily Williams, Nutrition Intern, and I am a graduate student at SUNY Oneonta working with Patty McGee, RN, MSN, health coach.

As part of my graduate work, I am conducting a study whose primary purpose is to assess the nutrition-related needs amongst members of your community in order to help resolve and manage your health issues.

To participate this month, you will be asked to fill out a survey related to your own health. Participate in this program and see improvements in the management of your health issues!



**If you are interested in participating,  
please email or call: Emily Williams  
willer81@oneonta.edu • 518-779-1131**

## PHOTOGRAPHY EXHIBIT IN THE ART GALLERY



Featuring photography by resident  
Grace Schillinglaw's son  
Kevin Bellanger.

**Be sure to stop by and enjoy!**



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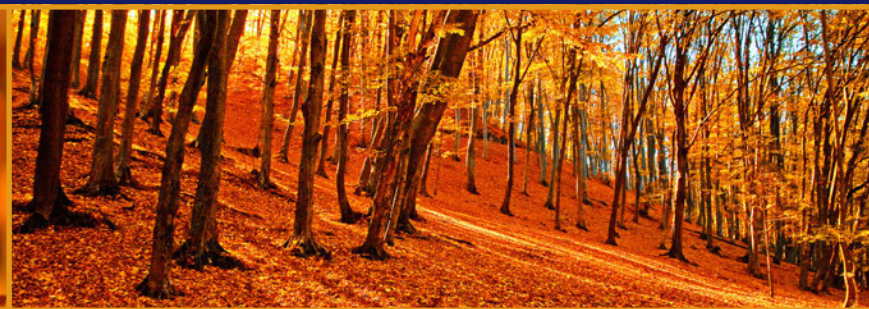
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<p>3</p> <p>Continental Breakfast 9am—11:30am 2pm Rumique – GR</p>	<p>4</p> <p>8:30—11 Continental Breakfast 12pm “Rising from the Fall” Barbara Howansky 1:30pm Mah Jongg-Art Room 3pm Knitting &amp; Crocheting Group - GR</p>	<p>5</p> <p>8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 1pm Indian Ladder Farms Visit 5pm Supper Club Gracie’s Kitchen</p>	<p>6</p> <p>8:30—11 Continental Breakfast 9:30 Meditation with Matt 10 am Grocery Shoppin 2pm Recycling Presentation-GR 4pm Happy Hour with Music by Jack Kelle Duo-GR</p>	<p>7</p> <p>8:30—11 Continental Breakfast 9—2 Transport to medical appts. 4pm Fire Prevention Presentation-GR 5pm Supper Club Bellini’s Coun-ter 7pm Thursday Night Movie-MOV</p>	<p>1</p> <p>8:30—11 Continental Breakfast 10:30am Pinebush Discovery Center 3pm Resident Meeting with Joan &amp; Meg</p>	<p>2</p> <p>Continental Breakfast 9am—11:30am 7pm Saturday Night Live - GR</p>
<p>10</p> <p>Continental Breakfast 9am—11:30am 2pm Rumique – GR</p>	<p>11</p>  <p><b>Columbus Day</b> Office is closed</p>	<p>12</p> <p>8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 2pm Technology 101 5pm Supper Club Lam’s Kitchen</p>	<p>13</p> <p>8:30—11 Continental Breakfast 10am Grocery shopping 1:30pm Wreath Making with Kelly (2nd group)-Art Room 4pm Happy Hour - GR</p>	<p>14</p> <p>8:30—11 Continental Breakfast 9—2 Transport to medical appts. 10am Walmart Shopping 5pm Supper Club Tesoro’s 7pm Thursday Night Movie-MOV</p>	<p>15</p> <p>8:30—11 Continental Breakfast 2pm Jumpstart Your Health-GR <b>Bingo!</b> 7pm in the Great Room</p>	<p>16</p> <p>Continental Breakfast 9am—11:30am 7pm Saturday Night Live - GR</p>
<p>17</p> <p>Continental Breakfast 9am—11:30am 2pm Rumique – GR</p>	<p>18</p> <p>8:30—11 Continental Breakfast 9:30 am Faith Based Discussion 1:30pm Mah Jongg-Art Room 3pm Knitting &amp; Crocheting Group - GR</p>	<p>19</p> <p>8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 3pm Sing-A-Long with Kenny &amp; Susan-GR 5pm Supper Club Emma Cleary’s Cafe</p>	<p>20</p> <p>8:30—11 Continental Breakfast 10am Grocery Shopping 2pm “Voices from the Past” presentation by Michael Diana 4pm Happy Hour with Music by Russ Kennedy-GR</p>	<p>21</p> <p>8:30—11 Continental Breakfast 9—2 Transport to medical appts. 5pm Supper Club Café Calabria 7pm Thursday Night Movie-MOV</p>	<p>22</p> <p>8:30—11 Continental Breakfast 2pm “Stone Age to Casinos” Marilyn Sassi Presentation 5:30pm Potluck Dinner – GR</p>	<p>23</p> <p>Continental Breakfast 9am—11:30am 7pm Halloween Party with DJ Chuck-GR</p>
<p>24/31</p> <p>Continental Breakfast 9am—11:30am 2pm Rumique – GR</p>  <p>Happy Halloween</p>	<p>25</p> <p>8:30—11 Continental Breakfast 1:30pm Mah Jongg-Art Room 3pm Knitting &amp; Crocheting Group - GR</p>	<p>26</p> <p>8:30—11 Continental Breakfast 9—2 Transport to Medical Appts. 2pm Patty McGee Health Presentation - GR 5pm Supper Club Route 20 Cafe</p>	<p>27</p> <p>8:30—11 Continental Breakfast 10am Grocery Shopping 3pm Book Club Discussion, “Lying in Wait”- LIB 4pm Happy Hour - GR</p>	<p>28</p> <p>8:30—11 Continental Breakfast 9—2 Transport to medical appts. 5pm Supper Club Via Fresca 7pm Thursday Night Movie-MOV</p>	<p>29</p> <p>8:30—11 Continental Breakfast 2pm “Sully’s Squad” Book Signing &amp; Talk</p>	<p>30</p> <p>Continental Breakfast 9am—11:30am 7pm Saturday Night Live - GR</p>
<p>CONNECTED <i>life</i></p>  <p>FITNESS</p>	<p><b>Every Monday</b> 8:45 Water Aerobics (Pool) 9:45 Strength &amp; Balance (Fitness Studio) 10:45 Water Aerobics (Pool) 7:00 Relaxation Yoga (Fitness Studio)</p>	<p><b>Every Tuesday</b> 9:00 Stretch &amp; Flex (Fitness Studio) 10:00 Stretch &amp; Flex (Fitness Studio) 11:00 Hydro Riders (Pool)</p>	<p><b>Every Wednesday</b> 10:45 Sit To Be Fit (Fitness Studio) 11:45 Water Aerobics (Pool)</p>	<p><b>Every Thursday</b> 10:00 Chair Yoga (Fitness Studio) 11:00 Water Balance (Pool)</p>	<p><b>Every Friday</b> 8:45 Water Aerobics (Pool) 10:30 Tai Chi (Fitness Studio)</p>	<p><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</p>





## LEARNING

### Technology 101

Tuesday, October 12th at 2pm  
In the Great Room

Technology can be overwhelming, but also very beneficial. Find out more about the basics of computers and the internet and how smartphones and tablets work.



### Health Presentation by Patty McGee

“5 Questions You Should Ask  
Yourself about Your Medication”

Tuesday, October 26th at 2pm  
in the Great Room



Sully's Squad is not only a WWII epic, but also a moving coming-of-age tale, told through the eyes of 15 year old Arty, who lies about his age to enlist.

**Join author, Kevin Wilson for a book talk and signing.**

Books may be purchased for \$12.

### “Voices from the Haunted Past: Ghost Stories and Folklore from the Schenectady Stockade”

For centuries folks of all backgrounds have lived their lives in the Stockade neighborhood and as folk-lore has it, some of them never completely left. Stories about spirit sightings and strange occurrences reveal the rich history of this historic area.



# Community Activities

## INDIAN LADDER FARMS VISIT TUESDAY, OCTOBER 5TH AT 1PM

SHOP FOR APPLES, CIDER, PUMPKINS,  
DOUGHNUTS AND MORE AT THIS  
BEAUTIFUL HELDERBERG FARM.



## October Book Club Selection:

*Lying in Wait* by Liz Nugent

Book Club discussion will take place 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



**SATURDAY, OCTOBER 23RD  
AT 7PM**

**IN THE GREAT ROOM**

**FEATURING KARAOKE  
WITH DJ CHUCK**

**COSTUME CONTEST  
CIDER + DOUGHNUTS**





# 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.



## SupperClub

October 5	Gracie's Kitchen
October 7	Bellini's Counter
October 12	Lam's Kitchen
October 14	Tesoro's
October 19	Emma Cleary's Café
October 21	Café Calabria
October 26	Route 20 Café
October 28	Via Fresca

## 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**

## 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.



## October Birthdays

Judy Madnick	October 1
Janine Conklin	October 2
Patrick Caulfield	October 4
Toni Gallogly	October 8
Johanna Bank	October 10
Cynthia Freedman	October 12
Terry Church	October 14
Mere Finn	October 15
Barbara Robinson	October 29



**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

SummitMillHill\_NY85@prnphysicaltherapy.com

**716-255-3674**

## Wednesday Grocery Shopping

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

The 2nd Thursday of each month at 10:00am the van will go to Walmart.

Please sign up in the office if you would like to use this service.



**Walmart**



**Renew**  
DAY SPA  
at The Summit At Mill Hill

♥ **Gift Certificates Available** ♥

Hair Stylist - Paula 518-361-5629  
Nail Specialist - Sonia 518-512-7479  
Massage Therapist - Charlene Watson  
518-813-3347