

SUMMIT MILLHILL

Monthly Newsletter

June 2022



THE

Community Manager's Message

It is hard to believe that it is already June! This year is flying by!

Last month we met with residents to consider ways we could volunteer together. After that meeting, Sasha announced our first group volunteer event, "Sasha's Superhero Run." Thank you to our walkers, Kathleen Bellotti, Stu Madnick and Dana Rosenberg, and to the residents who generously contributed monetary donations! Together we raised over \$ 700 for the children of Ukraine.

This month, we will take on a new volunteer initiative! Mill Hill resident, Michele McGinn suggested a way that we can help improve child literacy in Albany - by volunteering for organization called "The RED Bookshelf." Please join us on the first 2 Fridays of the month, June 3rd, and June 10th, to learn how we can help inspire local children to read!

In addition to this new volunteer initiative, we will have a busy and fun-filled month! Here are several highlights:

- Wine glass painting (6/14)
- Father's Day potluck brunch, suggested by Val and Kerm Drew (6/19)
- Banjo band performance (6/22)
- Mohawk Hudson Humane Society Tour (6/24)
- Cruise and Lunch on Lake George (6/29)

Let's make the most of this new month!

Happy June and Happy Father's Day to the dads at Mill Hill!

Joan



Community Manager

Joan Scotti
JScotti@SummitSeniorLife.com

Resident Services Coordinator

Sasha Carrington
Scarrington@SummitSeniorLife.com

Maintenance

Dan Crowley
John Sawyer

Transportation/Maintenance

John Sawyer

Weekend Concierge

Kelly Chapman

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518-941-8871

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



june BIRTHDAYS

ANTHONY BRIGHT	6/1
KEVIN DAVIS	6/2
ETHEL KRAMER	6/4
KATHLEEN BELLOTTI	6/13
STU MADNICK	6/14
SHELLE JAQUISH	6/17
JUDITH GALLAGHER	6/22
PAT HANDLER	6/25



Let's Cruise

LAC du SAINT SACREMENT
Lake George Steamboat Company
Luncheon Cruise

Wednesday, June 29th

Cruise time-12:00

Depart Summit-10:00

Price pp-\$50.00

This price includes your cruise and lunch
10 people max



Please join us on: **Thursday, June 9th at 12pm** in the **GR** for an in-depth discussion and one on one clinical assessment of Alzheimer's with Dr. Richard Holub of Neurological Associates of Albany, P.C.



JUNE

Alzheimer's & Brain Awareness Month



Dr. Richard Holub is President and Director, Research & Neurology at Alzheimer's Disease Research and Treatment Center at Neurological Associates of Albany (NAA). NAA consists of a credentialed research team and clinic staff of nurses, research coordinators, physicians, physician assistants and psychometricians. NAA provides a full complement of Alzheimer's disease Research programs and neurological services for memory disorders.

Creating art is relaxing and a great escape from the busy tasks that flood our minds

Wine Glass Painting with Kayleigh

Tuesday, June 14 @ 2:00 in the GR
\$10.00 pp



S	M	T	W	TH	F	S
			1 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 1:00 Opera in the Theatre 4:00 Happy Hour—GR Alzheimer's and Brain Awareness Month	2 9—2:00 Transport to Medical Appts. 1:00 Health & Humor with Dan Leffingwell MS, RN—GR 5:00 Supper Club—Via Fresca 7:00 Thursday Night Movie—MOV	3 10:00 Walmart Shopping 11—1:30 The RED Bookshelf Literacy Advocate Training (Virtual)—FDR 1:00 Downton Abbey Series—MOV 3:00 Resident Meeting with Joan and Sasha 7:00 Bingo—GR	4 2:00 Mexican Train—GR 12:00 Movie 7:00 <i>Saturday Night Live</i> —GR
5 2:00 Movie 2:00 Parcheesi—TAV	6 12:00 Monday Matinee—MOV 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR 	7 9—2:00 Transport to Medical Appts. 2:00 Seniors Bullying Seniors with Dan Leffingwell MS, RN 5:00 Supper Club—Atomic Wings	8 9:00 Communion Service with Colleen—Chapel 9—12:00 Dr. Mason: Albany Podiatry 10:00 Grocery Shopping 1:00 Opera in the Theatre 4:00 Happy Hour—GR	9 9—2:00 Transport to Medical Appts. 12—2 Detecting Alzheimers with Research Dr. Richard Holub—GR 5:00 Supper Club—Gracie's Kitchen 7:00 Thursday Night Movie—MOV	10 11—1:30 The RED Bookshelf Literacy Advocate Training (Virtual)—FDR 1:00 Downton Abbey Series—MOV 1:30 Bible Study with Terry—LIB	11 2:00 Mexican Train—GR 12:00 Movie 7:00 <i>Saturday Night Live</i> —GR
12 2:00 Movie	13 10:00 Faith Based Discussion with Colleen 11:30 Claudia Summers Patio Piano Performance "MEMORIES" 12:00 pm Monday Matinee—MOV 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR	14 9—2:00 Transport to Medical Appts. 2:00 Tuesday Trivia with Mark Herish—GR 2:00 Wine Glass Painting with Kayliegh— Art Room 5:00 Supper Club—Jimmy John's 7:00pm Texas Hold'em—GR 	15 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 1-3:00 The RED Bookshelf Mending Training 1:00 Opera in the Theatre 4:00 Happy Hour—GR	16 9—2:00 Transport to Medical Appts. 1:00 Schuyler Mansion Guided Tour 5:00 Supper Club—Lam's Kitchen 7:00 Thursday Night Movie—MOV	17 1:00 Wills vs. Trusts explained by: Jessica Wilson—Halliday Financial 1:00 Downton Abbey Series—MOV 7:00 Bingo—GR	18 2:00 Mexican Train—GR 12:00 Movie 7:00 <i>Saturday Night Live</i> —GR
19 2:00 Movie 2:00 Parcheesi—TAV 	20 11:00 Quarterly Planning Meeting 12:00 Monday Matinee—MOV 1—3:00 The RED Bookshelf Mending Training 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR	21 9—2:00 Transport to Medical Appts. 1—3:00 The RED Bookshelf Mending Training 5:00 Supper Club—Gracie's Kitchen 	22 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 1:00 Opera in the Theatre 3:00 Book Club—LIB 4:00 Happy Hour Featuring Tri-County Banjo Band—GR	23 9—2:00 Transport to Medical Appts. 5:00 Supper Club—Route 20 Café 7:00 Thursday Night Movie—MOV	24 12:00 Mohawk Hudson Humane Society Visit 2:00 Downton Abbey Series—MOV	25 2:00 Mexican Train—GR 12:00 Movie 7:00 <i>Saturday Night Live</i> —GR
26 2:00 Movie	27 12:00 Monday Matinee—MOV 2:00 Mah Jongg—TAV 3:00 Knitting & Crocheting Group—GR	28 9—2:00 Transport to Medical Appts. 5:00 Supper Club—Via Fresca 7:00pm Texas Hold'em—GR	29 9:00 Communion Service with Colleen—Chapel 10:00 Grocery Shopping 10:00 Lake George Steamboat Luncheon Cruise 1:00 Opera in the Theatre 3:00 Book Club—LIB 4:00 Happy Hour—GR	30 9—2:00 Transport to Medical Appts. 5:00 Supper Club—Atomic Wings 7:00 Thursday Night Movie—MOV	Event Color Key RED Outings, happy hour and musical entertainment BLUE Presentations, craft class, movies, opera GREEN Games	Location Key FS - Fitness Studio GR - Great Room LIB - Library MOV - Movie Theatre PAV - Pavilion PAT - Patio P - Pool TAV - Tavern YS - Yoga Studio
CONNECTED life FITNESS	Every Monday 8:30—9:15 Water Aerobics (Pool) 9:30—10:00 Strength & Balance 10:00—10:30 Strength & Balance (Fitness Studio) 10:45—11:30 Water Aerobics (Pool) 7:00 Relaxation Yoga (Yoga Studio)	Every Tuesday 9:00 & 10:00 Stretch & Flex (Fitness Studio) 11:00 Hydro Riders (Pool)	Every Wednesday 10:45 Sit To Be Fit (Fitness Studio) 11:45 Water Aerobics (Pool)	Every Thursday 9:00 Chair Yoga (Fitness Studio) 10:00 Water Balance (Pool) 11:00 Hydro Riders (Pool)	Every Friday 8:45 Water Aerobics (Pool) 10:30 Tai Chi (Fitness Studio) 11:30 Zumba (Great Room)	Continental Breakfast Monday—Friday 8:30—10:30 Saturday—Sunday 9:00—11:00

Community Activities



Halliday Financial

Part 2 of a 3 part series

Jessica Wilson

Presents

Where There's a Will There's Probate

It is a common misconception that having a will avoids probate in the courts. In fact, the only way to settle an estate with a will is to petition a court. We will discuss the process of filing with the court when there's a will and ways to avoid probate.

Date: Friday, June 17th

Time: 1:00

Location: GR

The RED Bookshelf

This is my book, these are my books, I am a reader!



The Bright Red Bookshelf Program came to Albany in February, 2009 as a neighborhood literacy program of the Center Square Association. Through the years, as word got out, bookshelves were added, as more neighbors and friends supported the program. In 2016, the Bright Red Bookshelf Program of Albany was incorporated as **The RED Bookshelf**, an independent nonprofit. Since its beginning in 2009, TheRED Bookshelf has distributed more than 160,000 books for children in Albany!

Literacy Advocate Training

Two 2.5 hour sessions (Virtual)-GR

Friday, June 3rd from 11-1:30

Friday, June 10th from 11-1:30

Mending Training

(Three 2 hour sessions, on-site at Summit)-GR

Wednesday, June 15th from 1-3:00

Monday, June 20th from 1-3:00

Tuesday, June 21st from 1-3:00

Please note: **BOTH** sessions of the Literacy Advocate training need to be completed

TOUR OF THE SCHUYLER MANSION

Thursday, June 16th at 1:00pm

\$4.00pp

The brick mansion is now a museum and an official National Historic Landmark. It was constructed from 1761 to 1765 for Philip Schuyler, later a general in the Continental Army and early U.S. Senator, who resided there from 1763 until his death in 1804. It was declared a National Historic Landmark on December 24, 1967 in 1984.



MOHAWK HUDSON
**HUMANE
SOCIETY**

NEW FACILITY TOUR



Friday, June 24th at 12:00

Community Activities

Spring TV Series Marathon



The "Downton Abbey" television series will play every Friday at 1:00pm—MOV on Netflix

Communion Services
will be available every *Wednesday* at
9:00am with Colleen in the Chapel



June Book Club Selection:

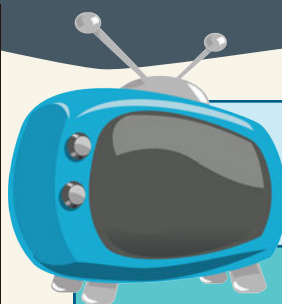
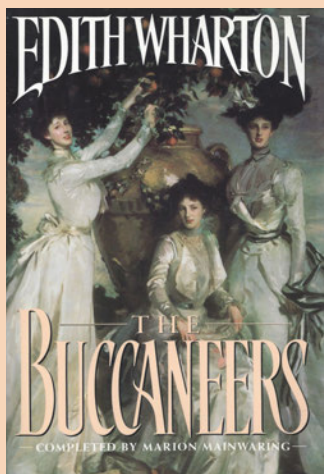
The Buccaneers
By Edith Wharton

Book Club discussion
will take place at
3:00pm on June 29th
in the Library.

Please contact Sasha
in the office if you are
interested in joining the
Book Club.

scarrington@
summitseniorlife.com

518-941-8871



Saturday Afternoon Movies

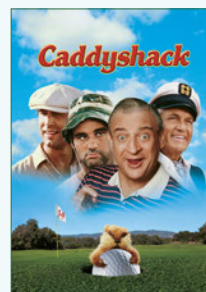
Jaws

Saturday, June 4th
12:00



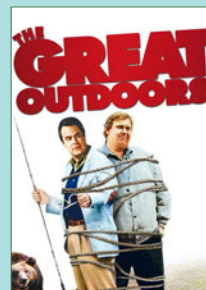
Caddy Shack

Saturday, June 11th
12:00



The Great Outdoors

Saturday, June 18th
12:00



Summer Holiday

Saturday, June 25th
12:00



Resident Services

CONTINENTAL BREAKFAST

In the Great Room, weekdays 8:30—10:30,
9:00—11:00 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.



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:

Traditional Lasagne • Spinach Lasagne
Vegetable Lasagne • Zucchini Spinach Lasagne
Swedish Meatballs

Please call **Sasha** 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 and place your order with **Sasha** by 3:00pm on Mondays.

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 9:00 and 2:00.

Call the office to reserve your appointment time.



Supper Club

Restaurant Choices for June

(Please see calendar for dinner dates)



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

**PRN Staff
Contact
Information**

Denise Bilka, Physical
Christine Fitzgerald, Occupational
Marisa Ishkanian, Speech

SummitMillHill_NY85@prnphysicaltherapy.com

716-255-3674

Wednesday Grocery Shopping

Wednesdays at 10:00 local grocery stores - Market 32 & Hannaford.

First Friday at 10:00 Walmart shopping.

Please gather in the Lobby 5 minutes before departure.



♥ **Gift Certificates Available** ♥

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