

# SUMMIT AT MILL HILL

Monthly Newsletter

July 2022





THE

# Community Manager's Message

Happy July! Can you believe that it is summer already? This year is flying by!

According to the Farmer's Almanac, the summer forecast for the northeast is unseasonably warm and dry! Provided we get enough water, this weather will bode well for our gardens and summer plans!

For those of us who love to garden, the responsibility of watering our flowers and gardens is obvious and ever present. The same is not always true when it comes to making sure that we get enough fluids to stay healthy.

At any time of year, and especially in the hot weather, the risk of becoming dehydrated is serious. According to the Mayo Clinic, anyone can become dehydrated, but this condition is especially dangerous for older adults. As we age, our ability to conserve water is reduced and our sense of thirst becomes less acute. Dehydration can lead to serious symptoms, including kidney problems, seizures, and low blood volume shock.

If you find yourself feeling dizzy, confused, fatigued, or if you are suffering from a headache, the solution might be as simple as drinking more fluids. However, it is important that you call your doctor because you might need urgent medical care.

A simple and specific goal is to drink more water every day. Let's all have a healthy and happy month of July!

*Joan*



## Community Manager

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Joan Scotti  
JScotti@SummitSeniorLife.com

## Resident Services Coordinator

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Sasha Carrington  
Scarrington@SummitSeniorLife.com

## Maintenance

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Dan Crowley  
John Sawyer

## Transportation/Maintenance

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John Sawyer

## Weekend Concierge

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Kelly Chapman  
Christine London

## Office Phone

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518-941-8871

The Summit At Mill Hill  
2 Mill Hill Court  
Slingerlands, NY 12159  
[www.summitatmillhill.com](http://www.summitatmillhill.com)



— MAKE THEIR —  
**JULY**  
 — BIRTHDAY THE BEST —

Elisa “Betty” Burke July 15th

Beverly Harrington July 19th

**SHOPPING AND LUNCH OUTING**

Stuyvesant Plaza  
 Tuesday, July 12th  
 11-2:00



NYC Ballet at Saratoga Performing Arts Center  
**EVOLUTION**



**NEWYORKCITYBALLET**

Thursday, July 14th  
 Showtime is at 2:00



Summit van departs at 12:30 Cost: \$76

# The Improv Duo



**Improvisation Comedy Performance of  
 “So Laughable”**

**with Judith Clements**

**Wednesday, July 6th at 4pm-GR**

The Improv Duo. They bring you family friendly improv comedy especially designed for audi-ences 40 years old and up. Folks that remem-ber when music came out of a record player! When laughs didn't rely on 4-letter words.





S			M			T			W			TH			F			S		
									<b>Event Color Key</b> RED Outings, happy hour and musical entertainment BLUE Presentations, craft class, movies, opera GREEN Games VIOLET Clubs			<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			1 10:00 Walmart Shopping 1:00 Bridgerton Netflix Series-MOV 3:00 Resident Meeting with Joan and Sasha 7:00 Bingo-GR			2 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR		
3 2:00 Movie 2:00 Parcheesi-TAV			4 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group-GR 			5 9-2:00 Transport to Medical Appts. 11:00 Shopping and Lunch outing at Stuyvesant Plaza 5:00 Supper Club-Atomic Wings			6 9:00 Communion Service with Colleen-Chapel 10:00 Grocery Shopping 1:00 Opera in the Theatre-Tosca 4:00 Improvisation Comedy Performance "So Laughable" - with Judy Clements 4:00 Happy Hour-GR			7 9-2:00 Transport to Medical Appts. 5:00 Supper Club-Pizza by Dom 7:00 Thursday Night Movie-MOV			8 1:00 Bridgerton Netflix Series-MOV 1:30 Bible Study with Terry-LIB 2:00 The Progressive Era From a Cultural Historian's Perspective with Dr. Stephen Brown			9 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR		
10 2:00 Movie			11 10:00 Faith Based Discussion with Colleen 12:00 pm Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group-GR 7:00 Texas Hold'em			12 9-2:00 Transport to Medical Appts. 2:00 Tuesday Trivia with Mark Hersh 5:00 Supper Club-Gracie's Kitchen			13 9:00 Communion Service with Colleen-Chapel 10:00 Grocery Shopping 4:00 Happy Hour-GR			14 9-2:00 Transport to Medical Appts. 2:00 New York City Ballet: Evolution (SPAC) 5:00 Supper Club-Gracie's Kitchen 7:00 Thursday Night Movie-MOV			15 1:00 Wills vs. Trusts explained by: Jessica Wilson-Halliday Financial 1:00 Bridgerton Netflix Series-MOV 3:00 Meet the Artist-Jeff Kramer 7:00 Bingo-GR			16 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR		
17 2:00 Movie 2:00 Parcheesi-TAV			18 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group-GR			19 9-2:00 Transport to Medical Appts. 2:00 Stories of the Soul in Action with Adena Lees-Bank, LCSW, CP 5:00 Supper Club-Jimmy John's			20 9:00 Communion Service with Colleen-Chapel 10:00 Grocery Shopping 1:00 Opera in the Theatre-Eugene Onegin 4:00 Happy Hour-GR National Hot Dog Day			21 9-2:00 Transport to Medical Appts. 5:00 Supper Club-Via Fresca 7:00 Thursday Night Movie-MOV			22 1:00 Bridgerton Netflix Series-MOV 2:00 Senior Scams discussed with Dan Leffingwell -GR			23 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR		
24 2:00 Movie			25 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group-GR 7:00 Texas Hold'em			26 9-2:00 Transport to Medical Appts. 5:00 Supper Club-Marie's Cafe			27 9:00 Communion Service with Colleen-Chapel 10:00 Grocery Shopping 3:00 Book Club-LIB 4:00 Happy Hour-GR Featuring Tim Farkas			28 9-2:00 Transport to Medical Appts. 5:00 Supper Club-Marie's Cafe 7:00 Thursday Night Movie-MOV			29 1:00 Bridgerton Netflix Series-MOV 1:00 Van Gogh: The Immersive Experience 7:00 Bingo-GR			30 2:00 Mexican Train-GR 12:00 Movie 7:00 Saturday Night Live-GR		
31 2:00 Movie 2:00 Parcheesi-TAV																				
 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 2nd & 4th Fridays) 11:30 Zumba (Great Room)			Continental Breakfast Monday-Friday 8:30-10:30 Saturday-Sunday 9:00-11:00		
www.summitatmillhill.com																				

## Community Activities

### The Progressive Era

From a Cultural Historian's  
Perspective

with Dr. Stephen Brown

Friday, July 8th at 2:00 –GR



THE PROGRESSIVE ERA



### Stories of the Soul in Action

with

Adena  
Lees-Bank,  
LCSW, CP

Tuesday, July 19th  
at 2:00—GR

### Senior Scams

with Dan Leffingwell

Friday, July 22nd  
2:00-GR



# VAN GOGH

THE IMMERSIVE  
EXPERIENCE

Friday, July 29th  
Showtime: 1:00  
Summit van departs: 12:15  
Cost: \$21.00pp





# Community Activities

## Netflix Series Marathon



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



## July Book Club Selection:

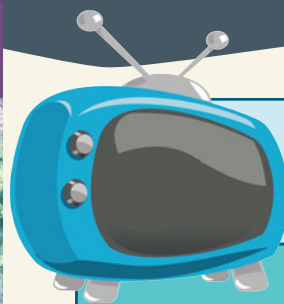
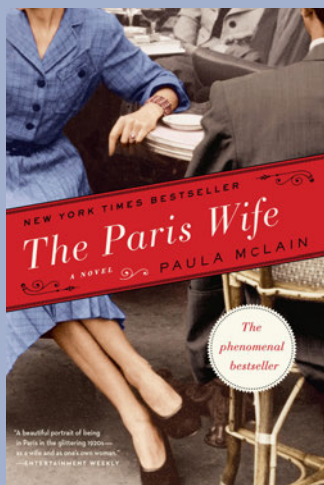
*The Paris Wife*  
By Paula McLain

Book Club discussion  
will take place at  
3:00pm on July 27th  
in the Library.

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

scarrington@  
summitseniorlife.com

518-941-8871

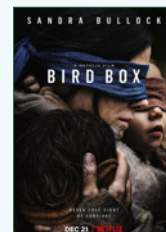


## Saturday Afternoon Movies

**War of the Worlds**  
Saturday, July 2nd  
2:00



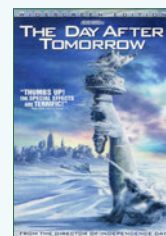
**Bird Box**  
Saturday, July 9th  
2:00



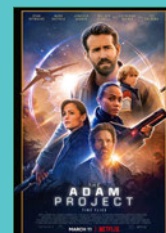
**What's eating  
Gilbert Grape**  
Saturday, July 16th  
2:00



**The Day After  
Tomorrow**  
Saturday, July 23rd  
2:00



**The Adam Project**  
Saturday, July 30th  
2:00



# 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.



## THE FOOD FLORIST

• GIFTABLE COMFORT FOOD •  
WHEN YOU WANT TO SEND MORE THAN FLOWERS



### *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 \$13.00.

### **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](http://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 Dry Cleaning to all Summit Residents**

## 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 July*  
(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](mailto: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