

SUMMIT AT HALFMOON

Monthly Newsletter

February 2024



THE Manager's Message

February has always been a controversial month. We're closing in on spring, yet the weather often bursts our bubble. Numerically it's short, but the days seem to pass at a turtle's pace. Since the beginning of the winter season in December, we've read all the latest books, seen all the latest movies, and eaten way too many calories at all the local restaurants. We've drained all our Christmas gift card balances, watched all our DVR episodes, and started going to bed right after the 6pm local news. It's time for a new February strategy!

The other night my mother, an amateur genealogist since 1978, called to inform my husband, Joe, that one of his direct ancestors was the aunt of Anne Boleyn. Anne is best known as one of the unfortunate, beheaded wives of England's King Henry VIII. Anne was also the mother of Queen Elizabeth I. Up until this revelation, Joe had come to know his ancestors as mostly factory workers in the industrial northeast.

A few years ago, Mom discovered that Marguerite Ardion, one of my Poirier ancestors, came to Canada in 1663 as a "Filles du Roi" which translates to Daughters of the King. Before I had time to start thinking of myself as royalty, Mom explained that Canada in 1663 was little more than a dangerous, hostile wilderness inhabited mostly by fur traders, native Americans, and lonely French soldiers sent by the French king to secure France's foothold in the New World. In an attempt to more quickly settle Canada and...I suspect, to solve morale problems among those lonely French soldiers...King Louis XIV recruited some 770 young, single and widowed women to travel to Canada for a new life. These women, many of whom were orphans or otherwise suffering hard times in France, made the perilous journey, found husbands, started families, and have gone on to be honored as the Founding Mothers of French Canada.

Every family has a story. And like every story, there are triumphs, tragedies, and more than a few myths to be dispelled. The stories contain open doors, dead ends, and some skeletons hiding in a few closets. There is history, mystery, and magic. Let me recommend genealogy as a way to bridge the gap between February and the first daffodils of spring. Discover your roots...and enjoy!

Laura N. Leatham
Laura Leatham
Community Manager



Staff

Community Manager

Laura Leatham
LLeatham@summitseniorlife.com

Resident Services Coordinator

Aleksandra Wocher
AWocher@summitseniorlife.com

Maintenance

Keith Wargo
Joey Elgesiser

Weekend Concierge

Joanne Krazit
Gabi Pinnett

Cleaning Attendant

Gabi Pinnett

Office Phone

518-807-6800

Emergency Maintenance

518-380-3860

Summit at Halfmoon
29 Sitterly Road
Halfmoon, NY 12065

Welcome to Summit at Halfmoon!!!

February Birthdays



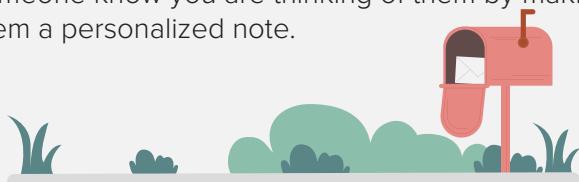
Marlene Prusky	2/13
Phyllis Hand	2/14
Louis Sisto	2/15
Janice Greene	2/16
Jerry Wallace	2/16

Please join us to celebrate our monthly birthdays on Tuesday, February 27th at 3:00 pm in the Great Room!

Send a Card to a Friend

February 7th at 1:30 pm

Join us in the Great Room on National Send a Card to a Friend Day and make something nice to send to a friend. Far away or right next door, let someone know you are thinking of them by making them a personalized note.

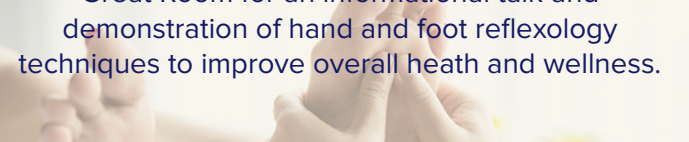


National Send a Card to a Friend Day

Reflexology Talk

February 5th at 11:30 am

Join Cathy Saladis, a massage therapist, in the Great Room for an informational talk and demonstration of hand and foot reflexology techniques to improve overall health and wellness.



Rusty Nail Lunch Outing

February 8th at 11:20 am
Sign-up in Office



Book Club Update

January 19th marked the initial book club meeting for members where book ideas were discussed. Please join our expanding book club!

More details on Book Club to follow in the beginning of February.



Call Sheilah! Informational Session

Join us in the Great Room and hear from Sheilah about her company and how it could help you.

Sheilah works with seniors and understands the challenges of moving into a new location and the downsizing/decluttering that comes with that move. She works with you to create solutions that are in your best interests.



February 6th
at 12:00 pm

Chair Dancing

February 6th & 20th at 1:00 pm



Ready to Sway with the Stars?

This is a seated exercise and dance session with some popular songs from the 50's, 60's, 70's, & more!

Join in the Fitness Suite!

Community Activities



First Monthly Movie Club

February 7th
at 12:00 pm

Movie enthusiasts are invited to the Library to share ideas and discuss their favorite movies! Possible deciding on a Resident Choice Movie & Post-movie Discussion sessions.

Super Bowl & Pot-Luck Party



February 11th
at 6:00 pm
in the Great Room
Pot-Luck Starts
Sign-up in Office

Game Time Starts 6:30 pm
in the Lounge/Movie Theater

Valentine's Day Card Making

February 13th at 12:30 pm in the Great Room

Come create a little valentine for someone special. A sweetheart or a new friend, everyone deserves something special to know they are being thought of!



February 13th at 2:30 pm

Movie Theater

Lets wear pink and watch the Barbie movie



Storytelling about Chocolate Delights with Kate

February 15th at 12:00 pm

Come to the Great Room to hear Kate Dudding share stories each with a taste of chocolate. Short stories include: a variety of tales about chocolate from history, and a story about Kate's best friend who had a kitchen catastrophe.



Those Necessary Unmentionables with Marilyn Sassi

February 12th at 1:00 pm
in the Great Room



While fashion changes from season to season with "new looks" becoming popular; there is nothing today that compares to the radical manipulation of the female form that occurred through the decades.

What was considered the perfect body in 1680, was just the opposite by the end of the 18th century. While fashion certainly played a key role, it was the undergarments that shaped and supported the entire look.

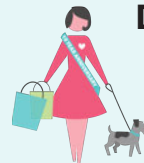
This slide-lecture will illustrate what was considered the ideal woman's figure as it constantly evolved over a time frame of 1680 through the early 1900's by providing a detailed study at the underwear beneath it all.

Red Robin

LUNCH OUTING

FEBRUARY 20TH AT 11:45 AM

SIGN-UP IN THE OFFICE



Daughters for Hire Introduction & Craft Activity

February 21st at 12:00 pm

in the Great Room

Sign-up in the Office

Come to the Great Room and learn about a local organization with care companions to assist with non-medical services such as laundry, light housekeeping, meal prep and medical appointment transportation.

Have peace of mind! And do a little Crafting!

Community Activities



Potluck Gatherings

Sign-up in Office

Get together in the Great Room with friends and neighbors and bring your famous dishes during this months Pot-Luck meals!

February 1st at 4:00 pm
Garlic Lovers!

February 19th at 9:00 am
Breakfast

February 22nd at 4:00 pm
Soups & Salads

February 29th at 4:00 pm
Potato Party



CAPTAIN
Community Human Services

February 22nd at 12:00 pm
in the Great Room
Sign-up in the Office

Come to the Great Room and learn about Captains, a local volunteer based organization that helps seniors with Wellness Transportation, Meal Services, Presentations and a large variety of other services!



February 27th
at 1:00 pm
Great Room

Come try your hand at trivia and have the chance to win fun prizes!!



Senior Rehabilitation Services PLLC.

Presentation: Functional Exercises for the Upper Extremities to Remain Safe and Independent

February 28th at 11:30 am
Great Room



Tea Party
February 29th at
2:00 pm in the
Great Room

SupperClub

FOOD & FRIENDS

Eat-in or Pick-up available in the Great Room

Return the Supper Club Order Form to the office or rent box with exact cash

Due: 9AM, Thursday, February 1st

Monday the 5th

Chef Johnny - Salisbury steak with Mashed Potatoes, Vegetables, and Dessert (\$16)

Wednesday the 7th

Chef Mickey - Veggie Lasagna with Alfredo Sauce, Salad & Roll (\$15)

Monday the 12th

Eddie F's - Fish n' Chips with your choice of French Fries or Onion Rings (\$16)

Wednesday the 14th

Chef Mickey - Baked Haddock with Mashed Potatoes, Vegetables, Salad & Roll (\$15)

Wednesday the 21st

Rollin Smoke - The KODY: Your Choice of Meat and One Side (Includes Corn Bread and Pickles) Meats: Brisket, Pulled Pork, Chicken, Ribs Sides: Baked Beans, Smoked Mac n' Cheese, French Fries, Potato Salad, Macaroni Salad, Coleslaw (\$16)

Monday the 26th

Chef Johnny - Marry Me Chicken, Rice Pilaf, Salad, and Dessert (\$16)

Wednesday the 28th

Chef Mickey - Meatloaf with Mashed Potatoes, Gravy, Vegetables, Salad & Roll (\$15)

Men's Sub Lunch



February 26th
at 12:30 pm
Great Room

Sign-up in the Office

Concierge Services

MEAL OPTIONS

Continental Breakfast

8:30 AM—10:15 AM



Lunch

Lunch outings available twice each month as well as a monthly Men's Lunch. Please see calendar.

Supper Club

You have the option of two hot or to-go meals each week. They come ready to eat, from local Chefs. You can pick up your pre-paid meals at 4 pm in the Family Dining Room.

Friday Grocery Shopping

Every Friday, the Halfmoon bus goes to 5 local grocery stores: **Market 32, Hannaford, Trader Joe's, Aldi, and Walmart.** We will leave at **9:00 am.** The bus will pick you up at the main entrance and shopping lasts **1 hour.** Please sign up in the main office.



TRADER JOE'S **Walmart**

Medical Appointments Every Tuesday and Thursday

Every Tuesday and Thursday, we provide transportation to scheduled, routine medical appointments. This service is available **between the hours of 9 AM and 2 PM.** Contact the office for more details and to reserve your appointment time.

HECTORP
Senior Rehabilitation Services PLLC.



Located in the Practitioner's Suite
on the 3rd Floor

518-577-5214



♥ Gift Certificates Available ♥

Nails: Tina 518-698-4693

Esthetician: Jolene 510-857-5851

Hair: Sue 518-495-6054

Massage: Cathy 518-229-0741

Resident Informational Meeting

Resident Meeting with Laura & Staff
Monday, February 26th at 11:30 am

Resident Program Meeting
Friday, February 9th at 11:30 am

Theater How-To/Movie Committee
Friday, February 2nd at 11:30 am



GENOA IMPORTING

Need dinner? Don't feel like cooking?

Genoa Importing meals are available in the office on a first come/ first serve basis. The below dishes are frozen and ready to simply be heated & enjoyed. Each 2-person serving is \$14.

Dinner Options:

Veggie Lasagna | Baked Ziti with Meat Sauce |
Turkey Dinner with Stuffing Roasted Potatoes and Veggies | Stuffed Shells with Sauce and Mozzarella |
Meatloaf Dinner with Mashed Potatoes and Veggies

On-Site Podiatrist

Dr. Michael Masias, DPM

Starting at 10:00 on the 2nd Monday of every month, Dr. Masias will be on site.

518-320-8659