

# SUMMIT AT MILL HILL

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Monthly Newsletter

March 2024



THE

# Community Manager's Message



Annually, between February 19 and March 20, the sun moves through the twelfth and final sign of the zodiac, Pisces, symbolized by the Fish.

Its representation as two fish tied together is usually related to the Greek myth of Aphrodite and Eros, who jumped into a river to escape the monster Typhon and changed into fish.

Emotional and empathic, Pisces is a sensitive, spiritual artist at heart. These traits are owed to Pisces' ruling planet, Neptune, which oversees spirituality, fantasies, escapism, dreams, intuition, psychic ability, and magic.

This month, as sunset is thankfully pushed out past 5:00pm, it's time to embrace Pisces' escapism with all the opportunities to celebrate, from St. Patrick's Day to March Madness, the Purim festival to Easter Sunday.

Happy March,

*Janine*

Janine Robinson  
Community Manager

## Community Manager

Janine Robinson  
[jrobinson@SummitSeniorLife.com](mailto:jrobinson@SummitSeniorLife.com)

## Resident Services Coordinator

Sasha Carrington  
[Scarrington@SummitSeniorLife.com](mailto:Scarrington@SummitSeniorLife.com)

## Maintenance

Nelson Roman  
Roman Early

## Transportation/Maintenance

Nelson Roman

## Weekend Concierge

Sue Purga  
Angelica Paluch

## Office Phone

518-941-8871

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

## esyō PLAYATHON

Stop by and enjoy the PLAYATHON, a free all-day concert by the **Empire State Youth Orchestra**.

Saturday,  
March 23  
10:00am-5:00pm  
at Crossgates Mall



Summit Senior Living is a proud sponsor of this outstanding event. Come out and show your support of these young stars and enjoy some beautiful music.







## Crafts with Big Karen Wednesday, March 6th at 1:00 (\$4.00pp)

Karen will teach you her art of DIY craft using different methods, materials and ideas.

Each craft will be unique and not like the last.

We will have a maximum of 10 students per class and will split classes if no holiday theme is involved.

This month will be St. Patrick's Day Centerpieces.



## DAVID HOFFMAN PRESENTS: **INVISIBLE WOMEN** FEMALE ARTISTS YOU DON'T KNOW TUESDAY, MARCH 5TH AT 2:00 IN THE GREAT ROOM

*Invisible Women*  
FORGOTTEN ARTISTS OF FLORENCE



## Call Sheila! Join us on Friday, March, 8th at 1:00 in the GR

Sheila Sable, Owner/CEO of Call Sheila will be here to discuss what her business is all about, and it's not just moving or down-sizing. Here's a peek at some of the other useful services she has to offer:

- Eliminate the potential for financial exploitation
- Solve unanticipated problems using a collaborative approach
- Seniors maintain control with an objective move manner
- Home and Household
- Admin
- Schlep
- Assist getting cars to and from maintenance appointments

Picking up merchandise ordered online  
Koshering a home for Passover

## OUT TO LUNCH

*Be Back Soon*

**Friday, March 8th at 12:00**



### Fo' Castle Farm Store

12 max on Summit van  
Individual drivers welcome

**Friday, March 29th at 12:00**

### Off-Shore Pier

Fish Market & Restaurant

### Off Shore Pier Fish Market

12 max on Summit van  
Individual drivers welcome

The Lovely Elizabeth Stack,  
Executive Director of the Irish  
**American Heritage Museum** will  
be here on **Monday, March 11th**  
**at 12:00** to dive into Irish History,  
Traditions and Culture



### Elizabeth Stack

Executive Director  
Irish American  
Heritage Museum

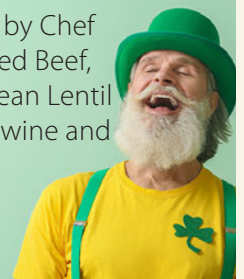
aha

## Let's celebrate **TOGETHER!** **Purim and St. Patrick's Day** **Celebration** with **Kenneth Blatt** Wednesday, March 13th at 3:30



This event will be catered buffet style by Chef Mickey. Menu items will include Corned Beef, Cabbage, Hamantaschen, Mediterranean Lentil Salad and Soda bread, Seasonal beer, wine and soda will be provided.

**Dinner will be \$10.00 per person**  
**Sign-up in the office.**



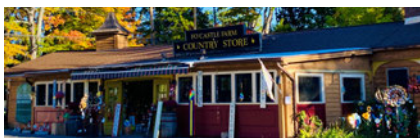
S	M	T	W	TH	F	S
	<b>Event Color Key</b>  <b>RED</b> Outings, happy hour and musical entertainment <b>BLUE</b> Presentations, craft class, movies, opera <b>GREEN</b> Games <b>VIOLET</b> Clubs	<b>Location Key</b>  FDR - Family Dining Room FS - Fitness Studio GR - Great Room LIB - Library MOV - Movie Theatre PAV - Pavilion PAT - Patio TAV - Tavern P - Pool YS - Yoga Studio				
3  12:00 -1:45 RED Bookshelf Mending Session  2:00 Movie <i>(Residents Choice - Netflix)</i>	4  12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball Game Room	5 9-2:00 Transport to medical appts  2:00 David Hoffman presents: Invisible Women—Female Artists you don't know—GR 5:00 Supper Club - Chef Johnny (see flier insert) 7:00 Tuesday Night Movie; Past Lives - MOV 7:00 Card Game Night-GR	6  9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Dee-LIB 12:00 Grocery Shopping 1:00 Craft Class with Big Karen-Art Room 4:00 Happy Hour-GR	7  9:00-2:00 Transport to medical appts 5:00 Supper Club - Chef Mickey (see flier insert)	8  1:00 Netflix Documentary Day-MOV 12:00 Fo' Castle Farm Store Visit and Lunch  1:00 Call Sheila Presentation—GR	9  12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR
10  1:00 Qwirkle 2:00 Movie <i>(Residents Choice - Netflix)</i>	11  10:00 Faith Based Discussion with Colleen—LIB 12:00 Elizabeth Stack, Irish American Heritage Museum, presents Traditions and Facts about IRELAND—GR 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball Game Room	12 9-2:00 Transport to medical appts 2:00 Tuesday Trivia with Mark Hersh-GR 5:00 Supper Club - Chef Johnny (see flier insert) 7:00 Tuesday Night Movie; Ford vs Ferrari - MOV 7:00 Pinochle	13  9:00 Communion Service with Colleen-Chapel 12:00 Grocery shopping (Kosher Price Chopper) 3:30 St. Patrick's Day and Purim Celebration with Kenneth Blatt 4:00 Happy Hour-GR	14 9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre;  1:00 Fall Prevention and Apartment Safety Assessment with Denise Bilka and Christine Fitzgerald of PRN Physical Therapy—GR 5:00 Supper Club— China Garden	15 12:00 Fred The Butcher Shopping Trip 1:00 Netflix Documentary Day-MOV 5:00 An Clar of Irish Dance Performance—GR 7:00 Bingo-GR	16  12:00 Movie 2:00 Mexican Train-GR
17 12:00 -1:45 RED Bookshelf Mending Session 12:00 Movie <i>(Residents Choice - Netflix)</i>  St. Patrick's Day	18 10:00 Faith Based Discussion with Colleen—LIB 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball Game Room	19 9-2:00 Transport to medical appts 12:00 Proctors Music at Noon—Organist Claudia Bracaliello & Bill Gailliard 5:00 Supper Club - Chef Johnny (see flier insert) 7:00 Tuesday Night Movie; The Grand Budapest Hotel - MOV 7:00 Card Game Night-GR First Day of Spring	20  9:00 Communion Service with Colleen-Chapel 9:30 Meditation with Dee-LIB 12:00 Grocery shopping 4:00 Happy Hour-GR	21  9:00-2:00 Transport to medical appts 2:00 Steve LaPidus presents Ciao, Sicily and Italy 5:00 Supper Club - Chef Mickey (see flier insert)	22  1:00 Netflix Documentary Day-MOV 1:00 Whispering Willow Wild Care—Live Bird Education—GR 3:00 Music Hour with Mark Oldendorf—GR	23 10:00-5:00 Empire State Youth Orchestra Playathon—Crossgates Mall 12:00 Movie 2:00 Mexican Train-GR 7:00 Saturday Night Live—GR  Purim
24 12:00 Purim Party Brunch—GR 1:00 Qwirkle 2:00 Movie <i>(Residents Choice - Netflix)</i>  Purim Palm Sunday	25 12:00 Monday Matinee-MOV 2:00 Mah Jongg-TAV 3:00 Knitting & Crocheting Group –GR 6:00 Line Dancing with Linda-GR 6:30 8 Ball Game Room	26 9-2:00 Transport to medical appts 5:00 Supper Club - Chef Johnny (see flier insert) 7:00 Tuesday Night Movie; LA Confidential - MOV 7:00 Pinochle	27  9:00 Communion Service with Colleen-Chapel 12:00 Grocery shopping 3:00 Book Club-LIB 4:00 Happy Hour with Daniel and Jenny-GR	28 9:00-2:00 Transport to medical appts 1:00 Opera in the Theatre; 5:00 Supper Club - Chef Mickey (see flier insert)	29  1:00 Netflix Documentary Day-MOV 12:00 Off Shore Pier Fish Market Trip 5:00 An Clar of Irish Dance Performance— GR Good Friday	30  12:00 Movie 2:00 Mexican Train-GR
31 2:00 Movie <i>(Residents Choice - Netflix)</i>  Easter Sunday  CONNECTED <i>life</i>  FITNESS	Every Monday 8:30—9:15 Water Aerobics (Pool) 9:30—10:00 Strength & Balance (Fitness Studio) 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 Pilates (Fitness Studio) 10:00 Water Balance (Pool) 11:00 Chair Pilates (Fitness Studio)	Every Friday 8:45 Water Aerobics (Pool) 11:30 Zumba (Great Room)	Continental Breakfast Monday—Friday 8:30—10:30 Saturday—Sunday 9:00—11:00



# Community Activities

## A DAY'S OUTING

### Fo' Castle Farm Store Visit and Lunch



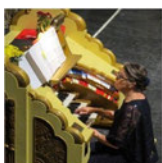
Friday, March 8th at 12:00  
(Summit van will depart at 11:30)

### Fred The Butcher Shopping Trip



Friday, March 15th  
at 12:00  
(Summit van will  
depart at 12:00)

### Proctors Music at Noon Organist Claudia Bracaliello & Bill Gaillard



Claudia Bracaliello



Bill Gaillard

Tuesday, March 19th at 12:00  
(Summit van will depart at 11:15)

### Off Shore Pier Fish Market Trip

Friday,  
March 29th at 12:00  
(Good Friday)  
(Summit van  
will depart at 11:30)

Off-Shore Pier  
Fish Market & Restaurant



An Clár School of Irish  
Dance Performers will  
be here on

**Friday, March 15th  
at 5:00pm in the GR!**

You don't want to miss it!



Join Clara Simon as she hosts a Purim Brunch and  
Megillah Reading at Mill Hill on

**Sunday, March 24th beginning at 12:00 in the GR**

Items on the menu are: Bagel, lox, cream cheese, veggies  
and fruit. All are welcome to attend. Brunch will be \$7.00  
per person and can be paid directly to Clara Simon  
Sign up sheet in the GR

## WHISPERING WILLOW WILD CARE LIVE BIRD SHOW

**FRIDAY, MARCH 22ND  
AT 1:00 IN THE GR**



Whispering Willow Wild Care is an educational  
non-profit, 501(c)(3) organization. Built on the  
passions and kind heart of Joyce Perry, she and  
her dedicated volunteers have been assisting  
wildlife for the last 17 years. Because of the vast  
combination of training, experience and resources,  
each animal that comes to the center is given the



best chance of  
rehabilitation  
and if possible -  
release into the  
wild.

### Fall Prevention Presentation, Balance and Hazard with Denise Bilka and Christine Fitzgerald of PRN Physical Therapy

Together they will discuss ways to get around safely. The  
elements of the intervention include a comprehensive  
assessment by Denise and Christine of the older adult,  
their behaviors, and the environment, as well as working  
together to identify a home hazard removal plan  
including remediation of hazards that increase the older  
adult's risk of having a fall.

Individual apartment assessments will be conducted as  
well.

**Join us on Tuesday,  
March 14th at 1:00 in the GR**



# Community Activities



Susan Stokes	03/01
Gladys Interlicchio	03/04
Deb Adler	03/06
Nancy Dykeman	03/07
Pat Sullivan	03/11
Donna Brent	03/11
Angela St. Lawrence	03/12
Jeffrey Kramer	03/14
David Sim	03/19
Jerry Houser	03/27
Ruth Swift	03/31

## Exploring Netflix Documentaries

For the month of February  
we will dive into  
***Sins Of Our Mother***



When Lori Vallow's kids vanished, the search for them unearthed a trail of suspicious deaths, a new husband who shared her doomsday views — and murder.

**Every Friday in the month of March at 1:00 –MOV**

## March Book Club Selection

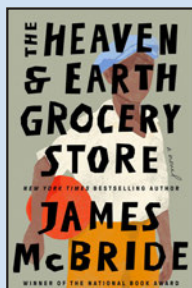
***The Heaven and Earth Grocery Store*  
by James McBride**

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

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

[scarrington@summitseniorlife.com](mailto:scarrington@summitseniorlife.com)

518-941-8871



# NETFLIX

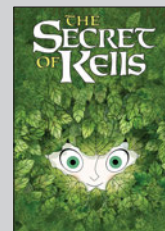
**What's Eating  
Gilbert Grape**  
Saturday, March 2nd  
@ 12:00



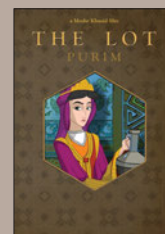
**Leap Year**  
Saturday, March 9th  
@ 12:00



**The Secret of Kells**  
Saturday, March 16th  
@ 12:00



**The Lot Purim**  
Saturday, March 23rd  
@ 12:00



**The Indrani Mukerjea  
Story: Buried Truth**  
Saturday, March 30th  
@ 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.



**Frozen Dinners are \$9.00 each**  
**Items we have on hand are;**

Basic Beef with Green Beans and Red Potatoes  
Sausage and Peppers with Rice  
Chicken Mashed Potato Bowl  
Lemon Chicken with Potatoes  
Keto Creamy Chicken and Broccoli  
Sweet-N-Sour Chicken

## Spa Garment Care

(518) 935-0525

Dry Cleaning, Shoe Repair & Tailoring

**Free Pick-up and Delivery**

**Tuesday pick up - Tuesday drop off**

**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

**Tuesday's Chef Johnny**  
(see flier insert)

**Thursday's Chef Mickey**  
(see flier insert)

## FOOD & FRIENDS



**PRN**

Physical Therapy

Rehabilitation Services  
an affiliate of The Weston Healthcare Group

**PRN Staff  
Contact  
Information**

Denise Bilka, Physical

Christine Fitzgerald, Occupational

Jaclyn Gregg, Speech

SummitMillHill\_NY85@prnphysicaltherapy.com

**716-255-3674**

## Wednesday Grocery Shopping

Wednesdays at 12:00 local grocery stores -  
Market 32 & Hannaford.

First Friday at 10:00 Walmart shopping.

Please gather in the Lobby 5 minutes  
before departure.



**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