

# SUMMIT AT EASTWYCK

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Monthly Newsletter

August 2024



# THE Manager's Message

I hope everyone is enjoying their summer! I can't believe we're already into August, summer months always seem to fly by. We still have plenty of beautiful days ahead of us though. We had a great July, from the trips to a great presentation by the North Greenbush Police Dept and, of course, our annual BBQ!

Looking ahead to this month, it's looking like another fun-filled month here at the village!!

Our PT company, PRN will be hosting an Olympics Games. Be sure to come to this fun and helpful event. Talk about perfect timing! The Paris Olympics are happening this month too. If anyone wants to come and watch the Paris Olympic games & events throughout the month, feel free to watch them in the Great Room together! We have several great trips planned. Be sure to sign-up. Plus, a few of our favorite entertainers are back this month for Happy Hour.

Another major event in August (for myself) is, my son David's birthday! He will be 11 this year and going into middle school. I can't believe it! I wish time would slow down. Many of you would remember when I was expecting him!! So hard to believe just how quick times goes.

I'd like to give a huge THANK YOU to our Welcoming Committee who have all (there are about 16) taken the time to meet, discuss and organize a plan to welcome our new residents into their new home.

Three of the ladies who have led this group, Connie Fennelly, Deb Smith and Rose Pemberton, have taken this group under their wings and ran with it, for that I am grateful. I really appreciate you all!

I'd like to give a warm welcome to a few new residents!

Lorraine Hennige  
Janette Roberts

Mabel Hall  
Kin Pettibone

We welcome you all home! You will see someone from our great welcoming committee soon!

I hope you all have a great month!

*Tarah Lobdell*

Tarah Lobdell  
Community Manager

## Staff



### Community Manager

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Tarah Lobdell  
Tlobdell@summitseniorlife.com

### Residents Service Coordinator

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Sasha Carrington  
SCarrington@summitseniorlife.com

### Maintenance

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Gani Dajko  
Mark Collins

### Driver

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Terry Lantry

### Weekend Clubhouse Attendant

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Tracey Ainsworth  
Linda Cox

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# BOCCE BALL TOURNAMENT



**4th Annual Bocce Tournament  
hosted by Glenwyck;  
location Halfmoon**

*Friday, September 20th at 10:00*

*Rain date is Friday, October 4th at 10:00*

**Team player and non-team player shirt  
sizes are due in the office no later than  
August 10th**

**T-shirts for non players will be \$10.00  
per shirt—please sign up  
in the office**



## A Day in Saratoga

**Saratoga Winery followed by a visit to  
the Saratoga Oil Company  
Sign up in the office**



**Wednesday, August 7th at 11:00** Saratoga Winery followed by a visit to Saratoga Oil

**Thursday, August 22nd** Saratoga Flat Track - price per ticket is \$21.00



Peggy Hoban	8/1
Jean Cicio	8/2
Deborah Smith	8/2
Susan Bulman	8/5
Peter McKinney	8/7
Barbara O'Brien	8/8
Bill Teliska	8/8
Rose Pemberton	8/12
Doris Collins	8/13
Elaine Frazier	8/14
Wayne Schermerhorn	8/23
Mary Crosier	8/25
George Westacott	8/28
Jean Northcutt	8/31
Anita Crandall	8/31



Let's celebrate our August birthdays together!

**Monday, August, 26th at 2:00**

Join us in the clubhouse for cupcakes, refreshments and the company of good friends and neighbors

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**10 SUMMER HEALTH TIPS for Older Adults**

As the calendar tips into the month of August, almost all 50 states are enjoying the warmth of summer months. But as temperatures soar higher, there are unique health risks to bear in mind. **Here are 10 tips to help you stay safe (and cool) in the hot weather**

**1) Avoid Heat Stroke**  
Know the signs of heat stroke. If you notice symptoms (including a flushed face, high temperature, nausea, and confusion), contact your healthcare provider immediately.

**2) Stay Hydrated**  
Know the signs of Dehydration which can include dry mouth, rapid heartbeat, and lightheadedness.

**3) Drink Plenty of Water**  
Seniors have a more difficult time identifying thirst, so keep hydrated by drinking plenty of water (the standard recommended amount is 8 glasses every day).

**4) Manage Caffeine Intake**  
Caffeinated beverages like coffee or tea can dehydrate you. If they are part of your daily ritual, make sure you're also getting plenty of water: A good rule of thumb is at least a glass of water for each caffeinated beverage.

**5) Exercise Smart**  
Older adults have a harder time sweating, so consider changing your exercise routine during the summer months to an indoors location (swimming pools or classes at the gym).

**6) Plan Your Exercise Time**  
If your physical activity takes you outdoors (walking, gardening or

hiking), take advantage of early morning and evening hours when the sun is at its weakest.

**7) Keep Cool Inside**  
Close blinds and curtains to help keep the heat out of your home during daytime hours.

**8) Stay Cool**  
If you don't have central air conditioning, consider taking a "staycation" at a local hotel during really hot stretches - investing in one good night's sleep can be the respite you need to beat the heat.

**9) Apply Sunblock**  
When outdoors, make sure you wear sunblock.

**10) Cool Down**  
Take a cool shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors.

1  
**Medical Appointments**  
1:00 Pinochle  
2:00 BINGO  
6:00 Liverpool Rummy

2  
**8:00 & 10:00 Grocery Stores**  
1:00 Canasta  
1:00 Craft class with Karen (Tumblers and Mugs)  
3:00 Happy Hour with Woody Strobeck  
3:30 Rosary  
4:00 Chef Johnny Dinner –Chicken Marsala  
7:00 Friends & Smores By The Fire

3  
1:00 Scrabble  
1:00 Five Crowns  
1:00 Mahjong CTR  
3:00 RumiKub

4  
1:30 MexicanTrain  
3:00 RumiKub  
4:00 Scrabble CTR

5  
**12:00 Lunch at Junior's**  
1:00 Pinochle  
3:00 RumiKub  
2:00 Drama Club  
4:00 Scrabble CTR  
4:00 Supper Club  
4:00 Sit and Stitch  
6:00 Poker Night

6  
1:00 Tai-Chi  
2:00 10,9,8 Game  
2:00 Sing-a-long  
2:30 Cribbage  
3:00 Quarter BINGO  
6:00 Liverpool Rummy

7  
**11:00 Saratoga Winery & Saratoga Oil Co. Tour**  
2:00 10,9,8 Game  
2:30 Cribbage  
4:00 Knitting  
4:00 Pizza Night  
4:00 Happy Hour with Laura Collins

8  
**Medical Appointments**  
10:30 Jim Cochran presents Female Spies in the Civil War pt. 2  
1:00 Pinochle  
2:00 BINGO  
6:00 Liverpool Rummy

9  
**8:00 & 10:00 Grocery Stores**  
1:00 Canasta  
1:00 Chair Dancing  
3:30 Rosary  
4:00 Chef Johnny Dinner –Baked Fish  
7:00 Friends & Smores By The Fire

10  
1:00 Scrabble  
1:00 Five Crowns  
1:00 Mahjong CTR  
3:00 RumiKub

11  
1:30 MexicanTrain  
3:00 RumiKub  
4:00 Scrabble CTR

12  
**12:00 Let's Do Lunch**  
1:00 Summit Olympics with PRN (Axe Throwing)  
1:00 Pinochle  
2:00 Drama Club  
3:00 RumiKub  
4:00 Scrabble CTR  
4:00 Sit and Stitch

13  
**9:45 Minne Ha-Ha Paddlewheel Cruise**  
2:00 10,9,8 Game  
2:00 Sing-a-long  
2:30 Cribbage  
3:00 Quarter BINGO  
4:30 Bible Study  
6:00 Liverpool Rummy

14  
1:00 Book Club  
2:00 10,9,8 Game  
2:30 Cribbage  
4:00 Knitting

15  
**Medical Appointments**  
12:00 Life Alert presentation with Andrea of St. Peters Hospital  
1:00 Pinochle  
2:00 BINGO  
3:00 Resident Meeting with Tarah and Sasha  
6:00 Liverpool Rummy

16  
**8:00 & 10:00 Grocery Stores**  
1:00 Canasta  
1:00 Craft Class with Karen (Hotplates)  
3:30 Rosary  
4:00 Chef Johnny Dinner – Stuffed Peppers  
7:00 Friends & Smores By The Fire

17  
1:00 Scrabble  
1:00 Five Crowns  
1:00 Mahjong CTR  
3:00 RumiKub

18  
**12:00-6:00 Great Room Reserved**  
1:30 MexicanTrain  
3:00 RumiKub  
4:00 Scrabble CTR

19  
1:00 Summit Olympics with PRN (Bocce Ball Competition)  
1:00 Pinochle  
2:00 Drama Club  
3:00 RumiKub  
4:00 Scrabble CTR  
4:00 Supper Club  
4:00 Sit and Stitch  
6:00 Poker Night

20  
**11:00 Lunch at Grecian Gardens**  
1:00 Tai-Chi  
2:00 Sing-A-Long  
2:30 Cribbage  
3:00 Quarter BINGO  
6:00 Liverpool Rummy  
6:00 Poker Night

21  
12:00 10,9,8 Game  
2:00 Communion  
2:30 Cribbage  
4:00 Knitting  
4:00 Pizza Night  
4:00 Music Bingo & Trivia  
**National Senior Citizen Day**

22  
**No medical transport**  
10:00 Saratoga Flat Track  
1:00 Pinochle  
2:00 BINGO  
6:00 Liverpool Rummy

23  
**8:00 & 10:00 Grocery Stores**  
1:00 Canasta  
1:00 Chair Dancing  
3:30 Rosary  
4:00 No Johnny Dinner  
7:00 Friends & Smores By The Fire  
**Deadline for donations for school supply drive**

24  
1:00 Scrabble  
1:00 Five Crowns  
1:00 Mahjong CTR  
3:00 RumiKub

25  
1:30 MexicanTrain  
3:00 RumiKub  
4:00 Scrabble CTR

26  
**12:00 Let's Do Lunch**  
1:00 Pinochle  
2:00 Birthday Celebration  
2:00 Drama Club Presentation  
3:00 NEW RESIDENT Orientation  
3:00 RumiKub  
4:00 Scrabble CTR  
4:00 Sit and Stitch

27  
**10:00 NYS Military Museum and Veterans Research Center Visit**  
2:00 10,9,8 Game  
2:00 Sing-A-Long  
2:30 Cribbage  
2:30 Bible Study  
3:00 Quarter BINGO  
6:00 Liverpool Rummy

28  
12:00 Ladies Lunch  
2:00 10,9,8 Game  
2:30 Cribbage  
4:00 Knitting

29  
**Medical Appointments**  
1:00 Pinochle  
2:00 BINGO  
6:00 Liverpool Rummy

30  
**8:00 & 10:00 Grocery Stores**  
1:00 Canasta  
3:30 Rosary  
4:00 Chef Johnny Dinner – Reuben Sandwich  
7:00 Friends & Smores By The Fire

31  
1:00 Scrabble  
1:00 Five Crowns  
1:00 Mahjong CTR  
3:00 RumiKub

**CONNECTED life**

Our pool will be closed for repairs.

**Every Monday**  
9:00 Stretch & Flex  
10:00 Chair Yoga

**Every Tuesday**  
8:00 Move & Groove  
9:00 Pilates  
10:00 Sit to Stand

**Every Wednesday**  
9:00 Sit To Be Fit  
10:00 Fitness Drumming  
11:00 Chair Fitness  
12:00 Line Dancing

**Every Thursday**  
9:00 Stretch & Balance  
10:00 Trifecta Strength/ Balance/ Flex  
11:00 Move & Grove

**Every Friday**  
9:00 Sit To Be Fit  
10:00 Cardio & Core  
11:00 Chair Yoga (all levels)  
12:00 Balance

**Color Key**  
Red - Community Events  
Bold Black - Transportation Event  
Black - In-house event  
Green - Games  
Blue - Leisure & Recreation  
White - Daily Fitness Class

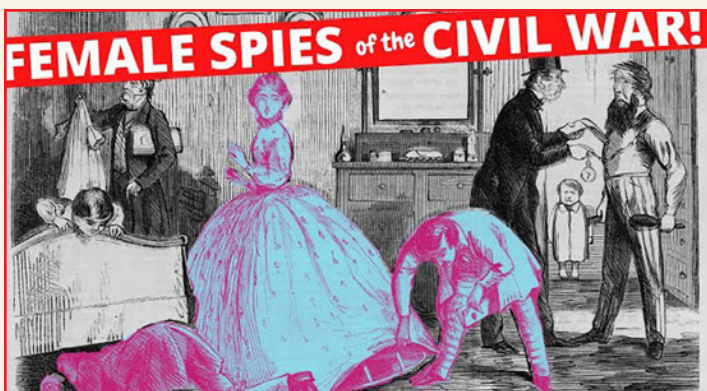
# Community Activities



## School Supply Drive

### CoNSERNS-U

Back to school supply drive  
A Catholic Charities Program  
To benefit local children  
Donation deadline is August, 23rd  
Drop off in the office



John Cochran presents : Female Spies in the Civil War  
Thursday, August 8th at 10:30

Join us on Thursday, August 15th at 12:00 for a presentation on Life Alert and all it has to offer.

Presented by Andrea  
of St. Peter's Health Partners



ST PETER'S HEALTH PARTNERS

A Member of Trinity Health



With Trinity Health Alert you're never really alone. Trinity Health Alert allows you to remain independent, knowing help is only the push of a button away. Our system is ideal for people:

- Living alone
- Recovering from a recent surgery
- Traveling alone
- Struggling with their balance

For those still active outside the home our mobile alert system uses GPS technology and works all across the United States. Our medical alerts empower people because they know they have access to help 24/7.

## Craft Class with Big Karen in the Art Room

Friday, August 2nd at 1:00  
(Tumbler and Mugs)

Friday, August 16th at 1:00 (Hotplates)

Sign-up in the office



## Minne Ha-Ha 1 Hour Paddlewheel Cruise Tuesday, August 13th

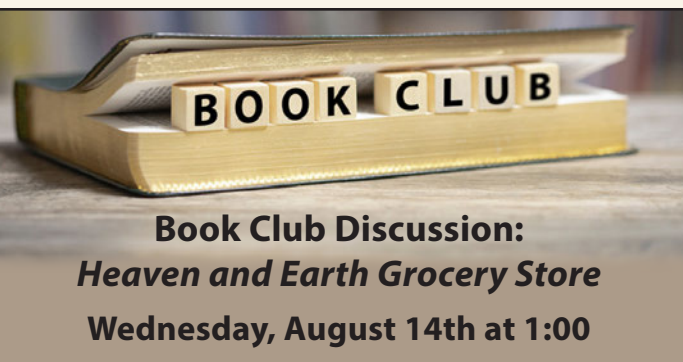
Summit bus departs at 9:45  
Cruise boards at 11:15

Available on your Cruise:

- Narration by your captain
- Cocktail bar
- Small snack bar

Bagged lunches (sandwich, chips, side salad) will also be available and provided for by Alexis Diner

Tickets are \$33.00 per person  
Sign up in the Office



Book Club Discussion:  
*Heaven and Earth Grocery Store*  
Wednesday, August 14th at 1:00

# Community Activities



Monday, August 5th at 12:00  
Lunch at Junior's



Tuesday, August 20th at 11:00  
Lunch at Grecian Gardens



**Happy HOUR**

Friday, August 2nd at 3:00  
Happy Hour with  
Woody Strobeck



Wednesday, August 7th at 4:00  
Happy Hour with  
Laura Collins



It's all fun and  
**GAMES**  
Until someone  
Yells  
**BINGO**

Wednesday,  
August 21st at 4:00

Music Bingo and Trivia  
With Tammy and Pam

Summit Olympic  
Games with PRN



Event 1: Monday, August 12th at 1:00

Axe Throwing Competition



Event 2: Monday, August 19th at 1:00

Bocce Competition



# Concierge Services

## Meal Options

### Continental Breakfast

Everyday from 8:30am to 10:30am

### Supper Club

You have the option of two hot meals each month. They come ready to eat from local restaurants. You can pick up your prepaid meals at 4pm at the Clubhouse

### Let's Do Lunch!

Monthly lunch at the Clubhouse, prepay at the office and enjoy lunch with your neighbors.

**Pick up at the Clubhouse.**

## Grocery Shopping



Every Friday, the Eastwyck bus goes to three local grocery stores: Price Chopper, Aldi's and Hannaford. We will leave Eastwyck at 8:00am or 10:00am. The bus will pick you up at your building. Please sign up in the main office.

## Thursday Medical Appointments

Every Thursday, we provide transportation to scheduled, routine medical appointments. This service is available between the hours of 8 AM and 1 PM. Call the office for more details and to reserve your appointment time.



**PRN**  
PT OT & SLP PLLC  
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**

This month's Meals  
will be from



### — Supper Club —

**August 5th at 12:00**

Pasta Primavera \$ 16.00

### — Let's Do Lunch —

**August 12th at 4:00**

Grilled Chicken Salad \$ 11.00

### — Supper Club —

**August 19th 12:00**

Baked Stuffed Shells \$13.00

### — Let's Do Lunch —

**August 26th at 4:00**

Virginia Baked Ham Wrap \$ 12.00

### — Friday Supper Club —

**Chef Johnny dinners are \$16.00**

See calendar for dinner selection

## Dr. Michael Masias, DPM

Starting at 10:00 on the 1st Wednesday of every month, Dr. Masias will be on site.

**518-320-8659.**



Hair

**Rita 518-495-5603**

Hair

**Becky 518-424-7922**