

SUMMIT AT MILL HILL

Monthly Newsletter

February 2026



Meet Our Residents

As an elementary school student, I was captivated by the very early explorers- Marco Polo, Magellan, Vasco de Gama, etc. Their daring journeys fueled my imagination, and I would often recount their exploits to anyone who would listen, much to the exasperation of those around me. Through these stories, my passion for faraway places and adventure was born.

When I was briefly hospitalized at age 9, I became enthralled by the nurses. Their kindness, compassion, and competency left a lasting impression. These were strong women, dedicated to doing good in the world. I was smitten. Nursing was for me.

Leaving my hometown of Youngstown, NY, I went off to college at SUNY Plattsburgh and graduated with a Nursing Major. Soon after marriage led me to Houston, Texas. We were not prepared for the realities of the 1963 South. I worked in a hospital consisting of two separate buildings: one for white and the other for black patients. Separate and unequal. For the first time, I encountered people who spoke, thought, and viewed the world through eyes dramatically different from mine. It was a powerful lesson learned.

Some years later after returning to NYS, it became clear that the marriage wasn't working and I became a single mother to two young daughters. One of the remarkable aspects of Nursing is its versatility – it can lead you down countless paths if you embrace them. My paths led to founding a community health center in an underserved area of NYS, teaching at SUNY Stony Brook, directing a health care coalition in the South Bronx during the AIDS Crisis, conducting evaluations of U.S.A.I.D Projects in Southern Africa, developing Maternal and Child Health Programs for the Commonwealth of Pennsylvania, and earning a couple of graduate degrees. New places, new people, new challenges, all teaching me something about myself, others, and how the world works.

In 1996 I moved to Washington DC where I lived for 25 years. DC is a wonderful city with so much to see and do. One of my favorite summer morning activities was walking to the nearby Lincoln Memorial for coffee and a conversation (albeit one-sided) with the President.

My last professional role was as a VP of a DC health care consulting firm focusing on supporting States and Tribes in efforts to improve health outcomes. This position allowed me to travel extensively across the country.

Following retirement, I began traveling internationally in earnest. Eventually visiting over 70 countries - Afghanistan to Zambia. The world is vast and wonderful, and I am truly grateful to have experienced so much of it. Thank you, Marco Polo.

Now, here I am at Summit, relocating from DC in 2021. I am fortunate to live near my 2 daughters Anne and Amy, 5 grandchildren, 3 great-grandchildren, and my "little" brother Chris.

Happy and content. Life is good.

JUDITH GALLAGHER

Staff



Community Manager

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Maintenance

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The Summit at Mill Hill
2 Mill Hill Court
Guilderland, NY 12159
www.summitatmillhill.com

Community Activities

February Birthdays!

Judy Phaff 2/14

Florence Carnahan 2/18

Evelyn Pitt 2/19

Dianne Peters 2/19

Chan Mielke 2/20

Darla DeBruin 2/22

Barbara Hoehn 2/22

Musical Performance by Lucia & Levi!



Join us for this enjoyable live performance!

This duo uses instruments such as guitar, keyboard, trumpet, and harmonica, while singing classic favorites by Frank Sinatra, Tony Bennett and more.

Wednesday, February 4th at 4:30pm in the Great Room

AROUND THE WORLD WITH JUDITH

Friday, February 6th at 1:00pm in the Movie Theater

EASTER ISLAND, LOCATED IN POLYNESIA, IS THE MOST REMOTE INHABITED ISLAND IN THE WORLD. IT IS THE HOME OF THE MYSTERIOUS MOAI STATUES AND THE SITE OF A LOST AND REGAINED SOCIETY. RECENT ANTHROPOLOGICAL DISCOVERIES UNLOCK MANY OF THE SECRETS OF THIS FASCINATING ISLAND.



February Movies

Tuesday, 2/3 - Wuthering Heights (1939)

Tuesday, 2/10 - Two for the Road (1967)

Tuesday, 2/17 - The Way We Were (1973)

Tuesday, 2/24 - Pride and Prejudice (2024)

Every Tuesday at 7:00pm in the Movie Theater

Join us for
BINGO!

7:00PM IN THE GREAT ROOM

FRIDAY 02/06

FRIDAY 02/20



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Continental Breakfast Monday–Friday 8:30–10:30 Saturday–Sunday 9:00–11:00	Black: Games and Organized Groups Red: Happy Hour, Celebrations and Entertainment Green: Outings Blue: Opera or Movies Purple: Presentations and Classes	 Sunday 2/1 at 9:00am in the Great Room!	 Tickets for sale for \$2 each in office Two winners will be announced on Friday, 2/27. Winners will win a Supper Club dinner of their choice!	 Office Hours: Monday - Friday 9:00am - 4:00pm Saturday 9:00am - 2:00pm Sunday 9:00am - 1:00pm Closed for lunch everyday 12:30pm - 1:30pm
1 12:00pm Movie: (Residents Choice) 9:00am Girl Scout Cookie Table - GR 1:00pm Qwirkle - LIB 	2 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR * Start of February Firehouse Raffle *	3 3:00pm Scrabble - TAV 7:00pm Tuesday Night Movie: Wuthering Heights (1939) - MOV 7:00pm Card Game Night - GR	4 9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 4:00pm Happy Hour - GR 4:30pm Musical Performance by Lucia & Levi - GR	5 3:00pm Resident Meeting with Guest Speaker: Barb Howansky - GR 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	6 10:00am Walmart Grocery Shopping 10:30am Cribbage/Games - TAV 1:00pm Presentation: Around the World with Judith - MOV 7:00pm Bingo - GR	7 9:00am Mill Hill Round Table - TAV 12:00pm Movie: The Sandlot - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
8 12:00pm Movie: (Residents Choice) 1:00pm Qwirkle - LIB	9 10:00am Faith Based Discussion - LIB 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	10 2:00pm Team Tavern Trivia - TAV 5:00pm Supper Club with Andolina's Catering - TAV 7:00pm Tuesday Night Movie: Two for the Road (1967) - MOV 7:00pm Card Game Night - GR	11 9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 1:00pm Painting with Debi - CR 4:00pm Happy Hour - GR	12 1:00-3:00pm Downton Abbey Season 1, E3 + E4 - MOV 3:15pm Men's Shuffleboard - GMR	13 10:30am Cribbage/Games - TAV 1:30pm Presentation: Eleanor Roosevelt with Vintage Visitors - GR 7:00pm Valentines Day Dance with DJ Bob Treffiletti - GR * Pool is closed for maintenance after last scheduled class *	14 9:00am Mill Hill Round Table - TAV 12:00pm Movie: Isn't It Romantic - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR Valentines Day
15 12:00pm Movie: (Residents Choice) 1:00pm Qwirkle - LIB	 Office Closed No Breakfast, No Fitness		18 9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 4:00pm Happy Hour - GR Ramadan Starts at Sundown	19 1:00pm PRN Presentation: The Heart: An Owner's Manual - GR 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	20 10:30am Cribbage/Games - TAV 7:00pm Bingo - GR National Muffin Day	21 9:00am Mill Hill Round Table - TAV 12:00pm Movie: Pitch Perfect - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
22 12:00pm Movie: (Residents Choice) 1:00pm Qwirkle - LIB	23 1:00pm Healthy Aging Discussion with Ellen Cole - GR 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	24 2:00pm GL Webinar: History Behind the World's Largest Museum - MOV 5:00pm Supper Club with Andolina's Catering - TAV 7:00pm Tuesday Night Movie: Pride and Prejudice (2004) - MOV 7:00pm Card Game Night - GR	25 9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am - 1:00pm Seniors Connect at the Guilderland Library 3:00pm Book Club - LIB 4:00pm Happy Hour - GR 4:30pm Piano by Norene White - GR	26 1:00-3:00pm Downton Abbey Season 1, E5 + E6 - MOV 3:15pm Men's Shuffleboard - GMR * March Supper Club Order Forms Due by 11:00am *	27 10:30am Cribbage/Games - TAV 12:30pm Departure to NYS Museum * February Firehouse Raffle Winners to be Announced! *	28 9:00am Mill Hill Round Table - TAV 12:00pm Movie: Pitch Perfect 2 - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
CONNECTED life  FITNESS		Every Monday 8:30am Aqua Fitness (P) 9:30am Strength & Balance (FS) 10:30am Total Body Combo (FS) 7:00pm Relaxation Yoga (YS)	Every Tuesday 9:00am Stretch & Flex (FS) 10:00am Stretch & Flex (FS) 11:00am Hydro Riders (P)	Every Wednesday 10:45am Sit to be Fit (FS) 11:45am Aqua Fitness (P)	Every Thursday 9:00am Chair Pilates (FS) 10:00am Water Balance (P) 11:00am Chair Pilates (FS)	Every Friday 8:45am Aqua Fitness (P) 11:00am Line Dancing - (GR) 

Community Activities



A vibrant blue poster for 'Team Tavern Trivia'. The title is in a large, white, stylized font with a question mark above it. The background features neon-style outlines of game pieces like a die and a spinner, along with yellow starburst graphics.

**Team
Tavern
Trivia**

TUESDAY, FEBRUARY 10TH
2:00PM IN THE TAVERN



A movie clapperboard graphic for 'The Downton Abbey Series'. The background shows a large, historic stone building (Downton Abbey) under a blue sky. The clapperboard text is in white and yellow.

**SHOWING
OF THE
DOWNTON
ABBEY
SERIES**

**WHERE: MOVIE
THEATER**

**WHEN: THURSDAY, 2/12
THURSDAY, 2/26**

**TIME: 1:00PM TO
3:00PM**



A poster for a Valentine's Day painting class. It features a string of red hearts at the top and a painting of a gnome with a heart-patterned hat. The text is in a mix of bold and regular fonts.

Get in the Valentines Day Spirit!

Join us for a fun painting class with Debi!
Wednesday, 2/11 at 1:00pm in the Craft Room!
Mill Hill will provide refreshments.

Please sign up and pay in the office beforehand.
This class is \$20 per person - All supplies included!
Sign up in office by Wednesday, 2/4. Thank you.
Please see the picture we will be painting below!



A painting of a gnome with a long white beard, wearing a red and white striped shirt and a tall hat decorated with red hearts. The background is a textured blue-green.

Presentation by Vintage Visitors: Eleanor Roosevelt

"President Truman referred to her as 'The First Lady of the World.'"

The wife of President Franklin D. Roosevelt, she was a skilled politician herself, focusing on helping the poor, the disadvantaged, and people of color.



She and Franklin worked together to bring the country through the difficult times of the Depression and WWII. After the War, she became one of the first delegates to the United Nations."

Sign up in
GR binder.

Friday, 2/13 at 1:30pm in the Great Room

Valentines Day Dance
With music by DJ Bob Treffiletti!
**Friday, 2/13 at 7:00pm
in the Great Room**

This is a Potluck/BYOB event. Please bring a snack or an appetizer to share!

Please see sign-up sheets in the Great Room!

Community Activities

PRN'S FEBRUARY PRESENTATION THE HEART: AN OWNER'S MANUAL

JOIN FOR A PRESENTATION WITH PRN
ON HEALTHY HEART ACTIVITIES AND
THE BENEFITS OF EXERCISE!

THERE WILL BE A FUN INTERACTIVE
BINGO GAME WITH PRIZES TO WIN
DURING THIS PRESENTATION!

THURSDAY, 2/19 AT 1:00PM
IN THE GREAT ROOM

New York State Museum Outing

"Barbie™: A Cultural Icon Exhibition celebrates Barbie as a reflection of culture, with exclusive designer interviews and an up-close look at vintage dolls, iconic cultural moments, and fashion trends from each era. The exhibition features a priceless collection of over 300 artifacts from the 64-year history of Barbie, including the very first 1959 doll, an original Barbie Dreamhouse, behind-the-scenes prototypes, as well as some of the most infamous Barbie dolls throughout history"

In addition to the Barbie Exhibit, there are over 8 other informational galleries to check out at this museum! This is a great educational opportunity.

Admission to the NYS Museum is free!

Friday, 2/27 with 12:30pm
departure from Mill Hill

Please sign up in the Great Room binder.



~ 12
residents
max ~

MUSICAL ENTERTAINMENT BY PIANIST NORENE WHITE

NORENE WHITE IS A FORMER RESIDENT OF MILL HILL
WHO PLAYS THE PIANO BEAUTIFULLY AND IS LOOKING
FORWARD TO COMING BACK TO PERFORM FOR YOU ALL.
WE HOPE TO SEE YOU THERE!



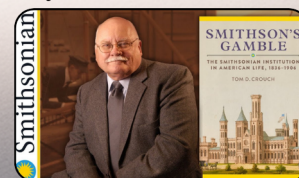
WEDNESDAY, FEBRUARY 25TH IN THE GREAT ROOM AT 4:30PM

Join for a webinar with the Guilderland Library!

Smithson's Gamble: The Incredible History Behind
the World's Largest Museum with Smithsonian
Curator Emeritus Tom Crouch!

"Follow the fascinating growth and development of the world's largest museum and research complex during its first 60 years. Told in rich detail, Smithson's Gamble reveals how, as it defined a role rooted in curiosity and exploration, the Smithsonian helped to shape the nation's developing identity."

Tuesday, 2/24 at 2:00pm
in the Movie Theater



DISCUSSION WITH PSYCHOLOGIST & PROFESSOR ELLEN COLE

RESIDENTS CAN EXPECT TO BE BROUGHT UP TO DATE ON SOME
OF THE LATEST SCIENTIFIC UNDERSTANDINGS ABOUT AGEISM
AND THE CHALLENGES, REALITIES, AND JOYS OF AGING.

THIS WILL BE A GREAT OPPORTUNITY TO SHARE THOUGHTS
AND FEELINGS AS WE FACE THE REALITIES OF WINTER AND
THE OPPORTUNITIES OF STARTING A NEW YEAR.

MONDAY, 2/23 AT 1:00PM IN THE GREAT ROOM

Concierge 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.



On-Site Podiatrist Dr. Michael Masias, DPM

Visits the second Wednesday of every month

To make your appointment, sign up in the Great Room!
He will visit your apartment for your scheduled appointment. For any questions, please call
Dr. Masias at (518)-320-8659.

Wednesday Grocery Shopping

Join Mill Hill on our grocery shuttle!

On Wednesdays, we depart from Mill Hill at 11:00am to go to our local Market 32. On the first Friday of every month, we depart to Walmart at 10:00am. Residents must gather in the Lobby 5 minutes before departure. Thank you!

Walmart  **MARKET** 

Medical Appointment Shuttle

Every Tuesday & Thursday we provide transportation to routine medical appointments within a 10 mile radius.

This service is available between the hours of 9:00 and 2:00.

Please call the office one week in advance to reserve your appointment time.



SupperClub

Please use Supper Club order form for full description of meals. Due to office box by 1/30.

Thursday, February 5th

Chef Mickey

Sliced Turkey Meal **\$16**

Tuesday, February 10th

Andolina's

Classic Comfort Night **\$20**

Thursday, February 19th

Chef Mickey

Oven Baked Shrimp Meal **\$16**

Tuesday, February 24th

Andolina's

Soup & Comfort Night **\$20**



PRN

PT OT & SLP PLLC

Rehabilitation Services

an affiliate of The Weston Healthcare Group

**PRN Staff Contact
Information
716-255-3674**

Denise Bilka, Physical Therapy
Jaclyn Gregg, Speech Therapy
Noelle Kuhl, Occupational Therapy
Stephanie Brown, Speech-Language Pathologist
SummitMillHill_NY85@prnphysicaltherapy.com



Gift Certificates Available



Hair Stylist - Paula 518-361-5629
Massage Therapist - Charlene 518-813-3347
Nail Technician - Adrianna 518-801-7397
By Appointment