

S U M M I T A T M I L L H I L L

Monthly Newsletter

April 2026



Meet Our Residents

Part 2 of Anthony Bright's Entry: The New World

In 1962 the US aircraft industry was responding to the huge increase in demand for military and commercial aircraft. My work at AVCO began. We were developing a brand-new engine concept, a high bypass fan engine, the first to be tested in the US.

I drove south from Montreal, to Stratford, Connecticut, known for its Long Island Sound coastline, its replica of the Shakespeare theater, and spring apple blossoms. Two months later I rented a house for my wife and three children, arriving by train.

AVCO Lycoming was created by a German team of gas turbine scientists who had been granted citizenship through Operation Bootstrap (1948). The engines they designed and built eventually powered all the helicopters flown in the Korean and Viet Nam conflicts.

After my first five months of work at AVCO, it was hit by a trade union strike. A few of us broke the law and the picket line, suffering a few bruises.

Once again, my work challenged me to calculate the performance potential of this untested fan engine. At first, the whole of the US aircraft industry disagreed with my numbers, finally coming to my results two years later when measured in a test cell.

To take advantage of the Long Island Sound, Kathleen and I invested in a 19' O Day sailboat and cruised the New England coast. We finally bought a raised ranch in nearby Huntington. Meanwhile our family increased, now three boys and two girls.

I stayed with AVCO for eighteen years, managing the engine performance department and writing performance manuals and grant proposals. During my last few years, I solved many mechanical and operational aerodynamic problems for NASA and the US Military. Remember in the 70's the computer was limited by the strength of its programs, often leaving behind the logic gained by experience.

In 1979, the Pentagon formed a committee of senior advisors, representing the military and industry, to determine defense and battle scenarios for the year 2020. We concluded drones and UAVs would be developed and remotely controlled to do the job. Today's news confirms these predictions!

During the 80's, I received a phone call from Bruce Goldwater, vice president of the new venture, Mechanical Technology Incorporated (MTI). He offered me the position as chief engineer designing the new US Stirling Car Engine. MTI had won a contract to design the engine based on experience and knowledge of United Stirling in Malmo, Sweden. I built a team of MSC engineers familiar with piston or diesel engines, and capable of understanding and designing engine concepts.

This team ultimately designed and built the first kinematic Stirling car engine in the US. We drove to the US capital and demonstrated the successful results of 5 years of effort to Congress on the streets of Washington, DC!

That year funding was cancelled, the project shut down and the department disbanded.

MAGLEV and GE...

To be continued next month

Staff



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Maintenance

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The Summit at Mill Hill
2 Mill Hill Court
Guilderland, NY 12159
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Community Activities

April Birthdays!

John Williams 4/2

Lucille Kaplan 4/4

Steven Lapidus 4/15

Merry Lyng 4/17

Barb Schwoegler 4/18

Anne Garda 4/29

Sue Purga 4/29

Ron Killelea 4/30

Decoupage Seashell Craft Class

Join us for a fun-filled afternoon of creativity! Debi will show you how to turn ordinary seashells into functional works of art by using decorative papers, metallic accents, and glossy finishes! This class is \$15 per person - All supplies included!

Wednesday, 4/1, at 1:00pm in the Craft Room

Please sign-up & pay in the office beforehand.



These seashells are perfect for holding jewelry, styling trays and vanities, or even giving as a thoughtful gift.

GL Webinar "On a Mission: The History of US Women Astronauts with Smithsonian Curator Emerita Valerie Neal"

"Join us for an exhilarating journey through the history of US women astronauts with Valerie Neal, emerita curator from the Smithsonian's National Air and Space Museum and expert on human spaceflight.

Valerie Neal interviewed many of the US women astronauts to bring their experiences to life. She offers a culturally insightful history of their achievements, the challenges they've faced, and their distinctive stories. Collectively, they've completed more than 100 space shuttle missions, and more than 30 long-duration stays on the International Space Station and Russian Space Station, Mir."

Thursday, 4/2, at 2:00pm in the Movie Theater

Brunch at Prince Tea House!

"Prince Tea House is committed to bringing the most inimitable and exceptional teas from France. Prince Tea House prides itself in creating the freshest and finest confections."

10:30am departure from Mill Hill



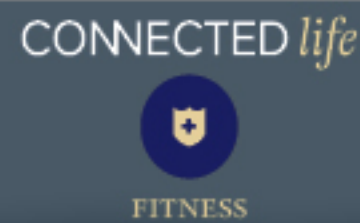
Followed by a stop at

Trader Joe's!

This outing is on Monday, 4/6!

Please sign up in the Great Room.

S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Don't Forget! Join us for Line Dancing with Linda at 11:00am in the Great Room every Friday! 	1 9:00am Communion Service - CH 11:00am Market 32 Grocery Shopping 11:00am-1:00pm Seniors Connect at the Guilderland Library 1:00pm Crafts with Debi - CR 4:00pm Happy Hour - GR Passover starts at sundown	2 2:00pm GL Webinar: History of US Women Astronauts - MOV 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	3 10:00am Walmart Shopping Trip 10:30am Cribbage/Games - TAV Good Friday	4 9:00am Mill Hill Round Table - TAV 12:00pm Movie: Crossroads - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
5 12:00pm Movie: Residents Choice - GR 1:00pm Qwirkle - LIB Easter Sunday	6 10:30am Departure to Prince Tea House & Trader Joe's Outing 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	7 2:00pm Scrabble - TAV 7:00pm Tuesday Night Movie: Moneyball (2011) - MOV 7:00pm Card Game Night - GR	8 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	9 1:00pm-3:00pm Downton Abbey Season 2, E4 + E5 - MOV 3:00pm Resident Meeting with Guest Speaker: Barb Howansky - GR Passover ends at sundown	10 10:30am Cribbage/Games - TAV 7:00pm Guilderland Middle School Students to Perform - GR *Pool is closed for maintenance after last scheduled class*	11 9:00am Mill Hill Round Table - TAV 12:00pm Movie: Hit Man - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
12 12:00pm Movie: Residents Choice - GR 1:00pm Qwirkle - LIB	13 10:00am Faith Based Discussion - LIB 1:00pm Deb Alder's Art Exhibit - AG 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	14 2:00pm Team Tavern Trivia - TAV 7:00pm Tuesday Night Movie: A League of Their Own (1992) - MOV 7:00pm Card Game Night - GR	15 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 and Levi - GR	16 1:00pm PRN's Occupational Therapy Presentation - GR 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	17 10:30am Cribbage/Games - TAV 1:00pm Around the World with Judith Presentation - MOV 7:00pm Binge - GR	18 9:00am Mill Hill Round Table - TAV 12:00pm Movie: Cast Away - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
19 12:00pm Movie: Residents Choice - GR 1:00pm Qwirkle - LIB	20 1:00pm Two Million Steps Presentation with Author Pat DeVaney - GR 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	21 2:00pm Scrabble - TAV 5:00pm Supper Club with Andolina's Catering - TAV 7:00pm Tuesday Night Movie: 42 (2013) - MOV 7:00pm Card Game Night - GR	22 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	23 1:00pm-3:00pm Downton Abbey Season 2, E5 + E6 - MOV 3:15pm Men's Shuffleboard - GMR World Book Day	24 10:30am Cribbage/Games - TAV 1:00pm Historical Presentation with Jason Kramer - GR	25 9:00am Mill Hill Round Table - TAV 12:00pm Movie: Priscilla - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
26 12:00pm Movie: Residents Choice - GR 1:00pm Qwirkle - LIB	27 11:00am Departure to VIA Port Aquarium Outing 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	28 2:00pm Ann Sayers Shakers Presentation - GR 7:00pm Tuesday Night Movie: The Natural (1984) - MOV 7:00pm Card Game Night - GR	29 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 Musical Performance by Russ Kennedy - GR	30 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	Continental Breakfast Hours 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



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




Guilderland Middle School Performance!

Enjoy a beautiful instrumental performance by Guilderland Middle School students!



Friday, 4/10, at 7:00pm in the Great Room
Sign up for this performance in the Great Room



TEAM TAVERN TRIVIA

Exercise Your Brain


PRIZES FOR TRIVIA WINNERS!

Tuesday, 4/14, at 2:00pm in the Tavern

Lucia and Levi to return for another amazing performance!



Wednesday, April 15th at 4:30pm in the Great Room!



PRN's Occupational Therapy Awareness Month Celebration

Come learn how Occupational Therapy is essential to helping adults age in place during this interactive presentation.

Refreshments will be served!

Thursday, 4/16, at 1:00pm in the Great Room!

AROUND THE WORLD WITH JUDITH: REPUBLIC OF SOUTH AFRICA AND LESOTHO PRESENTATION



This will be part 1 of 2 presentations focused on Southern Africa. We will travel along two oceans from elegant Cape Town with its apartheid history east to the Drakensberg Mountains home of 5,000-year-old cave paintings. Our journey ends in Lesotho, the "Kingdom in the Sky" where we visit several Peace Corps sites.

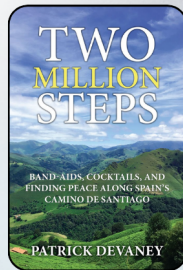
FRIDAY, 4/17, AT 1:00PM IN THE MOVIE THEATER

Community Activities

Join us for a Journey of Faith, Humor, and Two Million Steps with Author Pat DeVaney

Please join author Pat DeVaney for an engaging talk discussing the 500-mile pilgrimage walk across Spain called the Camino de Santiago. He will be discussing the history of the journey and how it turned into such a destination for millions of people over the years, while also sharing faith-filled insights, unexpected humor, and lessons learned along the way. He will talk about the physical stress it takes on the body, and how it changed him from going through that grueling experience.

Pat will also talk about some of the important historic places along the route, and how it led to his Amazon best seller called *Two Million Steps*. He will also introduce his next book called *High Crimes Against the Crown*, and its sequel, *The Flight Across Europe*.



Monday, 4/20, at 1:00pm in the Great Room!

Historical Presentation with Jason Kramer

Did you know the Underground Railroad ran through Albany? Join Jason Kramer as he returns to Mill Hill for a presentation reflecting on the courage and resilience behind the Underground Railroad. You will learn about our region's role in the heroic history of escaping slavery.

Friday, 4/24, at 1:00pm in the Great Room

JOIN US FOR A TRIP TO

SIGN UP IN GREAT ROOM!

VIA Port Aquarium

IN HONOR OF EARTH DAY!

MONDAY, 4/27 - 11:00AM DEPARTURE

ADMISSION CAN BE PURCHASED AT THE AQUARIUM. TICKETS ARE \$21 PLUS TAX, OR \$19 PLUS TAX FOR ADULTS 62+

A vibrant underwater scene with various fish, including a clownfish, and sea anemones. The background is a deep blue with some green seaweed.

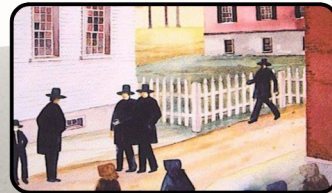
Shakers Presentation with Ann Sayers

Ann Sayers is a long-time guide and researcher from the Shaker Heritage Society.

Her lecture will focus on the Wicks family, a group of 12, who sought refuge in the local Watervliet Shaker community in the autumn of 1824.

Ann will also be displaying some Shaker artifacts and some pertinent books.

Tuesday, 4/28, at 2:00pm in the Great Room!



MUSICAL PERFORMANCE BY RUSS KENNEDY



WEDNESDAY, 4/29, AT 4:30PM 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!



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.



Supper Club

Please see Supper Club order form for full description of meals. Due to office lockbox by 3/27.

Thursday, April 2nd at 5:00pm in the Tavern
Chef Mickey

Baked Haddock Meal **\$16**

Thursday, April 16th at 5:00pm in the Tavern
Chef Mickey

Sliced Roast Pork Meal **\$16**

Tuesday, April 21st at 5:00pm in the Tavern
Andolina's

Eggplant Parm Meal **\$20**

Thursday, April 30th at 5:00pm in the Tavern
Chef Mickey

Sliced Ham Meal **\$16**



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