

Summer Hill Staff

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Home Care Options
(973) 897-5550

**For medical emergencies or
emergency call bells, dial 911.**

Summer Hill Annual Inspections

There will be no apartment inspections in October.

***Please note: We have added new recycling signs in the trash rooms in Buildings 1 and 2.**

Summer Hill October Extermination Schedule

- Tuesday, October 13: Building 2, Floor 1
- Tuesday, October 27: Building 2, Floor 2

If you experience a pest issue between scheduled inspections, please submit a Maintenance work order. Pest control services are scheduled based on the nature and severity of the issue. To protect the health and safety of all residents, the use of pesticides is kept to a minimum whenever possible. In many cases, cleaning or removing the source of the issue is sufficient to resolve the problem. The presence of a single bug does not necessarily indicate an infestation.

Do Not Idle

Please do not leave your car idling in the parking lot.

- Idling causes air pollution.
- Idling is unhealthy because breathing exhaust can aggravate asthma, allergies, and cardiovascular disease.
- Idling wastes fuel and money.

Annual BBQ



Laura Koblitz, Resident Director, Siena Village/Summer Hill, welcomed residents to the annual Siena Village/Summer Hill BBQ.



Summer Hill Highlights

October 2026

News for Summer Hill of Wayne | A Christian Health Community

Siena Village and Summer Hill Annual BBQ

Residents enjoyed another great Siena Village /Summer Hill BBQ. The weather was perfect, and everyone enjoyed delicious food from A World of Food, good conversation, and lively music!



Pictured, row 1: Pat Schut, John Nicoll, Diane Sullivan, Helen LaPointe and Janet Rosolanko, Ray Galvano, Summer Hill Occupancy Specialist Isabel Galindo, Chuck Camacho, and Bob Filippini
Pictured, row 2: Matt Wisniewski, Ray Galvano, Chuck Camacho, Bob Filippini and Pat Dyche, Angela Thompson, Rosa Cadiz, Vilma Naveros, Jennie Nuzzo, Kathleen Rhoads, Nick Costa and Oscar Merino, Rosa Cadiz, and Vilma Naveros
Pictured, row 3: John Moultrie, Jr, Nick Frega, Pat Cordova, Laura Nicoll, Marge Verdon-Szwed, Barbara Berardi, Ruth Conklin, and Art Jacobs

Wear Pink for Breast Cancer

Monday, October 19, 11 a.m. to noon at Susan's office

Wear pink to show your support for Breast Cancer Awareness and come to Susan's office to pick up a small gift.

Service Coordinator's Corner

Podiatry Services with Dr. Witkin (House calls only)

Receive personalized care in the comfort of your apartment! Call Dr. Witkin to schedule your appointment at (973) 696-6677.

Rehabilitation services are available to residents at the Wyckoff campus. Free transportation is available. Services include **physical therapy (PT), occupational therapy (OT), and speech/cognitive therapy (ST)**. For additional information or to schedule your therapy, please call Kim Martin, OTR/L, Wayne Rehab Services Manager, at (201) 848-5915.

Blood-Draw Clinic: Thursday, (every third Thursday of the month), at 10 a.m. in the boardroom in Summer Hill Two

The Valley Hospital holds a monthly blood-draw clinic every third Thursday. Residents must present their Medicare/insurance card and a physician's prescription. Results will be sent to the prescribing physician. You must register and provide copies of insurance and prescriptions to Susan by the Monday of the week of the blood draw. To avoid unexpected out-of-pocket costs, please check with Susan for a list of insurance plans accepted by Valley Hospital Lab.

*Mobile Optometry Services Update

Unfortunately, due to the decreased volume of patients at Summer Hill, Dr. Kaur will no longer be providing her services. If you are looking for an eye doctor, your resource directory is a great place to start! You can also contact your service coordinator, Susan, at (201) 848-5837 for additional help.

New Free Senior Wellness Program

We are excited to welcome back Donny Bellamy, Prevention Specialist with Children's and Family Aid Services. He will share information about **the Senior Wellness Pilot Program on Tuesday, October 6, at 11 a.m. in the Community Room.**

The Senior Wellness Program aims to enhance social connections and supports, providing resources for homebound older adults, older adults with disabilities, caregivers, and long-term care residents who are at risk of social isolation.

The Power of Connection: Did you know that loneliness and social isolation are serious public health concerns for older adults, with chronic loneliness linked to a 50% higher risk of dementia and a 26% higher risk of premature death?

By combining the Get Connected program (starting October 20), additional peer workshops, tablet learning workshop, and outreach, we will increase awareness and provide tips for staying connected. The dedicated case management team will help you access resources at local senior centers, community health programs, and cutting-edge telehealth services. The program's goal is to promote social connections and to enhance participants' well-being. The Senior Wellness Program can help you feel more connected and engaged. Creating opportunities to make new friends, share conversations and experiences, participate in group activities, and find fun and meaningful events through educational workshops or just the opportunities to engage in person, virtually, or by phone. They would also like to hear from you at their monthly advisory board meetings. **Registration is required by September 30. Light refreshments and giveaways will be provided.**

Activities

Catholic Mass – The first three Wednesdays of the month at 1 p.m. in the Community Room

Faith Talk – Wednesdays at 2 p.m. in the Community Room

Card Games – 2 p.m. in the game room of Summer Hill Two, floor 4

Cornhole – Thursday, October 8, at 11 a.m. in the Community Room

Trivia – Tuesday, October 13, at 11 a.m. in the Community Room

Music/Sing-Along with Robert – Wednesday, October 14, at 3 p.m. in the Community Room

Sing-Along With Pat – Wednesday, October 28, at 3 p.m. in the Community Room

Special Events

Flu Shot Clinic – Thursday, October 1, at 2:30 p.m. to 4 p.m. in the Community Room

We are pleased to have the Wayne Township Health Department at Summer Hill to offer flu shots to our residents. Please call Susan to register. You will need to complete a waiver form and provide copies of your insurance cards.

Senior Wellness Program Presentation – Tuesday, October 6, at 11 a.m. in the Community Room

Donny Bellamy will be here to share information about **the Senior Wellness Pilot. Registration is required by September 30. Light refreshments and giveaways will be available.**

Wellness Wednesday at Siena Village Mental Health First Aid for Seniors: Recognize the Signs, Start the Conversation, Connect to Support – Wednesday, October 7, at 11 a.m. Join Tina Miles, LCSW, FHELA, Executive Director of Behavioral Health Services at **St. Joseph's Health**, for an engaging and informative session designed to support the emotional and mental well-being of older adults. Transportation will be provided.

Medicare Presentation – Thursday, October 15, at 11 a.m. in the Community Room

Summer Hill resident Danyela will provide updated Medicare information and review the changes that are happening in 2027. Bingo, refreshments, and raffles! Register by October 6.

Neuropathy and Dehydration: Presented by Kim Martin, OTR/L – Thursday, October 15, at 2 p.m. in the Community Room

Find out about two of the most common medical issues we face as we age: neuropathy and dehydration. Light refreshments will be provided. Register with Susan by October 7.

Get Connected With Donny Bellamy – Tuesday, October 20, October 27, and November 10, at 10:30 a.m. in the Community Room

Lunch will be provided. Learn how life changes associated with aging can lead to alcohol and medication problems. Residents who participate in all three sessions will receive a \$25 gift card.

Register by October 12

Creating with Clay, Thursday, October 22, at 2 p.m. in the Community Room

Create a beautiful clay art piece! Register with Susan by October 12. A minimum of 10 is required, and the class is limited to 15 participants.

Neuropathy and Dehydration JEOPARDY Game Presented by Kim Martin, OTR/L – Thursday, October 29, at 2 p.m. in the Community Room

Let's review what we learned about neuropathy and dehydration in a friendly game of Jeopardy. Light refreshments and prizes will be provided. Register with Susan by October 22.

Fun Fall Corn Hole with Eastern Christian Middle School – Friday, October 30, from 9:30 a.m. to noon in the Community Room

Eastern Christian Middle School student volunteers will be at Summer Hill. Join in some fun! Enjoy a snack at 9:30 a.m., then at 10 a.m., play cornhole and trivia with the kids. Drop in for a few minutes or stay the whole morning! Register with Susan by October 17 at (201) 848-5837.

Fall Costume Treat Giveaway – Friday, October 30, from 3 p.m. to 4 p.m. at Susan's Office

Show off your fun costume and receive a fall treat. To qualify for your treat, you must wear a costume!

Pedestrian Safety: Tips to Stay Safe While Walking in the Dark

Pedestrians are among the most vulnerable people on the road, and walking at night or early morning makes them even more vulnerable. A simple way to stay safer is to increase your visibility, use well-lit paths, and pay attention to how traffic is moving around you. Walking late at night brings its own risks. Along with the usual concerns about safety on the streets, you also have to deal with drivers who may be speeding, distracted, or simply not expecting someone to be on foot in the dark.

- **Wear reflective clothing.**
- **Hold a flashlight or use your phone’s light.**
- **Walk in lighted areas.**
- **Follow traffic signals.**
- **Avoid distractions, like walking and texting**
- **Use crosswalks at intersections.**

Together, drivers and pedestrians can keep our roads safe by following traffic rules and being aware.

Urgent Pet Reminder

Please clean up after your dog. Solid pet waste must be picked up by the owner, sealed in a plastic bag, and deposited into one of the green outdoor garbage cans. **Failure to comply is in violation of your pet agreement and could result in legal action.** If your dog has an accident in an indoor common area, please clean it up and then call in a Maintenance work order at (201) 848-5859 so the area can be properly sanitized.

Mail Delivery Reminder

Please refrain from waiting in the lobby for the postal carrier. To ensure deliveries are completed efficiently, we kindly ask that you do not interrupt or engage in conversation with the mail carrier while they are performing their duties.

Shred Day

A mobile shred truck will be at Summer Hill of Wayne on **Wednesday, October 21, from 10 a.m. to 11 a.m.** This event is for Summer Hill of Wayne II residents only. Locked, secure bins will be dropped off and available to anyone who is unable to attend the shred day. The bins will be dropped off on Thursday, October 15, and will be in the Community Room.

Faith Talk

Greetings Summer Hill residents! You are cordially invited to Faith Talk on Wednesdays at 2 p.m. in the Community Room with Rev. Anthony Matias, Chaplain for Christian Health. Faith Talk is a time to pray, learn, share, and connect with your neighbors of different backgrounds, cultures, and denominations. This September and October will be our second Resident Grief Support Group (Six weeks – September 23 to October 28 at noon in the Community Room). Join me as we spend these weeks supporting one another through our grief as a community in a compassionate, safe space to process our losses.

Wayne Library Visits Summer Hill

Karin Kwesela, Library Technical Assistant from the Wayne Public Library, recently visited Summer Hill to share information about the library's extensive programs and services. During the community event, residents had the opportunity to register for new library cards or renew their existing ones. Featured below is Summer Hill resident Barbara Kohn, who proudly displays her very first library card.



When Is Medicare Open Enrollment?

Medicare open enrollment – also known as Medicare’s annual election period – runs from October 15 through December 7 each year. During this annual window, Medicare-plan enrollees can reevaluate their coverage and make changes or purchase new policies.

During the Medicare open enrollment period, you can:

- Switch from Original Medicare to Medicare Advantage (as long as you’re enrolled in both Medicare Part A and Part B and you live in the Medicare Advantage plan’s service area)
- Switch from Medicare Advantage to Original Medicare (plus a Medicare Part D plan and possibly a Medigap plan)
- Switch from one Medicare Advantage plan to another
- Switch from one Medicare Part D prescription drug plan to another
- Enroll in a Medicare Part D plan if you didn’t enroll when you were first eligible for Medicare (If you haven’t maintained other creditable coverage, a late-enrollment penalty may apply.)

Once you’re enrolled in Medicare, you’ll have various opportunities to change certain aspects of your coverage. **If you have questions about Medicare enrollment, please get in touch with a SHIP Counselor at (973) 569-4060.**



October 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Flu Shot Clinic 2:30 p.m. to 4 p.m. in the Community Room	2 Bingo 2 p.m. Community Room	3 Bingo 2 p.m. Community Room Resident Saturday Social 6:30 p.m. Community Room
4	5 Bingo 2 p.m. Community Room	6 Senior Wellness Program 11 a.m. Community Room	7 Mental Health First Aid 11 a.m. Siena Village Grief Support 12 noon Boardroom Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	8 Cornhole 11 a.m. Community Room	9 Bingo 2 p.m. Community Room	10 Bingo 2 p.m. Community Room Resident Saturday Social 6:30 p.m. Community Room
11	12 Bingo 2 p.m. Community Room Columbus Day	13 Trivia 11 a.m. Community Room	14 Grief Support 12 noon ,Boardroom Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room Music w/ Robert 3 p.m. Community Room	15 Blood Draw 10 a.m. Boardroom, Bldg 2 Medicare Presentation 11 a.m. Community Room Neuropathy/Dehydration presentation 2 pm Community Room	16 Bingo 2 p.m. Community Room	17 Bingo 2 p.m. Community Room Resident Saturday Social 6:30 p.m. Community Room
18	19 Bingo 2 p.m. Community Room	20 Get Connected 10:30 a.m. Community Room	21 Grief Support 12 noon ,Boardroom Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	22 Creating with Clay 2 p.m. in the Community Room	23 Bingo 2 p.m. Community Room	24 Bingo 2 p.m. Community Room Resident Saturday Social 6:30 p.m. Community Room
25	26 Bingo 2 p.m. Community Room	27 Get Connected 10:30 a.m. Community Room	28 Grief Support 12 noon ,Boardroom Faith Talk 2 p.m. Community Room Sing Along with Pat 3 p.m Community Room	29 Neuropathy /Dehydration Jeopardy 2 p.m. in the Community Room	30 Cornhole with Eastern Christian School Students 9:30– 12 noon Community Room Bingo 2 p.m. Community Room	31 Bingo 2 p.m. Community Room Resident Saturday Social 6:30 p.m. Community Room Halloween