

Summer Hill Staff

Main Office: (201) 848-5848
Office Hours: 8 a.m. to 4 p.m.
Fax: (973) 633-9023

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Kim Martin, OTR/L,
Wayne Rehab Services Manager
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LVRehab@ChristianHealthNJ.org

Rev. Anthony Matias
Chaplain
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Maintenance
(201) 848-5859

Rolando Diaz
Superintendent
(201) 897-5402
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Home Care Options
(973) 897-5550

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

**Summer Hill of Wayne Beauty
Parlor** (201) 897-5381

Extermination

- Tuesday, December 9, Summer Hill One, first floor:
Apartments 1101 to 1118
- Tuesday, December 9, Summer Hill One, second floor:
Apartments 1201 to 1218
- Tuesday, December 23, Summer Hill One, third floor:
Apartments 1301 to 1318
- Tuesday, December 23, Summer Hill One, fourth floor:
Apartments 1401 to 1418

A Maintenance team member will accompany the exterminator.
Call Maintenance with questions at (201) 848-5859.

*If you notice any insects or pests in your apartment, please call
the Maintenance line at (201) 848-5859 right away. Do not try
to treat the issue yourself – it's important we're made aware as
soon as possible so it can be properly addressed.

Seeing one or two bugs doesn't necessarily mean there's an
infestation; our professional exterminator will assess the
situation and decide on the appropriate next steps.

***There will be no apartment inspections in
December.**



Summer Hill Highlights

December 2025

News for Summer Hill of Wayne | A Christian Health Community

Happy Thanksgiving



Top row: Gail Meytrott, Helen LaPointe, Ray Galvano, and Diane Richardson,
Bottom row: MaryAnn Kolakovic, Beverly and Frank Bankowski, and Deanna Spinelli

Cost-of-Living Adjustment (COLA) Information for 2026

Social Security and Supplemental Security Income (SSI) benefits will increase by **2.8 percent** in 2026. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. Social Security and SSI beneficiaries are normally notified by mail, starting in December, about their new benefit amount. **When you receive your award letter, bring it to the office so a copy can be made and kept on file for your annual recertification if necessary. Doing this now will make the process much easier! Please keep your letter in a safe place, since it serves as proof of current income.**

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.

Free Exercise Classes with Kim: Kim Martin, OTR/L, Wayne Rehab Services Manager, leads free exercise classes that focus on chair aerobics and stretching to help older adults maintain cardiovascular health, strength, and flexibility. Registration is required by calling Susan at (201) 848-5837.

Mobile optometry services are available on-site. Services include comprehensive eye exams/screenings, contacts and frames, and much more. For additional information, please contact Susan Matyiku, Service and Activity Coordinator, at (201) 848-5837.

Blood-Draw Clinic: Thursday, December 18 (every third Thursday), 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.

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. Join me as we explore how to maintain a vibrant spiritual life in challenging times through the use of our faith.

de Snoep Winkel Pop-Up Holiday Shop

de Snoep Winkel holiday shop will be at Summer Hill on Wednesday, December 3, from 10:30 a.m. to 3:30 p.m. in the Community Room. Shop festive holiday décor, scarves, handbags, sweet treats, jewelry, and much more!

Activities

Catholic Mass – The first 3 Wednesdays of the month (December 3, 10, and 17), at 1 p.m. in the Community Room
***On December 3, Mass will take place in the library in Summer Hill Two, third floor**

Faith Talk – Wednesdays at 2 p.m. in the Community Room
*** On December 3, Faith Talk will take place in the library in Summer Hill Two, third floor**

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

Trivia – Thursday, December 11, at 11 a.m. in the Community Room
Join us for a fun trivia game.

Cornhole – Tuesday, December 16, at 11 a.m. in the Community Room

Bean Bag Toss Game – Wednesday, December 24, at 11 a.m. in the Community Room
Toss the bean bag into the six-hole targets and score points.

Special Events

Community Room Christmas Tree Decorating and Holiday Sing Along with resident Pat Cordova – Tuesday, December 2, at 7 p.m. in the Community Room
Help decorate our Christmas tree, sing Christmas carols, and enjoy hot cocoa and cookies! RSVP by December 1.

Tech Assistance with Matt – Thursdays from 4 p.m. to 5 p.m. in the Community Room
Get assistance with your phones, tablets, and laptops! Call Susan at (201) 848-5837 to schedule an appointment with teen volunteer Matt. ***There will be no tech assistance on December 25 or January 1.**

Celebrate the Season at our Holiday Party!

Holiday cheer will abound at the Summer Hill of Wayne Holiday Party on **Thursday, December 4, at 5:00 p.m. in the Community Room.** A World of Food will cater the party, and the delicious menu will include rolls and butter, penne vodka, eggplant rollatini, chicken Francese, baked Virginia ham, roasted potatoes, green beans almondine, a beverage, coffee, tea, and dessert. **Lonnie Youngblood will provide musical entertainment.** The cost is \$23 per person. Place your check, made payable to Summer Hill of Wayne II, LLC, in the rent box no later than November 20. No refunds. **A minimum of 30 is required. Residents who would like to reserve a table of 8 must place checks for all members of their group in one envelope and include each resident’s name on the outside. Reserved seating is ONLY for groups of 8**
*All menu items are subject to change based on market availability.

Holiday Movies in December

“Miracle on 34th Street” Thursday, December 4, at 11 a.m. in the Community Room
“Elf” Monday, December 8, at 11 a.m. in the Community Room
“A Perfect Christmas” Tuesday, December 9, at 11 a.m. in the Community Room
“White Christmas” Thursday, December 11, at 2 p.m. in the Community Room
“Christmas in Connecticut” Friday, December 12, at 11 a.m. in the Community Room
“Welcome to Christmas” Tuesday, December 16, at 2 p.m. in the Community Room
“The Christmas Card” Thursday, December 18, at 2 p.m. in the Community Room
“The Christmas Contest” Friday, December 19 at 11 a.m. in the Community Room
“The Holiday” Tuesday, December 23, at 11 a.m. in the Community Room
Dean Martin Celebrity Roast 1976 Tuesday, December 30, 2 p.m. in the Community Room

Gift-Giving Policy Reminder

As we approach the holiday season, please be reminded that Christian Health has a policy that prohibits employees from accepting gifts, including monetary tips. While your thoughtfulness is appreciated, this policy is equitable to all employees. More importantly, it speaks to the principles on which Christian Health was founded. If you would like to express your appreciation for the efforts of our team, please consider making a tax-deductible contribution to the Christian Health Employee Fund. This special fund supports Employee Appreciation Day, the employee Christmas party, and other team events, as well as educational programs and opportunities for employees. Each year, the names of those who contribute to the fund are published in the Christian Health employee e-newsletter, SiteLine. Checks should be made payable to the Christian Health Foundation and marked for the Employee Fund. They can be mailed to the Christian Health Foundation at 301 Sicomac Ave., Wyckoff, NJ 07481.

Don’t Miss Your Holiday Cards and Packages!

US Postal Service mailboxes are located in the lobby of each building. Your mailbox number is the same as your apartment number. Outgoing mail can be dropped into the letter box near the mailboxes. Please do not wait in the area of the mailboxes while the mail carrier is sorting mail.

- Pick up your mail, including packages, in a timely fashion. If you are unable to get your mail, ask a friend or family member to get it to you.
- If you are going away, follow proper procedure and request directly with the post office to have your mail stopped or forwarded.
- The US Postal Service will deliver packages to the mailbox area. All other shippers will leave packages in the vestibule of your building.
- Contact the post office at (973) 839-3811 or the sender of the package with any specific issues regarding mail delivery. The Summer Hill team is unable to get into the mailroom or resolve any resident issues regarding mail delivery.
- Unless you have permission, do not pick up packages for your neighbors.
- If you notice a package for the wrong building in your lobby, leave a note on the package so the postal carrier can bring it to the correct building the following day.

Event Registration

All events require registration. To register, you can call Susan Matyiku, Service and Activity Coordinator, at (201) 848-5837 or drop a note in the rent box indicating what events you are interested in attending. If you register for an event and need to cancel, please call Susan as soon as possible.

Snow Removal Procedure

Snow plowing at Summer Hill of Wayne takes place during snowstorms of two inches or more. The roadway, sidewalks, common areas, and visitor parking will be plowed and shoveled before resident parking to allow emergency vehicles and staff access to the building. With our expanded parking lot, the maintenance staff will also be able to better plow resident parking spaces, but that requires your cooperation. Going forward, you will be contacted by a member of the maintenance staff to notify you that you need to move your car into a visitor parking space so that your parking space can be plowed. Once you move your car, you will need to move it back to your assigned parking space within 30 minutes. Moving resident vehicles into visitor parking before a storm is prohibited. These spaces must remain open so that they can be plowed first to allow room for residents to move their cars for plowing. Your cooperation is critical for the safety of all residents. Resident vehicles and spaces will be cleared as soon as reasonably possible.

Residents have two options for clearing their parking space/vehicle:

- **Clear your own space/vehicle.** Residents will be contacted by telephone by maintenance staff and given approximately 30 minutes to clear their car and move it to visitor parking so their space can be plowed.
- **Have your vehicle cleaned and space cleared by staff.** Place your check (\$20 for cars/\$25 for vans and SUVs), made payable to Summer Hill of Wayne II, LLC in an envelope with your name, apartment number, and car keys in the snow removal box, located in the package room of each building. DO NOT place in the rent box. Maintenance staff will return your keys when complete.

Holiday Reminders

The holiday season is a time for joy, reflection, and a little sparkle – but it’s also a time to keep our shared spaces safe, welcoming, and in line with Christian Health standards.

Decorating Guidelines:

- No personal decorations are allowed in common areas. This helps maintain a clean, unified look that aligns with community standards.
- One item per door is welcome – a wreath, sign, or seasonal accent is perfect. Over-the-door hangers or command hooks should be used. Do NOT use nails or screws on the door.
- No live Christmas trees are permitted, as they pose a serious fire hazard.
- No candles or open flames are allowed. Please use flameless alternatives to enjoy a cozy, festive glow safely.

Thank you for helping make our space festive, safe, and inclusive for all.

Wishing you a joyful and peaceful holiday season!



December 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Bingo 2 p.m. Community Room	2 Tree Decorating and Sing Along 7 p.m. in the Community Room	3 De Snoep Holiday Sale 10:30 a.m. Community Room Catholic Mass 1 p.m. Library, Building 2 Faith Talk 2 p.m. Library	4 "Miracle on 34th Street" 11 a.m. Community Room Beauty Parlor is open Holiday Party 5 p.m. Community Room	5 Bingo 2 p.m. Community Room	6 Resident Saturday Social 6:30 p.m. Community Room
7 Bingo 2 p.m. Community Room	8 "Elf" 11 a.m. Community Room Bingo 2 p.m. Community Room	9 "A Perfect Christmas" 11 a.m. Community Room	10 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Library	11 Trivia 11a.m. Community Room "White Christmas" 2 p.m. Community Room Tech Assistance 4 p.m. Community Room	12 "Christmas in Connecticut" 11 a.m. Community Room Bingo 2 p.m. Community Room	13 Resident Saturday Social 6:30 p.m. Community Room
14 Bingo 2 p.m. Community Room Happy Hanukkah 	15 Bingo 2 p.m. Community Room	16 Cornhole 11 a.m. in the Community Room "Welcome to Christmas" 2 p.m. in the Community Room	17 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	18 Blood Draw Clinic 10 a.m. Boardroom, Building 2 Beauty Parlor is open "The Christmas Card" 2 p.m. Community Room	19 "The Christmas Contest" 11 a.m. Community Room Bingo 2 p.m. Community Room	20 Resident Saturday Social 6:30 p.m. Community Room
21 Bingo 2 p.m. Community Room	22 Bingo 2 p.m. Community Room	23 "The Holiday" 2 p.m. Community Room	24 Bean bag toss 11 a.m. Community Room Faith Talk 2 p.m. Community Room	25 	26 Bingo 2 p.m. Community Room	27 Resident Saturday Social 6:30 p.m. Community Room
28 Bingo 2 p.m. Community Room	29 Bingo 2 p.m. Community Room	30 "Dean Martin Celebrity Roast" 2 p.m. Community Room	31  New Year's Eve	1 	2 	3 