

Summer Hill Staff

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Maintenance
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Home Care Options
(973) 897-5550

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

Summer Hill Annual Inspections Inspections

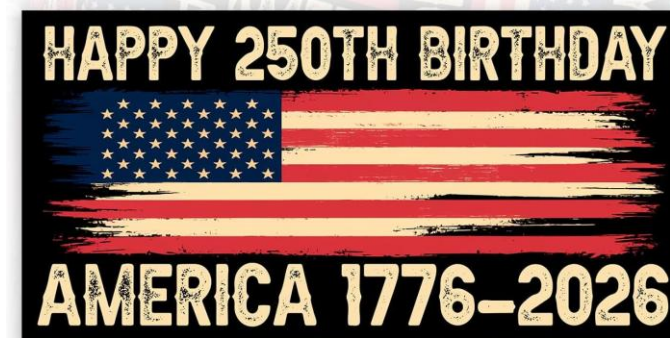
There will be no apartment inspections in July.

Summer Hill July Extermination Schedule

- Tuesday, July 14: Building Two, floor 1
- Tuesday, July 28: Building Two, floor 2

A member of the Maintenance team will accompany the exterminator. Residents do not need to be present during the inspection. Apartments will not be skipped in order to ensure each unit is inspected on a quarterly basis.

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. In an effort 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.



Summer Hill Highlights

July 2026

News for Summer Hill of Wayne | A Christian Health Community

A Day of Community Connection with ClassLink

Our Summer Hill residents enjoyed a memorable afternoon of fun and fellowship, thanks to a special Bingo event hosted by volunteers from ClassLink. The team brought wonderful energy, supplying delicious refreshments and prizes that made the day special for everyone. Beyond creating a fantastic experience for our residents, ClassLink extended their impact by making a generous donation to the Christian Health Foundation. Thank you, ClassLink, for your inspiring corporate citizenship and generosity!



Resident Deanna Spinelli and her daughter, Amanda, a ClassLink volunteer, had fun playing Bingo. **Pictured below:** ClassLink volunteers took their Bingo calling seriously!



The gang is all here! ClassLink volunteers and residents posed for a group photo.

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.

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, July 16 (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.

Smoking

Summer Hill is a smoke-free facility. This includes smoking in any form, including cigarettes, cigars, vaping, and marijuana. Smoke-free buildings will help protect the health of residents and their families. Please inform your guests that smoking is prohibited in the building. You will be held responsible if your guests violate the no-smoking rule. Residents and guests are encouraged to utilize the smoking shelter with smoking receptacles located by each building. Refrain from smoking on the sidewalks or parking spaces. Residents must be 25 feet from the building when smoking.

Please be advised that if staff members observe evidence of smoking in your apartment, they are authorized to conduct an immediate door-to-door inquiry. Should a violation be confirmed, the incident will be formally documented. Please be aware that such actions constitute a direct breach of your rental agreement and will be **addressed legally as a lease violation.**

Faith Talk

Greetings, Summer Hill residents! You’re 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.

Activities

Catholic Mass – The first three Wednesdays of the month, July 1, 8, and 15, 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 – Tuesday, July 7 and July 28, at 11 a.m. in the Community Room

Sing-along with Pat – Wednesday, July 15 at 3 p.m. in the Community Room

Music with Robert- Wednesday, July 29, at 3 p.m. in the Community Room

Trivia – Thursday, July 30 at 11 a.m. in the Community Room

Special Events

Red, White and Blue Ice Pop Giveaway, Thursday, July 2, from 2 p.m. to 3 p.m. pick-up at Susan’s office. Registration is required by June 30.

Afternoon at the Movies, “Shallow Hal,” Thursday, July 9 at 2 p.m. in the Community Room.

Hal takes his dying father’s advice to only date beautiful women. But that all changes after Hal has an unexpected run-in with self-help guru Tony Robbins. Robbins hypnotizes him into seeing the beauty that exists even in the least physically appealing women.

Self-Care Bingo, Sunday, July 12, at 1:30 p.m. – 3 p.m. in the Community Room. Join volunteer Jessica for 30 minutes of self-care at 1:30 p.m. and Bingo from 2 p.m. to 3 p.m. Light refreshments will be served. Register with Susan, 201-848-5837 by July 6.

Creating with Clay, Tuesday, July 14 at 2 p.m. in the Community Room

Create a beautiful clay piece of art! Register with Susan by July 7. Limited to 15 participants,

Music with Janice Wiggins, Tuesday, July 21 at 2 p.m. in the Community Room

We are excited to welcome back singer-entertainer Janice Wiggins for an afternoon of singing and dancing. Register with Susan by July 14.

Wayne Health Department Presentation, Thursday, July 23 at 2:30 p.m.

Discover all of the great things that Wayne Health Department provides to Wayne residents. Learn about the dental clinic, free blood pressure checks, vaccine clinics and more! Register with Susan by July 16.

Afternoon at the Movie “The Blind Side” (En Español), Thursday, July 30 at 2 p.m. in the Community Room. A teen without a home finds success on and off the football field after he's taken in by a determined mom and her affluent family. Based on a true story

***Please don’t let your dog do their business in the mulch areas.**



Do I Need to See a Dentist if I Wear Dentures?

You still need to go to the dentist with dentures because dental checkups focus on the health of your entire mouth, jawbone, and soft tissues, not just your teeth. While acrylic dentures are completely immune to cavities, your underlying oral structures are still highly vulnerable to disease, infection, and structural changes over time. Routine visits are necessary to maintain your oral health and ensure your prosthetics function correctly.

1. Oral Cancer Screenings

This is the most critical reason for ongoing visits. Your dentist checks your tongue, throat, cheeks, and gums for early signs of oral cancer. Ill-fitting dentures can cause chronic irritation, which can increase the risk of developing oral lesions.

2. Monitoring Structural Changes and Denture Fit

Without natural tooth roots, the jawbone naturally shrinks and changes shape over time.

- When the bone resorbs, your dentures will lose their snug fit and become loose.
- Loose dentures cause friction, leading to painful sore spots, jaw misalignment, headaches, and difficulty chewing.
- Dentists check this alignment and perform relines (adding material to the base) to keep them fitting perfectly.

3. Gum Disease and Infection Prevention

Bacteria, plaque, and food particles still accumulate in your mouth and on the porous surface of your dentures. This buildup can irritate your gums and lead to gum disease or fungal infections like thrush (stomatitis).

4. Professional Denture Maintenance

Just like natural teeth, dentures collect stubborn tartar (calculus) and stains that regular brushing cannot remove. Your dentist will place your dentures in a professional ultrasonic cleaning machine to safely sanitize and polish them. They will also inspect the prosthetic for micro-cracks or structural wear.

5. Protecting Remaining Teeth (For Partial Dentures)

If you wear partial dentures, the remaining natural teeth are under increased stress because they anchor the prosthetic. Food particles frequently get trapped between the natural teeth and the metal clips, which drastically increases your risk for cavities and decay.

Looking for a Dentist?

Did you know that the Wayne Health Department has a low-cost dental clinic for Wayne residents who are uninsured? For more information, please call the Wayne Health Department at **973-694-1800 X 3241**. For a listing of dentists in the area, please refer to your **2025-2026 Resource Directory**.

A Friendly Reminder Regarding Dining in the Common Areas

To help keep our community spaces clean and comfortable for everyone, please observe the following guidelines regarding food, trash, and cleanup:

- **Designated Dining Areas:** Please enjoy all meals and takeout food exclusively in the cafe, the community room, or at the outdoor picnic tables.
- **Restricted Areas:** For the cleanliness of our shared spaces, meals and takeout are not permitted in the library, game room, or the common areas, lobbies or in the seating areas outside of the laundry areas.
- **Snacks and non-alcoholic beverages can be enjoyed in all of our common areas:** Before you leave the space, please clean up after yourself.
- **Tidy Up:** Kindly clean up the area after eating and place all waste in the appropriate trash or recycling bins.
- **Bagged Trash Only:** To maintain sanitation, all garbage must be securely bagged before being placed into the trash cans. Please do not discard loose items directly into the bins.
- **Maintenance Work Order:** If you notice a spill or mess in the common areas, please call in a Maintenance work order at (201) 848-5859.

Thank you for your cooperation in keeping our shared spaces pleasant for all residents!

Fun Spring Events at Summer Hill



The Joe Conti Duo performed hits from the 1950s-1970s.



Residents Pat Cordova, Pat Dyche and Mary Ann Kolakovic dressed up for the American Bandstand Presentation.



July 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	2 Ice Pop Giveaway 2 p.m.– 3 p.m. pick up at Susan's office 	3 Bingo 2 p.m. Community Room	4 Resident Saturday Social 6:30 p.m. Community Room 
5 Bingo 2 p.m. Community Room	6 Bingo 2 p.m. Community Room	7 Cornhole 11 a.m. Community Room	8 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	9 Afternoon at the Movies 2 p.m. Community Room	10 Bingo 2 p.m. Community Room	11 Resident Saturday Social 6:30 p.m. Community Room
12 *Special *Self Care Bingo 1: 30 p.m. Community Room	13 Bingo 2 p.m. Community Room	14 Creating with Clay 2 p.m. Community Room	15 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room Sing A Long 3 p.m. Community Room	16 Blood Draw Clinic 10 a.m. Boardroom, Building 2	17 Bingo 2 p.m. Community Room	18 Resident Saturday Social 6:30 p.m. Community Room
19 Bingo 2 p.m. Community Room	20 Bingo 2 p.m. Community Room	21 Music with Janice Wiggins 2 p.m. Community Rooms	22 Faith Talk 2 p.m. Community Room	23 Wayne Health Dept Presentation 2:30 p.m. Community Room	24 Bingo 2 p.m. Community Room	25 Resident Saturday Social 6:30 p.m. Community Room
26 Bingo 2 p.m. Community Room	27 Bingo 2 p.m. Community Room	28 Cornhole 11 a.m. Community Room	29 Faith Talk 2 p.m. Community Room Music with Robert 3 p.m. Community Room	30 Trivia 11 a.m. Community Room Afternoon at the Movies "The Blind Side "(En Espanol) 2 p.m. Community Room	31 Bingo 2 p.m. Community Room	1 Resident Saturday Social 6:30 p.m. Community Room