

Summer Hill Staff

Main Office:
(201) 848-5848

Office hours:
8 a.m. to 4 p.m.

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Emergency only
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Apartment inspections and extermination schedules

Annual **apartment inspections** for the first floor of Building 2 will begin in May. As a precautionary measure, all residents must observe social distancing and wear a mask, if possible.

- Tuesday, May 11: Apartments 2101 to 2107
- Wednesday, May 12: Apartments 2108 to 2116
- Thursday, April 13: Apartments 2117 to 2124

Inspections will be conducted by Rolando Diaz, Superintendent. Specific times for each individual apartment are not available. Your apartment should be clean, and everything should be in working order. All tenants need to sign off on the inspection and should be present to discuss any concerns. If you have a concern, contact Mr. Diaz at (201) 897-5402 prior to inspection day.

Apartment **exterminations** will not be conducted in May. Exterminations will be exterior only. If you have any questions, contact Mr. Diaz.

Summer Hill notes

- **Parking** spaces 32 and 33 located in the front of Building 1 are now assigned resident parking spaces. Appropriate signage has been installed to direct residents and visitors.
- Although Christian Health Care Center is now Christian Health, checks for Summer Hill should still be made payable to "Summer Hill of Wayne LP."
- Checks written to the **beauty parlor** should be ONLY in the amount for services rendered. Please ask the stylist for exact amount prior to writing your check. Checks must be made payable to "Summer Hill of Wayne LP."
- Susan Matyiku, Service and Activity Coordinator, can connect residents interested in meal-delivery services now that the **Summer Hill Dining Program** has ended.

2021 Passaic County Annual Senior Art Show will be virtual

To participate you must be a 60 or older Passaic County resident, and your piece must be "show-ready." For more information or if you are interested in submitting art, contact Susan Matyiku, Service and Activity Coordinator, at (201) 848-5837.

Welcome to Summer Hill

David Snow

Apartment 2417

David, a nature lover at heart, enjoys hiking, the beach, vacations, and good movies. He worked as a financial stock analyst before retiring. The father of two and grandfather of three grew up in Charlotte, NC. Before moving to Summer Hill, he lived in Wayne.



MAY 2021



Summer HILL HIGHLIGHTS

THE NEWSLETTER FOR SUMMER HILL A CHRISTIAN HEALTH CARE CENTER COMMUNITY

Christian Health Care Center is now Christian Health

Christian Health Care Center recently unveiled its strategic rebranding with a new name: Christian Health. Like the needs of the people we care for, we, too, have grown. More than a century has passed, and we have expanded to serve the whole person: body, mind, and spirit. Our mission to deliver health, healing, and wellness for people of all ages continues. Our patients, residents, clients, and consumers receive the compassionate care that is a hallmark of Christian Health, with an emphasis on safety and service excellence.

"Our new name reflects where we've been, and where we're going," says Douglas A. Struyk, CPA, LNHA, Christian Health's President and CEO. "It reflects our faith tradition. It represents our mission and our vision. It pays homage to our 110-year history, while acknowledging our commitment to care for future generations. It represents our communities, services, and hospital which collectively offer the area's most complete continuum of senior-life, mental-health, and short-term rehab care."

Christian Health communities for senior living include:

- **Heritage Manor** – Compassionate Skilled-nursing Care,
- **Southgate Special Care** – Compassionate Skilled-nursing Care,
- **Longview** – Premier Assisted Living,
- **Courtyard at Longview** – Memory-care Assisted Living,
- **Hillcrest** – Senior Living Plus,
- **Evergreen Court** – Senior Living,
- **Siena Village and Summer Hill of Wayne** – Senior Living, and
- **The Vista** – a Continuing Care Retirement Community.

Christian Health services include:

- **Woodhaven of Wayne and Wyckoff** – Social and Medical Adult Day Care;
- **Bolger Short-term Rehab** - Inpatient, Occupational, and Speech Therapy;
- **LiveWell Counseling** – Outpatient Mental Health Counseling; and
- **Gracepoint** – Partial-hospitalization and Intensive Outpatient Program.

Christian Health hospital:

- **Ramapo Ridge Behavioral Health**

Christian Health has a new logo, too. With vibrant colors and clear font, the logo conveys a feeling of vitality. While portraying a more contemporary image, it pays homage to our legacy, heritage, compassionate care, and Christian principles. The cross is the logo's strongest focal point, rooting our foundation in Christ, while the leaves portray growth and energy of life. As a unit with our new name, the bold logo reinforces our mission and vision.

"Our mission and vision are powerful reminders of our spirit of servanthood," Mr. Struyk says. "From one set of doors opened wide in 1911 to the total health and wellness community that spans acreage and towns today, we are humbled to offer gifts of health, healing, and wellness."

Health, healing, and wellness

Service Coordination Corner

The Summer Hill Service Coordination program is a FREE benefit to the residents. Susan Matyiku, Service and Activity Coordinator, promotes self-sufficiency and aging in place, and connects you with community services. She can assist you with scheduling free seasonal cleaning, physician referrals, Medicaid and Medicare assistance, transportation assistance, and much more! Ms. Matyiku can be reached at (201) 848-5837 Monday to Friday from 8 a.m. to 4 p.m. If you would like to meet with Ms. Matyiku in person, call for an appointment to ensure that enough time is allotted to address your questions/concerns. Please do not come to the office without an appointment; we want to provide each resident the attention required. Thank you in advance for your cooperation.

Immunity Boosting Foods Virtual workshop with Oakland ShopRite dietician Sarah Daubman Thursday, May 6, 2 p.m., Community Room

Who doesn't want a healthy immune system? But do you know the role that your diet plays in keeping it in top shape to protect you from toxins and infections? Learn about the best foods to eat to increase your immunity and live a healthier life.

Get moving! Tuesdays, May 11 and 25, 2 p.m., Community Room

Kim Martin, OTR/L, Rehab Services Manager for Christian Health's Wayne campuses, leads free exercise classes focusing on chair aerobics and stretching to help seniors maintain cardiovascular health, strength, and flexibility. Masks and social distancing required. Class limited to 20 participants. Registration required by calling Ms. Matyiku.

Dispatch Health Presentation Thursday, May 13, 2 p.m., Community Room

Dispatch Health provides same-day urgent care right in your home. Instead of waiting in an urgent-care

center or emergency department, Dispatch Health can send a medical team directly to your doorstep for treatment of anything including, but not limited to, a sinus infection, dehydration, or even stitches. Learn more about Dispatch Health. Registration required by calling Ms. Matyiku.

Blood-draw clinic Thursday, May 20, 10 a.m., Doctor's office, Building 2, third floor

For this clinic conducted by The Valley Hospital, residents will need their Medicare card, driver's license or other form of photo identification, and a prescription. First-time participants will be required to complete a form. Results will be sent to the prescribing physician. Registration and face coverings required. Contact Ms. Matyiku for information and to register.

Podiatry Services by Mordecai Witkin, DPM

Friday, May 21, Doctor's office, Building 2, third floor

Morning appointments available by calling (973) 696-6677. Face coverings required.

Smile! It's National Dental Care Month!

During May, National Dental Care Month is a time to remember the importance of caring for our pearly whites. Brush twice a day, floss, keep sugary snacks to a minimum, and see your dentist twice a year. A healthy smile requires continued healthy habits. Maintaining those habits reduces not only the risks of cavities and infection, but costs associated with long-term dental repairs. If it's been awhile since your last visit, understand that dentists today appreciate your fears. They will do everything they can to alleviate your anxiety and get your smile back on track. Looking for a new dentist? Call Ms. Matyiku, for a list of local dentists.

On May 4, in recognition of National Dental Care Month, Summer Hill residents will receive a sample of Colgate toothpaste - delivered to your door thanks to a very generous donation from Prime Source Healthcare.



Nourish the spirit at Faith Talk

Wednesday, May 12 and 26, 2 p.m., Community Room

"How good and pleasant it is when God's people live together in unity!"

Those words from Psalm 133 describe Faith Talk gatherings at Summer Hill. People from various faith traditions come together to explore scripture, share concerns and celebrations, pray, and make new friends. The common bond in the midst of the diversity is love for God and for neighbor. Rev. Phyllis Palsma, MDiv, Summer Hill Chaplain, leads the conversation. Join us!

Look what's happening in May!

May is get-caught-reading month!

During May, call Susan Matyiku, Service and Activity Coordinator, at (201) 848-5837 and tell her the name of your favorite book. You'll receive a complimentary magnetized bookmark.

Support Wayne Animal Shelter

Monday, May 3, to Tuesday, May 18

Wayne Township Animal Shelter is dedicated to providing for the humane treatment of dogs and cats in the township, and to stimulate public awareness of and interest in the growth improvement and development of the shelter and its community program. The shelter is in need of:

- kitten/cat food – canned and dry;
- puppy/dog food – canned and dry;
- cat litter – non-clumping;
- baby food – chicken, turkey, and beef (This is fed to kittens.);
- towels – hand, bath, and washcloths; and
- blankets and comforters.

Due to safety concerns, no open food accepted.

If you would like to support the shelter, drop off your donation to Susan Matyiku, Service and Activity Coordinator.

Trivia with Susan

Friday, May 7, 11 a.m., Community Room

Test your knowledge, and learn something new. Minimum five participants.

Buon giorno!

Armchair Traveler to Sicily

Wednesday, May 12, 11 a.m., Community Room

Continue your virtual Italian tour! Experience the best of Sicily with world traveler/author Rick Steve. Marvel at eerie skeletons in a Cappucin crypt, the enchanting ruins of Segesta, and the fiery rim of Mount Etna. Sit back, relax, and enjoy this short video tour!

Mangia? Lunch anyone?

Italian food delivered to your door Friday, May 21, between 11:30 a.m. and 1 p.m.

Registration deadline: Wednesday, May 12

Let's enjoy a bit of Italian fare! World of Food will prepare a sausage-and-peppers luncheon ready to "heat and mangia!" Cost is \$10 per meal. To order, complete the registration form and place it in the Rent Box with a check made out to "Summer Hill of Wayne LP."

Words in Words

Monday, May 17, 2 p.m., Community Room

In this easy and fun game, players are timed and asked to make words using letters from another word. You can use some or all of the letters in any order, and can only use each letter provided once. Registration required by calling Susan Matyiku, Service and Activity Coordinator, at (201) 848-5837. Minimum five participants required.

Afternoon at the Movies

"The Courageous Heart of Irena Sendler"

Thursday, May 20, 2 p.m., Community Room

In the early days of World War II, Polish Catholic social worker Irena Sendler devises a daring plan: Disguised as nurses, she and colleagues gain access to the Jewish ghetto in Warsaw and smuggle some 2,500 Jewish children to safety. John Kent Harrison directs this drama based on Sendler's real-life exploits, for which she received a Nobel Peace Prize nomination.

Summer Hill Spotlight: Virginia Wallerius

Virginia, a North Haledon native, developed a love of writing at a young age. On her ninth birthday, she received a diary that started a lifetime of writing and continues today. She wrote for her school newspaper in middle school, and in high school wrote for the *Hawthorne Clarion*. Today, Virginia enjoys all types of writing: poems, articles, short stories, and novels. She has published several books, and is currently writing a trilogy.

In 1947, Virginia met Bill, a returning World War II vet and the love of her life. They married the following year and were together for 58 years until he passed in 2006. Virginia and Bill had three sons, four grandchildren, and one "adopted" granddaughter. She spent many years as a Boy Scout den mother and said scouting is something that her whole family enjoyed. She still keeps in touch with one of her scouts and cherishes the time that she spent with her "den."

Ms. Wallerius enjoys genealogy and is proud to have traced her ancestry back to the 1800s. Her family-tree research was all conducted pre-internet, and she relishes the time she spent on this endeavor.

When speaking with Virginia, it is obvious that her positive attitude keeps her young at heart. When asked about her advice to young people today, she responds, "Smile. My dad told me to always smile. it doesn't hurt and it doesn't cost a thing."

Virginia says she is blessed to be living at Summer Hill and is so thankful to live in her "neighborhood" surrounded by good people.

