

Siena Village Staff

Main Office: (201) 897-5400

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

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Rolando Diaz

Superintendent

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Beauty Parlor

(973) 696-6970

Security Guard

(201) 897-5400

Maintenance Reminders

Apartment Inspections

There will not be apartment inspections conducted in the month of July. Inspections will resume in August.

If you have any questions, call Rolando Diaz, Superintendent at (201) 897-5402.

Extermination Schedule

We will be resuming our regular extermination schedule this month.

- Building 1 Floors 1 and 2, and all common areas:
Third Monday morning of every month
- Building 2 Floors 1 and 2:
Second Monday morning of each month
- Building 2 Floors 3 and 4:
First Monday morning of each month

If you have any questions, please contact Rolando Diaz at (201) 897-5402.

Apartment Door Reminders

- Do not leave your apartment door open or ajar. It must remain closed for your security and to comply with fire regulations.
- When you are not in your apartment, we strongly recommend you lock your apartment door for your safety and security.
- When decorating your door, decorations must not hide your name and apartment number

Lock Boxes Available

Lock boxes for keys are available for purchase through Siena Village. If you would like to purchase a lock box and have it installed by our staff, place a check in the Rent Box in the amount of \$22.85 made payable to CHCC of Wayne LLC. Once the office receives your check, we will notify Mr. Diaz to install the lock box.



Siena Village Voice

JULY 2021

The Newsletter For Siena Village A Christian Health Community

Siena Village Spotlight

Gerda Vala was born in the city of Bremen, Germany. She was one of six children and has three sisters and two brothers. The family lived in a farming area, but during WWII they could not escape the planes flying overhead and the sirens going off warning the residents. Gerda explained that it was a dangerous time, however as a child she did not realize the extent of the vulnerability of their situation. Gerda shared that she did understand that when the sirens went off, she had to take shelter.

Gerda and her brothers and sisters were taught responsibility by her parents. They each had a talent that was utilized to help around their home. They were encouraged to learn a trade. Gerda's talent was sewing; she attended school to become a seamstress. She went on to obtain employment sewing custom shirts for men. Along with learning trades, as described by Gerda, every Sunday her father would recruit all the children to help him weed the garden, which was quite the task.

In 1955, at the age of 19, Gerda sailed to America on her own on a big freighter; she was one of only eight passengers. The journey was a stormy, two-week adventure ending successfully in New York. Gerda described her first sight was the Statue of Liberty.

Gerda was met by her uncle at the dock, and they together travelled to his home in Suffern, New York. Side by side, they worked in his confectionary serving ice cream, chocolates, and lunch. Gerda enjoyed her fair share of chocolate, a treat she was unable to experience during the war. "It tasted so good!" according to Gerda.



Sadly, Gerda's uncle passed away one year after she arrived. She remained in Suffern for two more years before returning back to Germany. Two years later, she decided to return to the United States. Gerda explained that she rented a room in the German section of New York. Her talent and experience as a seamstress paid off as she was able to find work in her field.

Gerda explained Saturday nights were for dancing. In 1961, she was asked by a young man to dance. Little did Gerda know she had met her future husband. When asked, what was the first thing you thought when you saw him? She stated "Wow, he can dance!" Those Arthur Murray Dance classes really worked! The couple married after several years of dating. The couple lived in Wayne for 52 years, raising three children. Gerda is now the proud grandmother of two, and great grandmother of one three-month-old baby boy. In 2018, Gerda put her house up for sale and signed the lease for an apartment in Siena Village. The house did not immediately sell, which was a blessing for Gerda. She spent time in both homes until the sale of the house. She gradually moved into her current Siena Village apartment. Gerda shared that the slow move process made it easier to handle the extreme change.

Service Coordinator's Corner

Blood-Draw Clinic: Thursday, July 8 at 10 a.m. in the Founders Great Room

The Valley Hospital will hold a blood draw clinic on the above date. Sign-up is required and will be in The Valley Hospital binder in the Lobby. Residents will need their Medicare card with ID number, driver's license or other form of photo identification, and a prescription from your doctor. You will be required to complete a form for the first time. Results will be sent to your prescribing physician.

Wellness Lecture: Tuesday, July 20 at 2 p.m. in the Founders Great Room.

Kim Martin, OT, Wayne Rehab Services Manager, will discuss summer safety tips including the importance of staying hydrated during the warm weather.

Free Exercise Classes

Kim Martin leads free chair exercise classes that focus on chair aerobics and stretching to help seniors maintain cardiovascular health, strength, and flexibility. Classes will take place at 2 p.m. on Wednesdays in the Founders Great Room on July 7, 14, 21, and 28.

Nutrition Lecture: Thursday, July 15 at 2 p.m. in the Founders Great Room

Carolyn McAdams, RDN, CSG, Clinical Nutrition Manager, will be presenting educational information about foods that assist with weight loss and boost immunity. A variety of other nutrition related topics will be discussed including diet as it relates to diabetes and high blood pressure. Please call Karen Clemente, Service Coordinator, to register at (201) 897-5404 by Monday, July 12.

July is Make a Difference to Children month and that is exactly what Court Appointed Special Advocates (CASA) do consistently. Children who have been abused or neglected need more than the child welfare, court systems and education systems can provide. Passaic County CASA empowers volunteer advocates to champion the best interests of children in the foster care system. We are asking the Siena Village community to assist these amazing people who are helping children in the worst situations. The organization is in desperate need of new pajamas, socks, and sweatshirts for the children in their care. All sizes are desired for children from birth to 18 years. Please make a difference in a child's life today! There will be a donation drop-off in the Main Lobby beginning Tuesday, July 6, through Tuesday, July 20. Any questions contact Karen Clemente, Service Coordinator, at (201) 897-5404.

Farmer's Market Vouchers

The Passaic County Farmers Market operates from June through November. The program provides eligible, low-income individuals with vouchers to purchase fresh, nutritious, unprepared, locally-grown fruits, vegetables and fresh-cut herbs from certified farmers and roadside stands. Each eligible individual will receive vouchers for the season to purchase fresh fruits, vegetables, and herbs from authorized farmers. Vouchers cannot be redeemed at grocery stores and other food markets. For more information and program requirements, call the Department of Senior Services after June 1st at (973) 569-4060. For more information or to obtain an application...call Karen Clemente, Service Coordinator at 201-897-5404.

Snacking for a Reason

Most of what you eat should happen at meals but sometimes, we need a snack for energy, low blood sugar or changing schedules. Snacking "quick and easy" on items like potato chips can derail an entire day of good eating. Well prepared snacking can improve your health and bolster your energy without going overboard. Choosing snacks with a bit of protein and a variety of nutrients helps to power you through. Although you may feel hungry, make sure the snack is not too much to prevent you from being ready for your next meal. Happy healthy snacking!

Lease Review

This month we will be focusing on Section 23 – Lease Cancellation which reads:

You may cancel your lease with a 30-day **Written Notice** (verbal notices will not be acknowledged) to the Leasing Manager. This 30-day notice becomes active on the first day of the month. You will be given instructions on moving out of the building. You will be required to move all possessions on or before the 27th day of that month and return all keys at that time. (If the 27th day falls on a weekend, all possessions must be moved and keys turned in on the Friday before.)

Lots of confusion seems to surround this one! First, please make sure your Responsible Agent has a copy of your lease. Oftentimes, when Siena Village residents are moving out, someone is helping them so it's important that everyone is aware of the policies prior to move-out.

Let's break it down.

- The **WRITTEN** notice of the cancellation of your lease must be received by our Leasing Manager, Stacy Swarts-Carver, no later than the 1st day of the month in which you are intending on vacating your apartment. If the 1st falls on a weekend, please get the letter to us on the last business day prior to the 1st of the month. The notice should be placed in one of the Rent Boxes. Advance notice is always welcome.
- Once we receive your written notice, we will forward you a set of Move-Out Instructions. Usually these are left under the apartment door unless other arrangements have been made. It is the responsibility of the tenant or the person handling the tenant's move-out to carefully read these instructions and sign and return the bottom of the sheet. These instructions include important phone numbers and reminders.
- No later than the 27th of the month (or earlier if the 27th falls on a weekend), you must arrange a final apartment inspection with Superintendent, Rolando Diaz. The apartment must be completely empty, we will not remove any furniture, trash, etc. You can schedule this with the Security Guard on duty. At the inspection, Rolando will go through a checklist with you and you will return all keys (mailbox, apartment door, and outside door). This checklist will be reviewed to determine whether or not you will be receiving your security deposit back.

If you have any questions regarding these or any other lease issues, please contact Laura Koblitz, Resident Director, at (201) 897-5405.

What to do in the event of a medical emergency

As you are aware, each apartment has two emergency pull cords: one in the bedroom and one in the bathroom. In the event of an emergency, pull the cord and an alarm will sound at the Security Desk and the Superintendent’s apartment. The Security Guard will then attempt to contact you via your telephone number on file. If there is no answer, the Security Guard will immediately call 911. If you accidentally pull the emergency cord, just push the black button on the panel UP to reset it.

If you are not near the pull cord but are able to reach the telephone, dial 911 immediately so that you do not delay any emergency medical attention. Then, if you are able, call the Security Desk at (201) 897-5400 with information about the emergency so they are prepared when emergency personnel arrive.

You are not required to go through the Security Guard to call 911. You should do whatever you can to ensure that medical personnel are able to reach you as quickly as possible.

If you have any questions regarding medical emergencies, please contact Laura Koblitz, Resident Director, at (201) 897-5405.

Did you know? Facts for seniors

You feel wiser. You know yourself better. You are part of a powerful demographic.

To recognize this special time in your life, here are some interesting facts.

- 1. Age doesn't determine success.** The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65!
- 2. We lose a few bones along the way.** We are born with 350 bones in our skeleton. Over the course of time and as we age, our bones fuse together leaving us with 206 bones as adults.
- 3. Seniors hold the most voting power.** When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.
- 4. Creativity doesn't diminish with age.** Laura Ingalls Wilder didn’t publish *Little House in the Big Woods* until 65. Millard Kaufman didn’t publish his first novel until 90!
- 5. You (mostly) have control over aging.** Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.
- 6. There's less stress after 65.** Despite citing other health and money concerns, those 65 and older experience less stress.
- 7. Learning can save your brain.** In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.

The Christian Health Rehab Team is here for YOU!

Christian Health’s Rehab Team is here at Siena Village to help support and promote good health, safety and independence for all. We have recently resumed our exercise class at Siena Village and we will soon be starting our monthly wellness lectures again. The topic for July is Summer Safety. For those who may not be able to attend our lecture, here are a few important tips to help you beat the heat and stay safe in the warm weather.

- Wear loose fitting, lightweight, light colored clothing.
- Stay out of the direct sun when possible – find a nice shady spot to sit and relax.
- Wear sunscreen and be sure to cover those vulnerable areas – including your ears, neck, and tops of feet if wearing sandals.
- Wear a wide brimmed hat and/or sunglasses to protect your head and eyes.
- Avoid strenuous activity and take frequent rest breaks as needed.
- Talk to your doctor or pharmacist to learn more about your medications that might make you sensitive to the sun or heat.
- Drink plenty of water to stay hydrated – avoid alcohol, coffee and sugary drinks.

Fun Facts: water makes up:

- 83% of your blood;
- 75% of your brain;
- 75% of your muscles;
- 22% of your bones!

Important reasons to stay HYDRATED!

The Rehab Team looks forward to seeing you at our exercise class and wellness lectures. We also encourage you to reach out to us if you feel you could benefit from any of our therapy services. You can contact Kimberly Martin at (201) 848-5915 with any questions.

Faith Talk

“Fresh Fruit!”

A fresh fruit salad with ripe red strawberries, juicy cherries, and big blueberries is a summertime treat. The mix of flavor and color combined with healthy vitamins and other nutrients helps us maintain our physical wellness. During FAITH TALK this summer we will examine another kind of fruit salad. Described in Galatians 5 as the “fruit of the Spirit,” this fruit is vital to our spiritual wellness and includes love, peace, and kindness. Rev. Phyllis Palsma, Chaplain for Siena Village, will facilitate the conversation on Tuesdays, July 13 and 27, at 1 p.m. in the Library. If you have any questions about Faith Talk, or are in need of pastoral care, please contact Rev. Palsma at (201) 848-5801.

Weekly Activities

Men’s Club
Every Wednesday noon to 3 p.m.
Building 1, 2nd Floor Game Room.
Enjoy a friendly game of cards,
some pleasant conversation, and
make some new friends. Contact
Ken MacDonald at (973) 997-
2950 if you are interested in
participating.

Book Club
First Thursday of each month at
2 p.m. in the Library.
If you would like to participate,
contact Peggy Becker at (973)
646-8484. Maximum of 12
people.

Hot Dog Lunch and
Meet and Greet

What is summer without the
delicious taste of hot dogs? Please
join us as we celebrate our new
residents with Sabrett hot dogs
supplied by Mike’s Dog House on
Thursday, July 22 at 12:30 pm in
the Founders Great Room.

Lunch includes two hot dogs,
chips, and a drink. Your choice of
condiments: sauerkraut, red onion
sauce, and mustard.

If you would like to participate
please detach enclosed order slip
with a check in the amount of \$5
per meal, made out to CHCC @
Wayne, LLC. Place in the Special
Events box by Friday, July 9.
All new residents have received a
personalized invitation. Please
respond by Wednesday, July 7.



July 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Book Club 2 p.m.-Library	2	3
4 Happy 4 th of July	5	6 CASA Donations Begin Button Frame Craft 2 p.m. Founders Great Room	7 Exercise Class -2 p.m. Founders Great Room Men's Club-12 p.m. to 3 p.m. Game Room-Building 1, Floor 2	8 Blood Draw Clinic 10 a.m. Founders Great Room	9 Afternoon at the Movies The Aviator (PG13) 2 p.m. Library	10
11	12	13 Faith Talk 1 p.m. Library	14 Exercise Class -2 p.m. Founders Great Room Men's Club-12 p.m. to 3 p.m. Game Room-Building 1, Floor 2	15 Let's Eat Healthy Nutrition Lecture 2 p.m. Founders Great Room	16 Button Art Picture Frame 2 p.m. Founders Great Room	17
18	19	20 CASA-Last Day to Donate. Summer Safety Tips 2 p.m. Founders Great Room	21 Exercise Class -2 p.m. Founders Great Room Men's Club- 12 p.m. to 3 p.m. Game Room-Building 1, Floor 2	22 Hot Diggity Dog Lunch 1 p.m. Founders Great Room	23 Afternoon at the Movies John Dangerously (PG13) 2 p.m. Library	24
25	26	27 Faith Talk 1 p.m. Library	28 Exercise Class -2 p.m. Founders Great Room Men's Club-12 p.m. to 3 p.m. Game Room-Building 1, Floor 2	29 Armchair Travel-Greece 1:30 p.m. Library	30	31

Special Events

Button, Button, Who’s got the Button? We do! Create a unique
picture frame for a treasured photo
with buttons. Friday, July 16 at 2
p.m. in the Founders Great Room.
Call Karen Clemente at (201) 897-
5404 to sign up.

Next Stop-Armchair Travel to Greece. What makes Greece
special? Why not find out?
Greece is famous for its turquoise
waters and breathtaking sandy
beaches. Enjoy the city
life? Athens is also on the itinerary.
It is worth virtually visiting Athens
for both its ancient treasures and
its modern delights. Greece has it
all! Join us on Thursday, July 29 at
1:30 p.m. in the Library. To
register, call Karen Clemente at
(201) 897-5404 by Friday, July 23.
Maximum: 12 people (minimum 8).

This Land is Our Land
Get to know your neighbors (and where they are from). In honor of
the 4th of July holiday and the
melting pot of America we call
home, an exhibit listing all our
different backgrounds will be
displayed. We do need your
participation though. Please take a
blank arrow from the basket in the
main lobby and simply write your
name and your predominant
country of heritage and place in
the container supplied. We look
forward to seeing the diversity of
our Siena Village residents.

Afternoon at the Movies – 2 p.m. in the Library

Friday, July 9-The Aviator (PG-13). One of the most compelling
figures, Howard Hughes, a glamorous movie producer and
unstoppable American innovator, considered himself first and
foremost an aviator. The most prolific period in the life of Hughes
(Leonardo DiCaprio) between the mid-1920s through the 1940s is
the focus of this epic movie. A time of brilliant aeronautical
invention, turbulent affairs, and fierce corporate battles. Prepare
yourself for the ride of your life.

Friday, July 23-Johnny Dangerously (PG-13) Need a laugh? This
may be just the movie for you. Michael Keaton stars as John
Dangerously, a devoted son who turns to a life of crime in order to
pay for his mother’s operation. He becomes a dapper kingpin, while
trying to provide support for her never-ending medical problems.
Add to that a romance with a steamy torch singer (Marilu Henner),
battling arch rival Danny Vermin (Joe Piscopo) and exposing a
corrupt DA (Danny DeVito) makes for a zany wild spoof with a
topflight gang of talent.

To sign up for movies, please call Karen Clemente, Service Coordinator, at (201) 897-5404.