

Summer Hill of Wayne Staff

Main Office: (201) 848-5848
Office hours: 8 a.m. to 4 p.m.

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Stacy Swarts-Carver
Leasing Manager
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Susan Matyiku
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Rev. Phyllis Palsma, MDiv
Chaplain
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Lisa Hoffman
Community Coordinator
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Maintenance and Housekeeping
(201) 848-5859 | 8 a.m. to 4 p.m.

Maintenance Emergencies Only
Howell Jones
Assistant Superintendent
(201) 316-6428

Gabriel Wong
Environmental Services
(201) 638-4801

Rolando Diaz
Superintendent
(201) 897-5402
rdiaz@ChristianHealthNJ.org

For medical emergencies or emergency call
bells dial 911

Summer Hill Salon
(201) 897-5381

Apartment Inspections

Annual apartment inspections for the fourth floor of Building 2 will begin in August.

- Tuesday, August 10: Apartments 2401 to 2407
- Wednesday, August 11: Apartments 2408 to 2416
- Thursday, August 12: Apartments 2417 to 2424
- Friday August 13: Apartments 2425 to 2428

Rolando Diaz, Superintendent, will conduct inspections. 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 inspection and should be present to discuss any concerns. If you have any concerns, contact Mr. Diaz at (201) 848-5859.

Extermination Schedule

The apartment exterminations will not occur in August. The exterminator will inspect the exterior of buildings 1 and 2.

Summer Hill of Wayne Reminders

- For the safety of Summer Hill of Wayne residents, please do not burn candles, incense or wax melts in your apartments.
- Please use caution when driving through the parking lot, and obey the 5 MPH speed limit posted throughout our community.
- When strolling through the Summer Hill of Wayne property, stay on sidewalks and avoid leisurely walking in the parking lot. Walking and biking between and behind vehicles can be unsafe, especially when a driver is pulling into a space and does not expect to see you there.
- Please do not leave any items in the building lobbies. This includes, but is not limited to, food, books, magazines and household items. Your unwanted items should be thrown out or recycled in appropriate receptacles. Maintenance will promptly dispose of anything other than mail.

(201) 848-5848 • ChristianHealthNJ.org
2100 Summer Hill Road, Wayne, NJ 07470



Summer Hill Highlights

August 2021

The Newsletter for Summer Hill of Wayne | A Christian Health Community

Advice from Longtime Summer Hill Residents

We polled some longtime Summer Hill residents, and asked, **what's the best way for new residents to get to know other residents?** This is what they said:

Kathy DeLalla - "Introduce yourself, tell people who you are and where you live. Attend all the activities that are offered. Write the events on your calendar or hang the newsletter calendar in your apartment, be available to do things!"

Gina Gonzalez - "Talk to people, be friendly and start conversations." Most people enjoy talking with other residents, it's how you find out about who they are and what they like to do."



Gina Gonzalez and Kathy DeLalla

You're Invited to our Annual Town Hall Meeting

Join us at our annual Town Hall Meeting on **Thursday, August 26, at 2 p.m. in the Community Room.** The Summer Hill of Wayne staff will provide our residents with updated information and upcoming events. We hope to see you all there!

Welcome to Summer Hill

Jean Lavandowski, Apartment 2121

Jean is a lifelong Wayne resident. Before retiring, she worked as a dispatcher and an office manager. She has two children, three grandchildren and three great-grandchildren.

Carol Berghorn, Apartment 2204

Carol grew up in Paterson and lived in Woodland Park prior to moving to Summer Hill. She worked as a cashier before retiring.

Gregory Wacha, Apartment 2212

Gregory grew up in West Milford. Prior to moving to Summer Hill, he lived in Pompton Lakes. He enjoys cooking, walking and working in the garden. Gregory's nickname is "Mushroom."

Francine Grieco, Apartment 2224



Service Coordinator's Corner

Monthly Wellness Lecture - Rescheduled: "Summer Safety Lecture"

Thursday, August 5, 2 p.m., Community Room

Join Kim Martin, OTR/L, Wayne Rehab Services Manager, for a helpful summer safety lecture. Find out how to beat the heat, and stay safe in the warm weather. Registration is required; register by calling Susan Matyiku at (201) 848-5837.

Blood Draw Clinic

Thursday, August 19, 10 a.m., Doctor's Office, Building 2, Third Floor

The Valley Hospital holds a monthly blood-draw clinic on third Thursdays. Sign-up is required; call Susan Matyiku to register at (201) 848-5837. Residents will also need to present their Medicare/insurance card, and a physician's prescription. You will be required to complete a form for the first time. Results will be sent to the prescribing physician.

Free Exercise Classes are Back!

Tuesdays, August 10 and August 24, 2 p.m. Community Room

Kim Martin, OTR/L, Wayne Rehab Services Manager, leads free exercise classes that focus on chair aerobics and stretching to help seniors maintain cardiovascular health, strength and flexibility. Registration is required; register by calling Susan Matyiku at (201) 848-5837.

Podiatry services provided by Mordecai Witkin, MD

Dr. Witkin will be at his Summer Hill of Wayne office on **Friday, August 27** in the morning. To schedule an appointment call (973) 696-6677. Face coverings are required.

Farmers Market Vouchers

The Passaic County Farmers Market operates from June through November. The program provides eligible low-income individuals with vouchers to purchase fresh, locally grown fruits, vegetables and 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 at (973) 569-4060.

Faith Talk

Rev. Phyllis Palsma, MDiv, Christian Health chaplain for Summer Hill of Wayne, invites you to join Faith Talk in the Community Room at 2 p.m. on the second and fourth Wednesday each month. On August 11 and 25 the "Fruit of the Spirit," series continues as we explore patience and kindness. Both can be challenging and delightful aspects to daily living. How does Jesus speak of these? What practices can help this fruit grow within the Summer Hill community? How does this fruit exhibit God's grace? Hope you join the conversation!

Lease Review

This month we will be focusing on Section 2: Rent, which reads, "The Tenant shall pay Rent to the Landlord at the Landlord's address. If the rent is not paid by the seventh of the month a late charge of \$25 is to be added as additional rent."

Simply stated, as per your lease, your rent is due on the first of the month. We provide a seven-day grace period so rent payments are not considered late until the seventh of the month. As a courtesy, residents are contacted with a reminder via telephone or with a letter delivered to their door when their rent is not received by the seventh of the month.

For resident and family convenience, there are several options available for paying monthly rent:

- Place in one of the Rent Boxes conveniently located in the lobby of each building.
- Online bill pay service through our website at bit.ly/SHBillPay
- Set up a one time or recurring payment using the bill pay feature of your bank, if available. Please contact your bank directly for additional information.
- Mail to Summer Hill of Wayne, 2100 Summer Hill Road, Wayne, NJ 07470

Please note:

- Only checks, money orders or bank checks are accepted. We are unable to accept cash.
- Include the apartment number in the memo field, especially if the address on the check is not correct.

If you have any questions regarding these or any other lease issues, please contact Laura Koblitz, Resident Director at (201) 848-5848.

Resident satisfaction survey

We value your feedback! Please complete the enclosed satisfaction survey by checking the boxes that best describe your experience at Summer Hill of Wayne. Space is available at the end of the survey for comments. Place the completed survey in the Rent Box by Friday, August 6.



Activities

Arm Chair Travel - France
Tuesday, August 17, 11 a.m., Community Room
Explore France virtually with author and travel Rick Steves.

Words in Words
Wednesday, August 18, 11 a.m., Community Room

Trivia with Susan
Monday, August 23, 11 a.m., Community Room



Jeopardy
Tuesday, August 31, 11 a.m., Community Room



Catholic Para liturgy
Wednesdays, August 11 and 25, 1 p.m., Community Room








Faith Talk
Wednesdays, August 11 and 25, 2 p.m., Community Room



August 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 School supply collection begins Bingo 2 p.m. Community room	3 Food Pantry 12:30 p.m.—1:30 p.m. Community room Afternoon at the movies "I Can Only Imagine" 2 p.m. Community room	4	5 Summer safety lecture 2 p.m. Community room	6 Bingo 2 p.m. Community room	7
8	9 Bingo 2 p.m. Community room	10 Exercise 2 p.m. Community Room	11 Catholic para liturgy 1 p.m. Community Room Faith Talk 2 p.m. Community Room	12 Afternoon at the Movies "Philomena" 2 p.m. Community room	13 Bingo 2 p.m. Community room	14 
15 	16 Bingo 2 p.m. Community room	17 Armchair Traveler "France" 11 a.m. Community room	18 Words in Words 11 a.m. Community room	19 Last day for school supply collection Blood Draw Clinic 10 a.m. Doctor's Office Joe Keys Duo 2 p.m. Community Room	20 Bingo 2 p.m. Community room	21
22	23 Trivia with Susan 11 a.m. Community Room Bingo 2 p.m. Community room	24 Exercise 2 p.m. Community Room	25 Catholic para liturgy 1 p.m. Community Room Faith Talk 2 p.m. Community Room	26 Town Hall Meeting 2 p.m. Community room	27 Dr. Witkin Doctor's Office Bingo 2 p.m. Community room	28 
29 	30 Bingo 2 p.m. Community room	31 Jeopardy 11 a.m. Community room Free Fla-vor-ice 3 p.m.-4 p.m. Susan's office	1	2	3 Bingo 2 p.m. Community room	4

Afternoon at the Movies, 2 p.m. in the Community Room

"I Can Only Imagine" (PG), *Tuesday, August 3, 2 p.m.
Released as a single in 2001, the Christian rock ballad "I Can Only Imagine" became a huge crossover hit for the band MercyMe and composer Bart Millard. This family drama charts Millard's life and memories of his late father, which inspired the song. Featuring Dennis Quaid. *This movie date is a Tuesday



"Philomena" (PG 13), Thursday, August 12, 2 p.m.
Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago. Judi Dench stars.

Special Events

Food Pantry
Tuesday, August 3, 12:30 to 1:30 p.m., Community Room
Canned and packaged food available to Summer Hill of Wayne residents. Questions, contact Linda Sole, Apartment 2214.

Joe Keys Duo
Thursday, August 19, 2 p.m., Community Room.
Live music featuring your favorites from the 50s and 60s. Register with Susan. Minimum 20 participants required.

Town Hall Meeting
Thursday, August 26, 2 p.m., Community Room

Free Fla-vor-ice
Tuesday, August 31, 3 p.m. to 4 p.m.
Stop by Susan's office and pick up a refreshing fla – vor- ice freezer pop.

Bingo is back!
Mondays and Fridays
2 p.m. in the Community Room. For details, call Pat Schut at (973) 865-6738.



School Supply Collection Benefits Passaic County Children

Summer Hill of Wayne will be conducting a **NEW** school supply drive to benefit the Highlands Family Success Center. You may drop off your donations to Susan Matyiku from August 2 to 19. The Highlands Family Success Center is a multi-faceted, community gathering place that offer families and individuals convenient access to information, support, and resources that help develop and maximize their strengths and potential. Staff serve as advocates for families and help connect them to other resources available to them. We are collecting **NEW** school supplies:

- binders/dividers,
- highlighters,
- crayons,
- pencils/colored pencils,
- markers,
- folders and notebooks, and
- Post-it notes.



Let's Get Washing!

Laundry rooms are located on the 2nd, 3rd, and 4th floors of buildings 1 and 2. Laundry cards can be purchased and reloaded with money at the machines in the lobbies of building 1 and 2.

- You may reload your laundry card in the lobby using cash (\$5, \$10 and \$20 bills only), or credit/debit cards.
- We recommend that you do not keep a lot of money on the card in case you lose it.
- If you lose your card, you must purchase a new one at the machine in the lobby.
- If you have issues with your laundry card, call CSC at (844) 272-9675.
- Laundry detergent options include laundry pods (place on top of clothes toward the front of the drum), powdered detergent (place in the drum-not in the dispenser with clothes) and liquid detergent (place only 1/8 to 1/4 cup in the dispenser).
- Powdered bleach goes in the drum.
- Fabric softener can be placed in the dispenser.
- Clean dryer lint traps after each use.
- Do not overload the machines or they will not wash or dry properly.
- Do not use more than one washer or dryer at a time so that all residents have an opportunity to do their laundry.
- If you have any issues with the machines, you must call CSC (877) 264-6622 to report the problem. You must provide them with the ID number located on the machine. We also ask that you call Maintenance at (201) 848-5859 to report the problem as well, so the staff is aware and can follow up as necessary.
- Maintenance staff will place an Out of Order sign on a broken machine indicating the date a work order was completed with CSC.
- Residents who need assistance requesting a refund through CSC should speak to Lisa or Susan.
- If an aide or family member does your laundry, please make sure they are aware of the laundry room policies.
- Residents are permitted to utilize laundry rooms on other floors.

A Message from the Christian Health Rehab Services Team

One of the primary goals for our Rehab Team is to promote good health and wellness. Nutrition plays a very important role in all our lives. A well-balanced diet can help control weight, provide essential vitamins and minerals for strong bones and muscles, boost our immune system and give us the energy to stay active. Let's see what we can do to eat healthier.

- 1. Make half of your plate veggies and fruits.** Vegetables and fruits are full of nutrients that support good health. Choose fruits and vegetables in a rainbow of colors to get a wider variety of vitamins and minerals.
- 2. Include whole grains.** Aim to make at least half your grains, whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients and fiber.
- 3. Don't forget the dairy.** Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy or nut beverage (soymilk, oat milk, almond milk) as your drink or include low-fat yogurt in your meal or snack.
- 4. Add lean protein.** Choose protein-rich foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.
- 5. Avoid extra fat.** Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed vegetables or fish with a sprinkling of low-fat parmesan cheese, fresh herbs or a squeeze of lemon/lime.
- 6. Get creative in the kitchen.** Whether you are making a sandwich, soup, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and add in more veggies that add new flavors and textures to your meals. Fresh herbs can also enhance flavor.
- 7. Take control of your food.** Eat at home more often so you know exactly what you are eating. If you eat out, choose options that are lower in calories, saturated fat, and sodium and watch the size of the portions – restaurant servings are often enough for two meals.
- 8. Try new foods.** Keep it interesting by picking out new foods you have never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends.
- 9. Satisfy your sweet tooth in a healthy way.** Indulge in a naturally sweet dessert – fresh fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.
- 10. Stay Hydrated.** Drink plenty of water. Don't find water appetizing? Add a splash of citrus, fruit juice or sliced cucumbers to add some flavor.

The Rehab Team looks forward to seeing you at our Exercise Class and our 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, OTR/L, at (201) 848-5915 with any questions.