

Siena Village Staff

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Apartment Inspections

Annual apartment inspections will be conducted for the following apartments in August.

- Tuesday, August 3rd: Apartments 2301 to 2309
- Wednesday, August 4th: Apartments 2310 to 2315
- Thursday August 5th: Apartments 2316 to 2325

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 residents need to sign off on inspections and should be present to discuss any concerns. If you have any questions, call Rolando Diaz, Superintendent at (201) 897-5402.

Extermination Schedule

Apartment extermination will not occur in August. The exterminator will inspect the exterior of Building 1 and 2.

Safety Reminders

- For the safety of Siena Village of Wayne residents, please do not burn candles, incense or wax melts in your apartments.
- Keep your apartment door closed at all times.
- To prevent unauthorized entry, your apartment door should remain locked, especially when you are not home.
- Please use caution when driving through the parking lot, and obey the 5 MPH speed limit posted throughout our community.
- When strolling through the Siena Village 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.



Siena Village Voice

August 2021

The Newsletter for Siena Village of Wayne | A Christian Health Community

Siena Village Spotlight

Doris Bogert was born and raised in Paterson, New Jersey along with the rest of her family. She was the fifth born of six children; Doris had three brothers and two sisters. She spoke of how wonderful it was to grow up in Paterson. Doris went to William Paterson University to study her passion: teaching. Upon graduation, she began working in the Little Falls school district as a first grade teacher. Doris went on to teach in the same district for 40 years! She shared that she always wanted to be a teacher. Doris's school experience with her own teachers growing up influenced her desire to become an educator. She told a story about when she was in Kindergarten, the children were permitted to walk home for lunch. Doris and some of her friends would walk with their teacher to her home, then continue to their own homes for their mid-day meal. When asked if she learned anything from the children, Doris responded, "Yes, very much, we all learned from each other." Doris told of the time she was asked to coach the girls' baseball team, which was something she knew nothing about. When one of the children was up at bat, another student said: "Miss Bogert, now you have to call her out." That was one thing she learned.

Doris was fond of all of her students however there were a couple that stood out. Doris shared that she has a lovely collection of Hummel figurines. One of her students would gift Doris with a Hummel each holiday during the school year. The student's mother explained to Doris that the child was quite shy. Doris, who the student referred to as 'Aunt Doris,' had helped bring the youngster out of her shell. Doris went on to say that she, and the now grown woman keep in touch to this day.

Teaching was her passion however Doris has many other interests including music. She played the piano as a child and was a member of several choirs. Doris even sang with the Stuart Smith Singers in Carnegie Hall in the 1980s. Very impressive!



When asked if she was also a good dancer, surprisingly she responded no. Doris laughed, and then reported "she has no rhythm, but taps her foot quite well."

Doris also adores opera and travelling; she has had the opportunity to visit amazing places and discovered wonderful opera houses through her travels. Doris has visited many over time however, she recounted that her favorite was the La Scala Opera House in Milan, Italy. That experience appeared to make quite an impression on her.

During Doris's summers off she traveled extensively, to "too many places to mention." Although, one that stood out was Doris's three-week trip to Australia which she described as "completely marvelous." Of course she investigated (and found) a lovely opera house in Sydney to visit. There she was able to enjoy the music she most adored, while visiting a remarkable country.

Another amazing trip was to Morocco. Doris described walking through the streets and saw extremely modern buildings on one side, and locals plowing their fields on the other side. She found her observation to be an interesting 'old meets new' experience. Doris is a self-described care-giver and helper, as such she participated in volunteer service trips to Guatemala and San Salvador. No surprise there.

Doris is looking forward to moving forward without COVID-19. She moved to Siena Village of Wayne in August 2019, not long before the pandemic began. Doris stated that she cannot wait to experience all the enjoyable activities and events this community has to offer!

Service Coordinator's Corner

Blood-Draw Clinic: Thursday, August 12, 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, August 3, at 2 p.m. in the Library
Kim Martin, OTR/L, Wayne Rehab Services Manager, will discuss "Living with Osteoarthritis."

Free Exercise Classes

Kim Martin, OTR/L, 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 August 4, 11, and 18. Please note there will not be a class on August 25.

International Children's Day (8/12/21) and National Seniors Day (8/21/21)

Tuesday, August 17, at 2 p.m. in the Founders Great Room
Let's celebrate both of these groups together! Join the Heart-to-Heart group with students from Wayne schools for a fun afternoon of games and making coffee body scrub from scratch. The students are looking forward to spending time with you! Call Karen Clemente, Service Coordinator at (201) 897-5404 to reserve your spot.

School Supply Collection

Siena Village of Wayne will be conducting a NEW school supply drive to benefit the Highlands Family Success Center. You may place your donations in the bin in the Main Lobby, 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
- Post-it notes
- folders and notebooks



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 7th of the month a late charge of \$25.00 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 Main Lobby and near the Founder's Great Room.
- Online bill pay service through our website at bit.ly/SVBillPay.
- 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 Siena Village of Wayne, 1000 Siena Village, Wayne, NJ 07470.

Please note:

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

Welcome to Siena Village of Wayne

Lorraine Palko

Lorraine grew up in Passaic, New Jersey, and lived in Clifton before moving to Siena Village of Wayne. Prior to retirement, Lorraine worked as an administrative assistant. She enjoys biking, hiking, going to the beach, and kayaking. Lorraine describes herself as friendly and she loves meeting new people.

Margaret Gross, Apartment 2132

Margaret, a career nurse prior to retirement, grew up in Pompton Lakes, New Jersey. She has two children and is the proud grandma of four, and great-grandma of four more! Margaret lived in Wayne prior to moving to Siena Village of Wayne and enjoys crocheting.

Save the Date

September 3: Join us to make pinwheels to display in celebration of International Peace Day!

September 9: Bingo is back! Every Thursday at 7 p.m. in the Founders Great Room

September 22: Sign up for the Annual Siena Village/Summer Hill BBQ using the enclosed flyer!

Museum of Early Trades and Crafts Presentation

Remember your school days? Things have changed quite a bit since my day but what about 200 years ago? Museum of Early Trades and Crafts will present a program called “Back to School”, exploring 19th Century schooling and the major changes that occurred in the world of education during this time. Reproduction books and other materials will help tell the story of what it was like to attend school back then. The program will also look at the differences and similarities between schools in the 19th and 20th centuries and today. Join us for this interesting and educational experience on Thursday, August 12, at 2 p.m. in the Library.

Faith Talk

Rev. Phyllis Palsma, MDiv, Christian Health chaplain for Siena Village of Wayne, invites you to join Faith Talk in the Library at 1 p.m. on the second and fourth Tuesday of each month. On August 10 and 24, we will continue the “Fruit of the Spirit” series 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 Siena Village of Wayne community? How does this fruit exhibit God’s grace? Hope you join the conversation!

Annual Town Hall Meeting

You are invited to join us at our annual Town Hall Meeting on Wednesday, August 25, at 2 p.m. in the Founders Great Room. The Siena Village of Wayne staff will provide our residents with updated information and news about upcoming events. We hope to see you all there!

Engage at Every Age

This thought process emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

Health Tidbit

Water. It is one of the most important elements for all living things. Did you know 60% of the human body is water? It is essential for biochemical reactions, supplying nutrients throughout the body and maintaining blood circulation and body temperature. Water aids in digestion, cushions joints, stabilizes heartbeat and protects vital organs and tissues. Stay hydrated! Drink water and plenty of it.

The Christian Health Rehab Team is here for YOU!

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 of 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 adding 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 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.

Weekly Activities

Men's Club
Every Wednesday, noon to 3 p.m., Building 1, 2nd Floor Game Room. 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.

Resident Committee
Residents Meeting, Monday, August 2, at 7 p.m., Founders Great Room.

Casino Trip to Wind Creek, Wednesday, August 4.
\$25 check made payable to Siena Village. Place in Resident Events Box.

Summer Concert with Lonnie Youngblood
Monday, August 9, at 7 p.m., Courtyard

Saturday Night Pizza Party
August 28 in the Founders Great Room. Menu: pizza, salad, dessert, and coffee. \$10 per person, check made payable to Siena Village. Place in Resident Events Box. Doors open at 5:45 p.m.



AUGUST 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Back to School Supply Collection begins Resident Meeting 7 p.m. Founders Great Room	3 Wellness Lecture "Living with Osteoarthritis" 2 p.m. Library	4 Exercise Class 2 p.m. Founders Great Room Wind Creek Casino Trip	5 Book Club 2 p.m. Library	6 Sweet Ice Queen Ice Cream Truck 2 p.m. B door Patio	7 Founders Great Room Reserved
8	9	10 Mass-1 to 3 p.m. Founders Great Room Faith Talk 1 p.m. Library	11 Exercise Class -2 p.m. Founders Great Room	12 Blood Draw Clinic 10 a.m. Founders Great Room Museum of Early Trades & Crafts-2 p.m. Library Concert Joe Keys Duo 7 p.m. Courtyard	13 Afternoon at the Movies Memoirs of a Geisha (PG-13) 2 p.m. Library	14 Founders Great Room Reserved
15	16 Elvis Presley Aloha from Hawaii Concert 2 p.m. Library	17 Intergenerational Fun Games, crafts and kids! 2 p.m. Founders Great Room	18 Exercise Class 2 p.m. Founders Great Room	19 Back to School Supply Collections ends Summer Bingo 2 P.M. Founders Great Room	20	21 Happy National Seniors Day! Founders Great Room Reserved
22	23	24 Faith Talk 1 p.m. Library	25 Siena Village Town Hall 2 p.m. Founders Great Room NO EXERCISE CLASS	26	27 Afternoon at the Movies Romancing the Stone (PG) 2 p.m. Library	28 Pizza Party Founders Great Room Doors Open at 5:45 p.m.
29	30	31 Armchair Travel Austria and the Alps 1:30 p.m. Library				

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

Friday, August 13 - Memoirs of a Geisha (PG-13)
In the 1920s, 9-year-old Chiyo (Suzuka Ohgo) gets sold to a geisha house. There, she is forced into servitude, after rigorous years of training, Chiyo becomes Sayuri (Ziyi Zhang), a geisha of incredible beauty and influence. Life is good for Sayuri, but World War II is about to disrupt the peace.

Friday, August 27 - Romancing the Stone (PG)
Michael Douglas and Kathleen Turner have the adventure of their lives in this romantic caper co-starring Danny DeVito. She sets out to rescue her sister who has been kidnapped in the Colombian Jungle and meets up with the handsome fortune seeker (Douglas) who convinces her to beat the bandits to the treasure!

Special Events

Sweet Ice Queen is not your average ice cream truck! As soon as the pink wheels roll up you will be treated to a unique experience. The cost is \$4 for a scooped ice cream cone or cup. So treat yourself to a sweet treat on Friday, August 6 at 2 p.m. at B door patio. You must contact Karen Clemente, Service Coordinator at (201) 897-5404 if you plan to participate. Minimum 40 people.

Elvis Presley
Join us to commemorate Elvis Presley with a 1973 concert video performance on Monday, August 16 at 2 p.m. in the Library. Globally the concert was streamed in over 40 countries. Here is your opportunity to enjoy Elvis' outstanding musical performance.

G18! BINGO!
Summer prelude to your regular Bingo on Thursday, August 19, at 2 p.m. in the Founders Great Room.

Next Stop-Armchair Travel Austria and the Alps on Tuesday, August 31 at 1:30 p.m. in the Library. Visit Vienna and Salzburg to tour palaces. Explore romantic towns on your way to see the breathtaking Alps, towering waterfalls, and storybook villages where locals still make cheese the traditional way. To book your reservation call Karen Clemente, Service Coordinator at (201) 897-5404 by Tuesday, August 24. Maximum: 12 people.