

Summer Hill Staff

Main Office: (201) 848-5848

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

Laura Koblitz

Resident Director

(201) 848-5848

LKoblitz@ChristianHealthNJ.org

Isabel Galindo

Occupancy Specialist

(201) 848-5848

IGalindo@ChristianHealthNJ.org

Susan Matyiku

Service and Activity Coordinator

(201) 848-5837

SMatyiku@ChristianHealthNJ.org

Rev. Anthony Matias

Chaplain

(201) 848-7507

AMatias@ChristianHealthNJ.org

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

Home Care Options

(973) 523-1224

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

Inspection and Extermination

Inspection Schedule

January apartment inspections will be as follows:

Tuesday, January 9, 2024: Apartments 1101 to 1105

Wednesday, January 10, 2024: Apartments 1106 to 1111

Thursday, January 11, 2024: Apartments 1112 to 1118

Inspections will be conducted by Rolando Diaz, Superintendent. Specific times for each individual apartment are not available. All tenants need to sign off on the inspection and should be present to discuss and issues or concerns. If you have a conflict or any questions, call Mr. Diaz at (201) 897-5402.

Extermination Schedule

The extermination schedule is as follows.

- Summer Hill One and Summer Hill Two, floors 1 and 2: Tuesday, January 9
- Summer Hill One and Summer Hill Two, floors 3 and 4: Tuesday, January 23

Services will alternate between crack-and-crevice treatment in the kitchen and bathroom and a visual inspection. Howell Jones, Assistant Superintendent, or Gabriel Wong, Maintenance Team Member, will accompany the exterminator. Residents should be present for the exterminator. Call Mr. Jones with questions at (201) 848-5859.

Summer Hill of Wayne Beauty Parlor is open Thursdays at 10 a.m. To schedule an appointment, please call (201) 897-5381.



Summer Hill Highlights

January 2024

News for Summer Hill of Wayne | A Christian Health Community

Summer Hill Renovation Update

Summer Hill One

The anticipated completion date of the brand new Summer Hill One lobby is mid-January, if not sooner. We will be installing new mailboxes, so stay tuned for additional information on how to hold your mail and get your new mailbox key.

Summer Hill Two

All apartment renovations are complete in Summer Hill Two. The new package room will be completed and ready to use in January.

Access System/Intercom

Small-group trainings for the new building access will be held in January.

To celebrate the completion of the apartment renovations and to express our appreciation for your cooperation, we will be hosting resident pizza parties for both buildings. Additional information to follow.

Summer Hill Holiday Party



Nick Costa and Helen Maietta had fun!



Maria, Gina Gonzalez and musical entertainment The Pettets



Marianne Hernandez



Helen Maietta, Phillip Velazquez, and Nick Costa posed with The Pettets. Regina Pepsis, Pat Schut, Helen LaPointe, Gina Gonzalez, Pat O'Gara, Ron Paladini, Art Jacobs, Ray Galvano, and Elaine Sarubbi enjoyed an evening of food and music.

Service Coordinator's Corner

Podiatry Services with Dr. Witkin

In the doctor's office, Summer Hill Two, third floor

Call to schedule your appointment at (973) 696-6677.

Free Exercise Classes with Kim

Thursdays, January 11 and January 25, 2 p.m. in the 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 by calling Susan at (201) 848-5837.

Blood-Draw Clinic

Thursday, January 18, at 10 a.m. in the doctor's office, Summer Hill Two, third floor

The Valley Hospital holds a monthly blood-draw clinic on every third Thursday. Call Susan Matyiku to register at (201) 848-5837. Residents will need to 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. In order to avoid unexpected out-of-pocket costs, please check with Susan for a list of insurance plans accepted by Valley Hospital Lab.

Snow Removal Policy

Snow plowing at Summer Hill takes place during snowstorms of two inches or more. The Summer Hill Maintenance team is responsible for plowing the parking lot roadway. The Maintenance team will also be plowing the parking spaces this year. Sidewalks, common areas, and visitor parking spaces will be plowed and shoveled before resident parking spaces to allow emergency vehicles and staff access to the building. Resident vehicles and spaces will be cleared as soon as reasonably possible. **Residents have two options for having their space cleared.**

- **Clear off your own vehicle:** Residents will be contacted by telephone by the Maintenance team and given approximately 30 minutes to clear off their car and move it to a visitor space so their space can be plowed. Residents are not permitted to save parking spaces with cones or other items. These items will be removed and disposed of by the Maintenance team.
- **Have your vehicle cleaned and space cleared by staff:** Place your \$20 check made payable to Summer Hill of Wayne II, LLC in an envelope with your name, apartment number, and car keys in the snow removal box located in the lobby of each building. DO NOT put in the rent box. A member of the Maintenance team will return your keys when complete.

Please do not ask the Maintenance team for priority in clearing off your vehicle and/or space. All drivers are required to clear their vehicle within 24 hours. Your cooperation is critical for the safety of all residents. If you do not clear your vehicle and move it to have your space plowed or clear the parking space yourself, it may result in an additional expense. **Summer Hill is not responsible for any injuries incurred on the premises due to inclement weather. Please use caution when leaving the building.**

Important Updates and Reminders

- Do not leave your apartment door open or ajar. It should be closed for your security and to comply with fire regulations.
- One decorative item per door is permitted. Please do not use command hooks or nails on the door; over-the-door hangers are preferred.
- We encourage you to add personal touches to your apartment. However, decorating common areas and hallways is prohibited. Items placed in the common areas will be disposed of.
- Shades/blinds are the residents' responsibility, so if you need or want new ones, you must purchase them.

For any issues in your apartment, you must contact the Maintenance office at (201) 848-5859 for a work order.

Activities

Residents' Choice Game – Tuesday, January 2, at 11 a.m. in the Community Room

Afternoon at the Movies

“Mamma Mia! Here We Go Again” (PG 13) – Tuesday, January 9, at 2 p.m. in the Community Room

Five years after the events of Mamma Mia! (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

Princess Diana: Life After the Palace (2023) – Thursday, January 18, at 2 p.m. in the Community Room

Activities

Corn Hole – Tuesday, January 23, at 11 a.m. in the Community Room

National Fig Newton Day – Tuesday, January 16, from 3 p.m. to 4 p.m. in the café

Try a Fig Newton in the café!

Catholic Mass – Wednesday, January 10 and 24, at 1 p.m. in the Community Room

Faith Talk – Wednesdays at 2 p.m. in the Community Room

Bingo – Mondays and Fridays at 2 p.m. in the Community Room

Did You Know?

In 1891, the first Fig Newtons were baked at the F.A. Kennedy Steam Bakery. The company named the pastries after the town of Newton, Massachusetts.

Thank You

A special thanks to two anonymous Summer Hill residents, who paid for three meals at our Summer Hill holiday party. Three residents were picked to receive this thoughtful gift. We appreciate your generosity!

A Message from Rehab

Happy New Year! The year 2023 is behind us, and we are looking forward to a brand-new year. Did you make a New Year's resolution? Many times we make resolutions with good intentions, but they are often forgotten before the end of the month.

Try to make your goals achievable – success is a big motivator. Look at your current lifestyle, determine where you may need to improve, and then work on one goal at a time.

Here are a few suggestions for realistic goals to set for 2024:

1. Eat a healthier, well-balanced diet to promote good nutrition and a healthy weight.
2. Stay active by getting regular exercise to maintain strength, flexibility, endurance, and balance – consider joining our seated exercise class.
3. Get plenty of sleep – seven to eight hours per night is the recommendation.
4. Keep your brain fit by engaging in activities for mental stimulation.
5. Review and update your legal documents, such as medical directives, power of attorney, and wills.
6. Do more of what you enjoy to avoid the blues.
7. Keep up with your regular check-ups, including the dentist, ophthalmologist, and audiologist.

The rehab team wishes you all a healthy and happy New Year. Remember, we offer some programs here at Summer Hill to help promote health and wellness. We look forward to seeing you at our seated exercise class and wellness lectures. And as always, we 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.

Social Security Award Letter

By now, you should have received your 2024 Social Security award letter in the mail. We ask that all residents residing in a low or moderate income apartment or those that have Section 8, bring the letter to the Isabel Galindo, Occupancy Specialist in the office so a copy can be made and kept on file for your annual recertification.

How much is the increase for 2024? Social Security benefits and Supplemental Security Income (SSI) payments for approximately 70 million Americans will see a 3.2% increase in their Social Security benefits and SSI payments in 2024. This is the annual cost-of-living adjustment (COLA). When the increase takes effect: The increase will begin with benefits that Social Security beneficiaries receive in January 2024. Increased SSI payments will begin on December 31, 2023.

We recommend that you keep your letter in a safe place since it serves as proof of current income

Faith Talk

Greetings Summer Hill residents! You are cordially invited to Faith Talk on Wednesdays at 2 p.m. in the Community Room with me, 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. Join me as we begin the New Year looking through the Epistle to the Romans, considered to be St. Paul's Magnum Opus. May all of you have a happy New Year!

Thank You Wayne Volunteers!

Once again, Wayne volunteers donated Thanksgiving pies to Summer Hill residents. The delicious pies were greatly appreciated!



Mary Haskins and her dogs, Ollie and Chewie, received a pie from Kamala Anupindi and Jill Castellano of the Wayne volunteers.



John and Laura Nicoll were grateful for their pie!

Free 2024 AARP Income Tax Preparation

AARP Foundation offers free, individualized tax preparation for low- to moderate-income taxpayers. For additional information, please call the Department of Senior Services at (973) 569-4060 after February 1 for more details and to find a location near you.



Residents got creative decorating the Summer Hill Two lobby Christmas tree. **Pictured:** Gail Meytrott, John Nicoll, Bev Bankowski, Laura Nicoll, Pat Schut, Bev Miceli, Helen Maietta, Barbara Kohn, and Rosa Cadiz. Great job everyone!



January 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 Resident's Choice Game 11 a.m. Community Room	3 Faith Talk 2 p.m. Community Room	4	5 Bingo 2 p.m. Community Room	6
7	8 Food Pantry 12:30 p.m. – 1:30 p. m. Bingo 2 p.m. Community	9 Afternoon at the Movies "Mamma Mia Here We Go Again" 2 p.m. Community Room	10 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	11 Exercise with Kim 2 p.m. in the Community Room	12 Bingo 2 p.m. Community Room	13 
14	15 Bingo 2 p.m. Community Room  Martin Luther King Jr Day	16 Fig Newton Day 3 p.m. to 4 p.m. in the cafe	17 Faith Talk 2 p.m. Community Room	18 Blood Draw Clinic 10 a.m. Doctor's office Building 2, floor 3 "Princess Diana- Life After the Palace" 2 p.m. Community Room	19 Bingo 2 p.m. Community Room	20
21 	22 Bingo 2 p.m. Community Room	23 Cornhole 11 a.m. Community Room	24 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	25 Exercise with Kim 2 p.m. Community Room	26 Bingo 2 p.m. Community Room	27 
28	29 Bingo 2 p.m. Community Room	30	31 Faith Talk 2 p.m. Community Room	1	2 Bingo 2 p.m. Community Room	3