

Summer Hill Staff

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

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Resident Director
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LKoblitz@ChristianHealthNJ.org

Isabel Galindo
Occupancy Specialist
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Susan Matyiku
Service and Activity Coordinator
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Kim Martin, OTR/L,
Wayne Rehab Services Manager
(201)848-5915
LVrehab@ChristianHealthNJ.org

Rev. Anthony Matias
Chaplain
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AMatias@ChristianHealthNJ.org

Maintenance
(201) 848-5859

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

Home Care Options
(973) 897-5550

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

**Summer Hill of Wayne Beauty
Parlor** (201) 897-5381

Summer Hill May Inspection Schedule

- Tuesday, May 13, 2025: Apartments 2101 to 2107
- Wednesday, May 14, 2025: Apartments 2108 to 2116
- Thursday, May 15, 2025: Apartments 2117 to 2124

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

- Tuesday, May 13, Summer Hill Two, floor 3, 2301 to 2328
- Tuesday, May 27, Summer Hill Two, floor 4, 2401 to 2428

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.

2025 Senior Farmers' Market Vouchers Applications

The Passaic County Farmers Market operates from May through November. The program provides eligible individuals with vouchers to purchase locally grown fresh fruits, vegetables, and fresh cut herbs from authorized, certified farmers and roadside stands. Vouchers cannot be redeemed at grocery stores and other food markets. Keep in mind the Farmers Market Vouchers are distributed on a first-come first-served basis. **Requirements: Age 60 and over, must be a Passaic County resident and you need to meet the program's income requirements.** For more information and program requirements, call the Department of Senior Services after May 1, 2025 at (973) 569-4060. You can all Susan for an application (201) 848-5837.



Summer Hill Highlights

May 2025

News for Summer Hill of Wayne | A Christian Health Community

Respect and Social Inclusion: An Age-Friendly Domain

At Summer Hill, we are committed to fostering a warm, welcoming, and inclusive environment where all residents feel valued, respected, and actively engaged in our community. Our goal is to ensure that everyone has the opportunity to participate in activities, share their thoughts, and build meaningful connections with others. Here are some of the ways we prioritize respect and social inclusion in our community.

Personalized Engagement

The team takes the time to understand each resident's unique interests and needs, tailoring activities and presentations to create meaningful experiences for everyone. We utilize service assessments and resident surveys as valuable tools to gather insights and enhance our programs.

Open Communication & Active Listening

We encourage open and respectful conversations, ensuring every resident's voice is heard and their concerns are addressed with care.

Diverse Activities & Programs

From social events like our Holiday Party to educational presentations to fitness classes and wellness programs such as Wellness Wednesday and flu shot clinic, we offer a wide variety of activities designed to suit different interests and abilities. We are always open to suggestions for new activities and programs.

Ongoing Team Training

Our team is dedicated to creating a respectful and dignified atmosphere by addressing residents using kind and inclusive language and providing compassionate assistance. Beyond the annual education provided by Christian Health, our team actively seeks new opportunities to enhance their ability to support our residents.

Community Building & Resident-Led Initiatives

We encourage residents to take an active role in shaping community life through social gatherings, health and wellness programs, and resident-led activities that foster a sense of belonging.

Respect for Personal Autonomy

We believe in empowering residents to make their own choices – whether it's how they spend their day, their religious practices, or the activities they wish to participate in. We honor and celebrate the various backgrounds and traditions of our residents, ensuring everyone feels recognized and respected.

Enhancing Well-Being & Mental Health

Social connection is key to overall happiness and well-being. By creating opportunities for residents to engage with others, we help reduce feelings of loneliness and isolation, leading to a more fulfilling and enriched life.

At Summer Hill, respect and inclusion aren't just values – they are at the heart of everything we do. We invite all residents to take part in the wonderful opportunities available and continue making our community a place where everyone feels at home.

Service Coordinator’s Corner

Podiatry Services with Dr. Witkin (House calls only)

Receive personalized care in the comfort of your apartment! Call Dr. Witkin to schedule your appointment at (973) 696-6677.

Rehabilitation services are available to residents in their apartments or at the Wyckoff campus. Free transportation is available. Services include: **physical therapy (PT), occupational therapy (OT), and speech/cognitivetherapy(ST)**. For additional information or to schedule your therapy, please call Kim Martin, OTR/L, Wayne Rehab Services Manager at (201) 848-5915.

Free Exercise Classes with Kim: Thursday, May 29, at 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 older adults maintain cardiovascular health, strength, and flexibility. Registration is required by calling Susan at (201) 848-5837.

Blood-Draw Clinic: Thursday, May 15, at 10 a.m. in the boardroom in Summer Hill Two

The Valley Hospital holds a monthly blood-draw clinic every third Thursday. Residents must 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. To avoid unexpected out-of-pocket costs, please check with Susan for a list of insurance plans accepted by Valley Hospital Lab.

April Fun at Summer Hill

Residents had a blast dancing and singing along with the Joe Keys Duo.



Activities

Catholic Mass – Wednesday, May 14 and May 28, at 1 p.m. in the Community Room

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

Card Games – 2 p.m. in the game room of Summer Hill Two, floor 4

Jeopardy – Test your knowledge! Tuesday, May 6, 11 a.m. in the Community room

Cornhole – Tuesday, May 13 and May 27, at 11 a.m. in the Community Room

Special Events

Meet Dr. Kaur, Mobile Optometrist: Thursday, May 1, at noon in the Community Room

Join us for a special presentation and FREE lunch with Dr. Kaur. Find out what optometry services will be available right here at Summer Hill. Complete the registration form and return no later than Friday, April 23. ***Registration is required, no exceptions.**

Wellness Wednesday at Siena Village – Managing Blood Pressure to Prevent Stroke (Presented by St. Joseph’s Health): Wednesday, May 7, at 11 a.m. at Siena Village

Learn ways to manage your blood pressure and prevent stroke. Free blood pressure screenings and resources will be available. Complimentary lunch will be provided. Register no later than Thursday, May 1. Free transportation to and from Siena Village will be provided.

Scams and Frauds – Staying Alert: Thursday, May 8, at 11 a.m. in the Community Room

Find out how to recognize scams and frauds in a presentation by the Bergen/Passaic County Division of Consumer Affairs. Register with Susan (201) 848-5837 by May 1.

Muffins for Moms: Friday, May 9, from 10 a.m. to 11 a.m. in the Community Room

Stop in to celebrate our Summer Hill moms. Muffins, coffee, and tea will be served. Registration is required. Call Susan to register by May 2.

Happy Mother's Day



“It’s not easy being a mom. If it were easy, fathers would do it.” – Betty White

Musical Performance by Scott Giaquinto: Thursday, May 22, at 2 p.m. in the Community Room

You won’t want to miss this amazing guitarist, singer, and songwriter. Sing and dance to your favorite classic rock-and-roll hits. Register with Susan by May 17.

Faith Talk

Greetings Summer Hill residents! You are cordially invited to Faith Talk on Wednesdays at 2 p.m. in the Community Room with 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 continue to study the book of Deuteronomy, reflecting on God’s law and how it speaks to us in this Easter season.

Summer Hill Office Etiquette

Please remember these important points when working with the office team (Laura and Isabel) and the service coordinator (Susan).

- The best way to get the help that you need or your questions answered is to set up an appointment with the team member. This ensures that you will have sufficient time set aside to address your needs and also helps create a private and professional experience. To schedule an appointment, you should call the appropriate team member. If you need to leave a message, please provide your complete name and phone number and the reason for the call. Do not call repeatedly or leave multiple messages. We make every effort to return calls by the next business day.
- If the office door is closed, please do not yell, knock, or wait for someone to come out. The door is closed for a reason: a meeting, a phone call, training, or an appointment.
- Please give other residents the respect and privacy that you would expect. Do not hover or listen to others when they are speaking to a team member.

Laundry Room Basics

As a shared common space, we ask that all residents are respectful and considerate when using the laundry rooms. Please keep in mind the following:

- Residents are permitted to use laundry rooms on other floors.
- 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.
- Wipe each machine out and clean dryer lint traps after each use.
- Do not leave cleaning materials or laundry in the laundry room except when doing laundry.
- Do not deposit any refuse in the laundry room trash container except normal trash incurred from laundering.
- Do not use more than one washer or dryer at a time so that all residents have an opportunity to do their laundry.
- Remove your laundry as soon as the cycle ends.
- Clean up detergent spills
- If an aide or family member does your laundry for you, please make sure they are aware of the laundry room policies.
- Any issues or concerns should be brought to the attention of the office.

If you have any issues with the machines, residents should follow these steps:

- Write down the ID number on the machine.
- Call (201) 848-5859 to report the problem. Be sure to mention the floor that the machine is located on and that you are a Summer Hill resident.

A Message from Rehab

Our team is dedicated to promoting health, safety, and independence for all residents. We're excited to remind you about the available rehab services at Summer Hill.

Rehab Services

- **Physical therapy (PT)** improves mobility, strength, and balance to help you move more comfortably and safely. Whether you're recovering from surgery or need support with daily activities, PT helps you regain your independence.
- **Occupational therapy (OT)** helps you adapt to daily tasks like dressing, cooking, and personal care, while also improving home safety to maintain your independence.
- **Speech/cognitive therapy (ST)** improves communication, memory, and cognitive function, supporting recovery from strokes or age-related changes.

We provide these services right in your apartment or at our newly renovated outpatient center on the Wyckoff campus, with free transportation available. If you feel therapy might benefit you, we can work directly with your doctor or connect you with one to get the necessary prescription to get started. Each therapy plan is personalized to meet your needs and optimize your independence. Summer Hill residents love the convenience and the caring and patient rehab team.

"I was pleasantly surprised by how effortless it was to access the therapy I required," said Mary Haskins, a Summer Hill resident. "My therapist, Grace, was exceptionally kind and attentive to my concerns. I would recommend Christian Health rehab to anyone who needs physical or occupational therapy!"

We were excited to see many of you at our Lunch and Learn in April! Several of you signed up for our tour on May 13, and we can't wait to show you our newly renovated outpatient center. If you missed out and would like to attend, please contact Kim and she'll be happy to schedule another date.

Upcoming Programs

- **Seated Exercise Group:** Join us twice a month for a gentle routine to improve flexibility, strength, and posture.
- **Balance Screening:** This will be a great opportunity to check your balance and prevent falls. Call to schedule your screening (201) 848-5927.
- **Parkinson's Lecture:** Get information on managing Parkinson's disease and enhancing quality of life.
- **Free Home Safety Screening:** Learn about this free assessment to identify potential hazards and make your home safer.

If you're interested in any of these services or have questions, feel free to reach out to Kimberly Martin at (201) 848-5915.



May 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NO Bus on 5/26 Office is closed on 5/26	all things seem possible in <i>May!</i>			1 Optometrist information session/lunch Noon Community Room	2 Bingo 2 p.m. Community Room	3 Resident Saturday Social 6:30 p.m. Community Room
4 Bingo 2 p.m. Community Room	5 Bingo 2 p.m. Community Room	6 Jeopardy 11 a.m. Community Room	7 Wellness Wednesday 11 a.m. Siena Village Faith Talk 2 p.m. Community Room	8 Scams and Frauds 11 a.m. Community Room	9 Muffins for Moms 10 a.m.. To 11 a.m. Community Room Bingo 2 p.m. Community Room	10 Resident Saturday Social 6:30 p.m. Community Room
11 Bingo 2 p.m. Community Room	12 Bingo 2 p.m. Community Room	13 Cornhole 11 a.m. Community Room Rehab Tour /Wyckoff 2 p.m. to 3 p.m.	14 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	15 Blood Draw Clinic 10 a.m. Boardroom, Building 2	16 Bingo 2 p.m. Community Room	17 Resident Saturday Social 6:30 p.m. Community Room
18 Bingo 2 p.m. Community Room	19 Bingo 2 p.m. Community Room	20 	21 Faith Talk 2 p.m. Community Room	22 Musical Entertainment- Scott Giaquinto 2 p.m. Community Room	23 Bingo 2 p.m. Community Room	24 Resident Saturday Social 6:30 p.m. Community Room
25 Bingo 2 p.m. Community Room	26 Bingo 2 p.m. Community Room	27 Cornhole 11 a.m. Community Room	28 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	29 Exercise 2 p.m. Community Room	30 Bingo 2 p.m. Community Room	31 Resident Saturday Social 6:30 p.m. Community Room