

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

Lisa Hoffman
Community Coordinator
(201) 848-5848
lhoffman@ChristianHealthNJ.org

Susan Matyiku
Service and Activity Coordinator
(201) 848-5837
smatyiku@ChristianHealthNJ.org

Stacy Swarts-Carver
Leasing Manager
(201) 897-5401
sswarts-carver@ChristianHealthNJ.org

Rev. Anthony Matias
Chaplain
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

For medical emergencies or emergency call bells, dial 911.

Exterminations

Extermination Schedule

The extermination schedule is as follows.

- Buildings 1 and 2, floors 1 and 2:
Tuesday, December 13
- Buildings 1 and 2, floors 3 and 4:
Tuesday, December 27

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.

Laundry Room Repairs

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

- Write down the ID number on the machine.
- Call 201-848-5848 and press 4 to report the problem.
- If you reach voicemail, please leave a message indicating the machine number and the problem.

The Summer Hill team will alert the laundry company that a repair is necessary by doing an online work order.

If you have lost money when doing laundry because of an issue with the machine, you can request a refund online at <https://www.cscsw.com/refund-request/>.

If you need assistance in issuing a work order or requesting a refund, please contact Lisa Hoffman, Community Coordinator, in the office or by calling (201) 848-5848 for assistance.



Summer Hill Highlights

December 2022

News for Summer Hill of Wayne | A Christian Health Community

Summer Hill Celebrates Thanksgiving



Francine Bennett, Irene Holly, Karen Souhlakis, Linda Sole, and Pat O'Gara had fun at the Thanksgiving Luncheon on November 17.



Lee Livatino and her aide enjoyed the delicious World of Food-catered meal.



Margaret Necita, Pat Dyche and Arthur Jacobs joined the festivities



Elinor Levenson, Edna Salerno, and Mary Haskins were thankful for good company and good food!

Five Generations Celebrate Two Birthdays



Resident Annie Pardine celebrated her 98th birthday on October 10 with her great-great-grandson Sylvio, who was born on October 18, 2022.

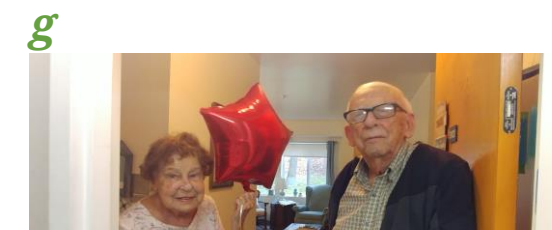
Pictured: Sylvio's mom Marissa, great-grandma Barbara, grandma Jennifer, and great-great-grandma Annie with baby Sylvio

Thank You Summer Hill Veterans

Summer Hill of Wayne residents who served our country received a gift of appreciation on Veterans Day.



Thank you for your service, John Becker!



Thank you for your service, Bill Kosten!
Pictured: Ruth and Bill Kosten

Service Coordinator's Corner

Podiatry Services with Dr. Witkin

Doctor's office, Building 2, third floor

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

Free Exercise Classes with Kim

Tuesdays, December 6 & 13, 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 seniors maintain cardiovascular health, strength, and flexibility.

Registration is required by calling Susan at (201) 848-5837.

Blood-Draw Clinic

Thursday, December 15, at 10 a.m. in the doctor's office, Building 2, 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.

de Snoep Winkel HolidaynPop-Up Shop and Tree Lighting, December 1

Find the perfect gift at the pop-up shop of de Snoep Winkel, Christian Health's gift shop. Scarves, jewelry and accessories, winter home décor, Dutch specialty foods and treats, and so much more will be available for purchase on **Thursday, December 1, from 10:30 a.m. to 3:30 p.m. in the Community Room.**

Social Security Award Letters Are in the Mail

Social Security and Supplemental Security Income (SSI) benefits will increase **8.7 percent in 2023**. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. Social Security and SSI beneficiaries are normally notified by mail, starting in early December, about their new benefit amount. ***When you receive your award letter, bring it to the office so a copy can be made and kept on file for your annual recertification, if necessary. Keep your letter in a safe place, since it serves as a 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 conclude our journey through the Minor Prophets of the Old Testament (Hebrew Bible), discussing how they remained faithful to God in the midst of the political, religious, and communal upheaval, along with preparing for this Advent and Christmas season. Be blessed, merry Christmas, and happy new year! **Blessings, Rev. Anthony Matias**

Upcoming Activities

Catholic Mass – Wednesdays

December 14 & 28

1 p.m. in the Community Room

Faith Talk – Wednesdays

2 p.m. in the Community Room

Pictionary – Tuesday, December 13

11 a.m. in the Community Room

Charades – Tuesday, December 20

11 a.m. in the Community Room

Afternoon at the Movies – Thursdays

2 p.m. in the Community Room

"Pure Country," Thursday, December 8

"Elf," Thursday, December 15

"Christmas in Connecticut," Thursday

December 22

Corn Hole – Friday, December 30

11 a.m. in the Community Room

Bingo – Sundays, Mondays, and

Fridays

2 p.m. in the Community Room

Pokeno – Tuesdays

2 p.m. in the library

Special Events

Hot Chocolate and Cookies in the

Café – Friday, December 9

3 p.m. to 4 p.m. in the café

Sounds of the Season – Wednesday, December 21

1 p.m. to 2 p.m. in the Community Room
Enjoy holiday music videos and a treat.

COVID-19 Bivalent Booster Clinic – Monday, December 5

10 a.m. to noon in the Community Room
Registration is required. Those registered will receive an appointment reminder at their door on December 2.

Gift-Giving Policy Reminder

As we approach the holiday season, please be reminded Christian Health has a policy that prohibits employees from accepting gifts, including monetary tips. While your thoughtfulness is appreciated, this policy is equitable to all employees. More importantly, it speaks to the principles on which Christian Health was founded. If you would like to express your appreciation for the efforts of our team, please consider making a tax-deductible contribution to the Christian Health Employee Fund. This special fund supports Employee Appreciation Day, the employee Christmas party, and other team events, as well as educational programs and opportunities for employees. Each year, the names of those who contribute to the fund are published in the Christian Health employee e-newsletter, SiteLine. Checks should be made payable to the Christian Health Foundation and marked for the Employee Fund. They can be mailed to the Christian Health Foundation at 301 Sicomac Ave., Wyckoff, NJ 07481.

Celebrate the Season at Our Holiday Party!

Holiday cheer will abound at the Summer Hill of Wayne Holiday Party on **Wednesday, December 7, at 5:30 p.m. in the Community Room.** The party will be catered by World of Food, and the delicious menu includes rolls and butter, penne vodka, eggplant rollatini, chicken francese, baked Virginia ham, roasted potatoes, green beans almandine, a beverage, coffee, tea, and dessert. Jazz singer Janice Wiggins will provide entertainment after dinner. The cost is \$20 per person. Place your check, made payable to Summer Hill of Wayne, LP, in the rent box no later than November 30. No refunds. A minimum of 30 is required.



A Message from Rehab

Time to turn the page on the calendar again. December is here, and winter is on its way. There is a chill in the air, the holidays are rapidly approaching, and 2022 is coming to a close. As winter arrives it brings with it colder temperatures and the chance of inclement weather. These are things we have no control over, but let's take a look at some of the things we can do to stay safe and healthy this winter.

- Listen to your local weather reports to be prepared for any inclement weather
- Dress for the weather by:
 - Layering breathable fabrics
 - Wearing a waterproof jacket or coat
 - Covering your nose and mouth with a scarf to protect your lungs
- Watch for black ice and avoid walking through snow or slush
- Be prepared for power outages by keeping your cell phone charged and having the following on hand:
 - A flashlight and extra batteries
 - A battery-operated radio
 - Nonperishable food and bottled water
 - An adequate supply of medication
 - Warm clothes and blankets
- If you drive, remember to:
 - Check your battery, antifreeze levels, tire tread and, pressure and wiper blades/fluid
 - Keep emergency supplies, including a blanket, first-aid kit, and a scraper/shovel
 - Consider a subscription to AAA or Roadside Assistance
- Protect yourself against colds and the flu by:
 - Washing your hands often
 - Covering coughs and sneezes
 - Getting plenty of sleep
 - Staying hydrated
 - Avoiding crowds or wearing your mask when out in public areas
 - Getting your flu shot/COVID-19 vaccine

Fight winter depression by keeping in contact with family and friends, staying active/socializing, and checking on your neighbors and friends.

The rehab team offers two programs right here at Siena Village to promote health and wellness. We look forward to seeing you at our exercise class and wellness lectures. And as always we encourage you to reach out to us if you feel you could benefit for any of our therapy services. You can contact Kimberly Martin at 201-848-5915 with any questions.

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, LP 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.

Don't Miss Your Holiday Cards and Packages!

US Postal Service mailboxes are located in the lobby of each building. Your mailbox number is the same as your apartment number. Outgoing mail can be dropped into the letter box near the mailboxes. Please do not wait in the area of the mailboxes while the mail carrier is sorting mail. Please adhere to the following.

- Pick up your mail, including packages, in a timely fashion. If you are unable to get your mail, ask a friend or family member to get it to you.
- If you are going away, follow proper procedure and request directly with the post office to have your mail stopped or forwarded.
- The US Postal Service will deliver packages to the mailbox area. All other shippers will leave packages in the vestibule of your building.
- Contact the post office at (973) 839-3811 or the sender of the package with any specific issues regarding mail delivery. The Summer Hill team is unable to get into the mail room or resolve any resident issues regarding mail delivery.
- Unless you have permission, do not pick up packages for your neighbors.
- If you notice a package for the wrong building in your lobby, leave a note on the package so the postal carrier can bring it to the correct building the following day.



December 2022



	Mon	Tue	Wed	Thu	Fri	Sat
				1 de Snoep Winkel Holiday gift shop/Tree lighting 10:30 a.m. -3:30 p.m. Community Room	2 Bingo 2 p.m. Community Room	3
4 Bingo 2 p.m. Community Room	5 Covid booster clinic 10 a.m. to 12 noon Community Room Food Pantry 12:30 p.m. – 1:30 p.m. Bingo 2 p.m. Community Room	6 Exercise 2 p.m. Community Room Pokeno 2 p.m. Library	7 Pictionary 11 a.m. Community Room Faith Talk 2 p.m. Community Room SH Holiday Party 5:30 p.m. Community Room	8 Afternoon at the Movies "Pure Country" 2 p.m. Community Room	9 Hot Chocolate and cookies 3 p.m. to 4 p.m. Cafe Bingo 2 p.m. Community Room	10
11 Bingo 2 p.m. Community Room	12 Bingo 2 p.m. Community Room	13 Pictionary 11 a.m. Community Room Exercise 2 p.m. Community Room Pokeno	14 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	15 Blood Draw Clinic 10 a.m. Doctor's office Building 2, floor 3 Afternoon at the Movies "Elf" 2 p.m. Community Room	16 Bingo 2 p.m. Community Room	17
18 Hannukah begins at sundown Bingo 2 p.m. Community Room	19 Bingo 2 p.m. Community Room	20 Charades 11 a.m. Community Room Pokeno 2 p.m. library	21 Sounds of the Season 1 p.m. to 2 p.m. Community Room Faith Talk 2 p.m. Community Room	22 Afternoon at the Movies "Christmas in Connecticut" 2 p.m. Community Room	23 Bingo 2 p.m. Community Room	24
25 Merry Christmas 	26 Bingo 2 p.m. Community Room	27 Pokeno 2 p.m. Library	28 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	29	30 Cornhole 11 a.m. Community Room Bingo 2 p.m. Community Room	31 New Year's Eve