

## 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

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

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

**Rev. Phyllis Palsma, MDiv**  
Chaplain  
(201) 848-5801  
ppalsma@ChristianHealthNJ.org

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

## Inspection and Extermination

### Inspection Schedule

June apartment inspections will be as follows.

- Tuesday, June 14: Apartments 2201 to 2207
- Wednesday, June 15: Apartments 2208 to 2216
- Thursday, June 16: Apartments 2217 to 2224
- Friday, June 17: Apartments 2225 to 2228

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 any issues or concerns. If you have a conflict or any questions, call Mr. Diaz at (201) 897-5402.

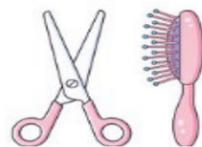
### Extermination Schedule

The extermination schedule is as follows.

- Buildings 1 and 2, floors 1 and 2  
Tuesday, June 14
- Buildings 1 and 2, floors 3 and 4  
Tuesday, June 28

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.

**The Summer Hill of Wayne Salon** is open Thursdays at 10 a.m. To find out about pricing or to schedule an appointment, call Linda at Summer Hill Salon (201) 897-5381.\* **The Salon will be closed on Thursday, June 9**



## Summer Hill Highlights

June 2022

News for Summer Hill of Wayne | A Christian Health Community

### Welcome to Summer Hill of Wayne!

New residents had a chance to meet their neighbors at a fun pizza meet and greet luncheon hosted by Summer Hill of Wayne staff.



Pictured: Nick Costa, Louise Nowacki, and Nancy Finch, Vicky DeDolce, Barbara Koehnen and Karolyn Barrett Molly Maddaloni and Elinor Levenson

### Meet Passaic County Surrogate, Zoila Cassanova, Esq.

Wednesday, June 15, 3 p.m. in the Community Room



Come meet Passaic County Surrogate, Zoila Cassanova, Esq. Find out valuable information about the responsibilities of the Surrogate Court, such as the importance of health proxies, living wills, powers of attorney, etc. Find out how to probate a will, how to get a copy of a will, what to do when someone passes away and they don't have a will, and more.

It is the court's goal to make sure that Passaic County residents and their families are well informed should they ever need to make these decisions.

To register, call Susan Matyiku, Service and Activity Coordinator at (201) 848-5837.

## *Service Coordinator's Corner*

### **Floor Meetings Are Back! Tuesday, June 7**

Floor Meetings with your Service & Activity Coordinator, Susan Matyiku, will be held again in June. These meetings will focus on the benefits of the Service Coordination program, how she can better assist you, and plans for upcoming events for the Summer Hill Community.

Building 1, Tuesday, June 7, 11 a.m., floor 2 lobby seating area

Building 2, Tuesday, June 7, 1 p.m., floor 2 lobby seating area

### **Farmers Market Voucher, Friday, June 10, from 11 a.m. to 1 p.m. in the café, Building 2**

If you are interested in receiving farmers market vouchers, come between 11 a.m. and 1 p.m. Please come with a completed application and bring a copy of your ID (license, utility bill, state ID, or health insurance card with you). If you need an application or a photocopy made of your ID, call Susan at (201) 848-5837.

### **Podiatry Services with Dr. Witkin**

**In the doctor's office, Building 2, third floor**

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

### **Blood-Draw Clinic**

**Thursday, June 16, 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. Sign-up is required; 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.

### **Free Exercise Classes with Kim**

**Tuesday, June 21 and June 28, 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.

### **Fire Safety and Security Presentation on Thursday, June 23, at 3 p.m. in the Community Room**

Join Jim Magarelli, Director of Safety and Security for Christian Health, on June 23 at 3 p.m. for a Fire Safety and Security presentation. Learn more about how to stay safe both in and out of your apartment. Register with Susan at (201) 848-5837.

## *The Bolger Short-term Rehab Team Is Here for YOU!*

Greetings from rehab! It's time to turn the page on the calendar again – June is here and summer is right around the corner.

In preparation for the warm weather, let's take a look at some of the things we need to be aware of and some simple precautions we can take to stay safe and healthy. Here are a few tips for your summer safety.

- Wear loose, lightweight, light-colored clothing.
- Plan ahead – if you need to run errands, try to do them during the cooler hours of the day – before noon or after 4 p.m.
- Stay out of the direct sun – choose a shady seat if possible.
- Wear sunscreen, a hat with a wide brim, and sunglasses.
- Avoid strenuous activities and take frequent rest breaks to avoid getting overheated.
- Know your medications – many can make you sensitive to sunlight or heat.
- Check in on family, friends, and neighbors – especially those with special needs or medical conditions.

And last but not least, drink plenty of water – STAY HYDRATED!

**The rehab team offers some other programs right here at Summer Hill of Wayne to promote health and wellness. We look forward to seeing you at our exercise class and wellness lectures. In addition, 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.**

## *Faith Talk*

Summer is a time to relax, rejoice, and refresh as we enjoy sunshine, warm weather, and outdoor activity. It's a "Sabbath" time as people take breaks and enjoy vacations. God gave us the gift of sabbath. How do you experience "Sabbath"? What is Sabbath really about? During the month of June, Rev. Phyllis Palsma, Chaplain for Summer Hill of Wayne, invites you to "Sabbath" from your regular routine and join her and other residents in the Community Room as we discover the joy found in chapters three and four in the biblical book of Philippians. As we finish Philippians, we will begin a series of conversations about celebrating Sabbath and accepting God's gift of rest and delight. Please join us in the Community Room at 2:00 p.m. on Wednesdays for spiritual enrichment and Sabbath wellness. If you want more information about Faith Talk, please contact Rev. Phyllis Palsma at 201-848-5801.

## Seniors Farmers Market

Passaic County Farmers Market operates from June through November. Eligible individuals are provided with vouchers to purchase fresh, locally grown fruit and vegetables. Vouchers cannot be redeemed at grocery stores or other food markets. Requirements: must be 60 years old, a Passaic County resident, and meet program requirements. Applications are available by calling Susan Matyiku, Service and Activity Coordinator, at (201) 848-5837. Questions? Call Passaic County Senior Services after June 1 at 973-569-4060. In addition a representative from the Farmers Market will be available to accept your applications and answer questions on **Friday, June 10, from 11 a.m. to 1 p.m. in the café.**

## Exercise Your Right to Vote

A primary election will be held on Tuesday, June 7, 2022 for the New Jersey General Assembly. Building 2 is a poll location and will be open from 6 a.m. to 8 p.m. All Community Room activities are suspended that day.

New Jersey registered voters will go to the polls on June 7 to choose which of their party's candidates will face off on Election Day in the November 8 general election.

In New Jersey, a voter in the primary must be registered to a political party. If you are a registered voter and want to change your party affiliation, you must do so 55 days before the primary in order to vote. If you are registered to vote but have not previously chosen a party, you can do so on the day of the election.

You can register to vote up to 21 days before an election and choose a party at that time. For the New Jersey primary, the registration deadline was May 17. The deadline for the general election is October 18.

If you're not registered to vote, you can register online or through a paper form, which are available through county clerks' offices. For help registering to vote, please contact the Passaic County Clerk's office: Elections Division (973) 881-4127, or go online <https://www.passaiccountynj.org/government/passaic-county-clerk>



## Special Events

### Father's Day Gift

Calling all dads, grandpas, great-grandpas, stepdads, brothers, mentors, and uncles. In honor of Father's Day, we would like to present our special men with a small gift in appreciation for all that you do. Please call Susan at (201) 848-5837 or drop a note in the rent box to register. **Deadline to register is Monday, June 13. Call Susan to register at (201) 848-5837. Pick up your gift on Friday, June 17, between 2 p.m. and 4 p.m. at Susan's office.**

### Complimentary Ice Cream/Ice Pop

**Wednesday, June 29, from 1 p.m. to 3 p.m. in Susan's office, Building 2**

Keep cool and enjoy a complimentary ice cream or ice pop. Register with Susan no later than Friday, June 24. Call (201)848-5837 or drop a note in the rent box to register. Please indicate if you would like an ice cream or ice pop (dairy free) treat.

## Upcoming Activities

### Catholic Mass – Wednesdays June, 1 and 15

1 p.m. in the Community Room

### Faith Talk – Wednesdays

2 p.m. in the Community Room

Faith Talk Schedule:

June 1          Philippians 3

June 8          Philippians 4

June 15         Sabbath and Celebration

June 22         Sabbath and Creation

June 29         Sabbath and Sunday

### Pictionary – Tuesday, June 14

11 a.m. in the Community Room

### Charades – Tuesday, June 21

11 a.m. in the Community Room

### Scavenger Hunt – Tuesday, June 28

11 a.m. in the Community Room

**\*\*Resident-run games take place most days at 2 p.m. in the library (fourth floor) of Building 2. Drop in anytime!**

**Bingo – Mondays, Fridays, and Sundays**  
2 p.m. in the Community Room

**Pokeno – Tuesdays**  
2 p.m. in the library





# June 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <b>Catholic Mass</b> 1 p.m. Community room <b>Faith Talk</b> 2 p.m. Community Room	2	3 <b>Bingo</b> 2 p.m. Community Room	4
5 <b>Bingo</b> 2 p.m. Community Room	6 <b>Food Pantry</b> 12:30 p.m. – 1:30 p.m. <b>Bingo</b> 2 p.m. Community Room	7 <b>Primary Election</b> 6 a.m. – 8 p.m. Community Room <b>Floor Meetings</b> Bldg 1 & 2 <b>Pokeno</b> 2 p.m. library	8 <b>Faith Talk</b> 2 p.m. Community Room	9 <b>The Summer Hill Salon is closed today</b>	10 <b>Farmers Market Vouchers</b> 11 a.m. – 1 p.m. Cafe <b>Bingo</b> 2 p.m. Community Room	11 
12 <b>Bingo</b> 2 p.m. Community Room	13 <b>Registration for Father's Day gift due</b> <b>Bingo</b> 2 p.m. Community Room	14 <b>Pictionary</b> 11 a.m. Community Room <b>Pokeno</b> 2 p.m. library	15 <b>Catholic Mass</b> 1 p.m. Community Room <b>Faith Talk</b> 2 p.m. Community Room <b>Passaic County Surrogate meet &amp; greet</b> 3 p.m. Community Room	16 <b>Blood Draw Clinic</b> 10 a.m. Doctor's office Building 2, floor 3	17 <b>Father's Day gift pick up</b> 2 p.m. - 4 p.m. Susan's office <b>Bingo</b> 2 p.m. Community Room	18 
19 <b>Bingo</b> 2 p.m. Community Room 	20 <b>Bingo</b> 2 p.m. Community Room	21 <b>Charades</b> 11 a.m. Community Room <b>Exercise</b> 2 p.m. Community room <b>Pokeno</b> 2 p.m. library	22 <b>Faith Talk</b> 2 p.m. Community Room	23 <b>Safety/Security presentation</b> 3 p.m. Community Room	24 <b>Bingo</b> 2 p.m. Community Room	25
26 <b>Bingo</b> 2 p.m. Community Room	27 <b>Bingo</b> 2 p.m. Community Room	28 <b>Scavenger Hunt</b> 11 a.m. Community Room <b>Exercise</b> 2 p.m. Community room <b>Pokeno</b> 2 p.m. library	29 <b>Faith Talk</b> 2 p.m. Community Room <b>Ice Cream pick up</b> Susan's office 1 p.m. – 3 p.m.	30	1 <b>Bingo</b> 2 p.m. Community Room	2 