

Summer Hill Staff

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Office Hours: 8 a.m. to 4 p.m.
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Maintenance
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Home Care Options
(973) 897-5550

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

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

Inspections

There will be no apartment inspections in July. Inspections will resume in August.

Extermination

- Tuesday, July 8, Summer Hill Two, floor 1: 2101 to 2124
- Tuesday, July 22, Summer Hill Two, floor 2: 2201 to 2228

Howell Jones, Assistant Superintendent, or Gabriel Wong, Maintenance Team Member, will accompany the exterminator. Call Maintenance with questions at (201) 848-5859.

***If you notice any insects or pests in your apartment, please call the maintenance line at (201) 848-5859 right away. Do not try to treat the issue yourself – it's important we're made aware as soon as possible so it can be properly addressed. Seeing one or two bugs doesn't necessarily mean there's an infestation; our professional exterminator will assess the situation and decide on the appropriate next steps.**



Residents enjoyed dancing and singing at a musical performance by Scott Giaquinto.



Summer Hill Highlights

July 2025

News for Summer Hill of Wayne | A Christian Health Community

Social Participation: An Age Friendly Domain

Our focus on social participation is concentrated on creating an inclusive environment that encourages meaningful engagement for Summer Hill residents of all ages, backgrounds, and abilities. We strive to promote social unity and enhance quality of life by fostering diverse opportunities for participation and social connection.

Summer Hill offers a full monthly calendar of events for all of our residents to enjoy. Summer Hill Service and Activity Coordinator Susan Matyiku includes a mix of informative presentations, faith-based gatherings, musical entertainment, games, and exercise each month. We encourage Summer Hill residents to participate in both Summer Hill activities as well as local community events. We know that social interaction is crucial for overall well-being, as it cultivates mental and physical health, builds relationships, and contributes to a sense of belonging. It helps individuals manage stress, improve communication skills, and even increase longevity!

Attend some of the great events at Summer Hill, including:

- Bingo
- Cornhole
- Musical entertainers/performers
- On-site mobile optometrist
- Legal presentation about FREE medical and financial POA and wills
- ShopRite dietician nutrition presentations

Join one of the many great community programs available to Wayne older adults:

- Wayne Township Summer Concert Series
- Wayne for All Ages
- Golden Age Club
- Camp Hope
- Wayne Senior Picnic
- Wayne Township bus trips

Meet and interact with Siena Village residents by participating in the St Joe's Wellness Wednesdays Lunch and Learn and our Annual Siena Village/Summer Hill BBQ.

Be sure to check your Summer Hill Highlights each month for a list of activities. For your convenience, a calendar of events is also included in each month's newsletter. If you lose or misplace your calendar, there's good news – a listing of every event can be found on the Touchtown screens located in Summer Hill One and Summer Hill Two lobbies! **Every event requires registration. Please register in the registration binders located in the package rooms, drop a note in the rent box or call, Susan at (201) 848-5837.**

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/cognitive therapy (ST).** For additional information or to schedule your therapy, please call Kim Martin, OTR/L, Wayne Rehab Services Manager, at (201) 848-5915.

Mobile optometry services are available on-site. Services include comprehensive eye exams/screenings, contacts and frames, and much more. For additional information, please contact Susan Matyiku, Service and Activity Coordinator, at 201-848-5837.

Free Exercise Classes with Kim: Thursday, July 3 and 31, 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.

New Event Snack and Learn – Parkinson’s Rehab Lecture: Tuesday, July 15, at 2 p.m. in the Community Room

Presented by Kim Martin, OTR/L, Wayne Rehab Services Manager

According to the National Parkinson’s Foundation, about **60,000 new cases** of Parkinson’s disease are diagnosed each year, adding to the 1.5 million Americans already living with the condition. Symptoms are often mild at first and may affect only one side of the body but worsen over time. Fortunately, innovative treatments can help reduce these symptoms and improve the quality of life for those living with Parkinson’s. Kim will discuss the history of Parkinson’s disease, risk factors, and signs and symptoms as well as some of the new and innovative treatments, including those offered right here at Christian Health! ***Light refreshments will be provided. Register by July 10.**

Blood-Draw Clinic: Thursday, July 17, 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.

Activities

Catholic Mass – *New schedule* First three Wednesdays of each month 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

Cornhole – Tuesday, July 1, and Thursday, July 24, at 11 a.m. in the Community Room

Trivia – Tuesday, July 29, at 11 a.m. in the Community Room

Special Events

Music with John: Thursday, July 10, at 2 p.m. in the Community Room

Volunteer John Smith will provide you with background information about the artists and their songs and perform some of your favorite guitar hits. You won’t want to miss this! Register by July 2.

Sing-Along: Thursday, July 17, at 11 a.m. in the Community Room

Get ready to sing with your Summer Hill friends! Come prepared with a list of your favorite sing-along songs.

Easy Summer Hill Event Registration

Registration for events just got easier! For your convenience a registration binder has been added to each package room. You can register in the binder for any event that you are interested in. Not sure if you registered? Check the event binder! All events require registration. You can also register by calling Susan (201) 848-5837.

Musical Entertainment with Ed Alstrom: Tuesday, July 22, at 2 p.m. in the Community Room

Come on down to the Community Room to enjoy an hour of music with Summer Hill favorite Ed Alstrom! Register by July 15.

Wonders of New Jersey – The Most Amazing Places in New Jersey Video Presentation: Tuesday, July 29, at 2 p.m. in the Community Room

Join us for a look at some great New Jersey spots worth visiting!

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 in this day and age.

Important Reminder

Please remember that the wheelchair-accessible ramp outside the Summer Hill One entrance must remain clear at all times to ensure safe and unobstructed access for residents using mobility devices and for emergency personnel. Congregating on the ramp creates a serious safety hazard and is not permitted. For gathering and socializing, please use the designated common areas, such as the lounges near the laundry rooms, the outdoor seating areas, and the shared spaces in Summer Hill Two.



Here comes the generators! Photographed by resident Carl Johnstone.

Generator Update

We're happy to share that the new generator has been installed and will be operational in the coming months.

In the event of a power outage, it will provide electricity to the building's common areas and keep the elevators running. This is a big step in improving safety and convenience during unexpected power outages.

Please note that the generator does not supply power to individual apartments, so personal lighting, appliances, and electronics will not be powered during an outage.

As always, we strongly encourage residents to have renters insurance. It's an important safeguard that can help protect your belongings, such as groceries, and provide peace of mind.

Thank You, and Congratulations, Lilyanna!

Girl Scout volunteer Lilyanna will receive her Gold Award. She created an interactive Jeopardy game and created a donation drive of word game and puzzle books! Lilyanna had the chance to meet some residents and present them with the books.



Important Package Information

Wait 24 hours before taking any action.

Some companies will mark things as delivered before they're actually delivered. If a package of yours says "delivered," but you haven't received it yet, wait one business day before contacting the post office or delivery service.

Check with your neighbors or in the package room.

Please don't assume the worst; there's always a chance one of your neighbors took your package by accident or it was delivered to the wrong building.

Report the activity to the office.

After the initial 24 hours, please report any missing packages to the office so we are aware of any issues and can address them accordingly. Be sure to give us as much information as possible, including the shipper, delivery time, and the date and time you went to retrieve the package. The cameras located in the lobby and throughout the building may assist in researching a concern.

Contact the company you placed the order with.

If enough time has passed since the package was supposed to be delivered, many big retailers will simply replace your order free of charge. Oftentimes, the company will get in touch with the shipping company on your behalf to figure out what's going on.

Get in touch with the shipping company.

If you still don't have your package and the retailer isn't ready to send you a replacement quite yet, you should contact the shipping company. A representative will likely be able to assist you. If your item cannot be recovered, these delivery services also provide an online claims process so you can file a report for your missing item and get reimbursed.

Other options

There are a few options for packages that never get replaced. First, you should check the terms of the credit card you bought the item with. Some credit card issuers will offer purchase protection that covers the cost of the lost or stolen item. Most homeowners or renters insurance policies cover stolen packages. Unfortunately, this is only worth considering if the item was extremely valuable, which basically means more than your deductible.

How do I prevent mail and package theft?




1. Insure your packages. The claims process is slow, but at least you'll get a reimbursement for the item you purchased.
2. Track when your packages will arrive and be home to accept them. You might also consider having your packages delivered to a friend or family member. The office is not permitted to accept packages on your behalf.

If you have any questions, please feel free to contact the office at (201) 848-5848.



July 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>*Please note on Friday, July 4, Office is closed No bus service</i>	1 Cornhole 11 a.m. in the Community Room	2 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	3 Exercise 2 p.m. Community Room	4  Bingo 2 p.m. Community Room	5 Resident Saturday Social 6:30 p.m. Community Room
6 Bingo 2 p.m. Community Room	7 Bingo 2 p.m. Community Room	8 	9 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	10 Music with John 2 p.m. Community Room	11 Bingo 2 p.m. Community Room	12 Resident Saturday Social 6:30 p.m. Community Room
13 Bingo 2 p.m. Community Room	14 Bingo 2 p.m. Community Room	15 Snack & Learn Rehab Lecture 2 p.m. in the Community Room	16 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	17 Blood Draw Clinic 10 a.m. Boardroom, Building 2 Sing a long, 11 a.m. in the Community Room	18 Bingo 2 p.m. Community Room	19 Resident Saturday Social 6:30 p.m. Community Room
20 Bingo 2 p.m. Community Room	21 Bingo 2 p.m. Community Room	22 Musical Entertainer with Ed Alstrom 2 p.m. Community Room	23 Faith Talk 2 p.m. Community Room	24 Cornhole 11 a.m. in the Community Room	25 Bingo 2 p.m. Community Room	26 Resident Saturday Social 6:30 p.m. Community Room
27 Bingo 2 p.m. Community Room	28 Bingo 2 p.m. Community Room	29 Trivia 11 a.m. Community Room Wonders of NJ 2 p.m. Community Room	30 Faith Talk 2 p.m. Community Room	31 Exercise 2 p.m. Community Room	1 Bingo 2 p.m. Community Room	2 Resident Saturday Social 6:30 p.m. Community Room