

## 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

### Summer Hill Salon

(201) 897-5381

## Extermination Schedule

The extermination schedule is as follows:

- Building 1 and 2 floors 1 & 2, Tuesday, November 9
- Building 1 and 2 floors 3 & 4, Tuesday, November 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.

## Snow Removal Policy

Snow plowing at Summer Hill of Wayne takes place during snowstorms of two inches or more. The maintenance staff is responsible for plowing the parking lot roadway. The maintenance staff will also plow parking spaces. Sidewalks, common areas, and visitor parking will be plowed and shoveled before resident parking 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 clearing their space/vehicle:

- **Clear your own space/vehicle** - Residents will be contacted by telephone by maintenance staff and given approximately 30 minutes to clear their car and move it to visitor parking 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 maintenance staff.
- **Have your vehicle cleaned and space cleared by staff** - Place your \$20 check made payable to "Summer Hill of Wayne, L.P." 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 place in the Rent Box. Maintenance staff will return your keys when complete.

Please do not ask maintenance staff 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 of Wayne is not responsible for any injuries incurred on the premises due to inclement weather. Please use caution when leaving the building.

(201) 848-5848 • ChristianHealthNJ.org  
2100 Summer Hill Road, Wayne, NJ 07470



# Summer Hill Highlights

November 2021

News for Summer Hill of Wayne | A Christian Health Community

## Summer Hill Scenes



Residents Odalys Perez and her mother, Melva Krzykalski, enjoyed a delicious Brownstone BBQ meal, compliments of Summer Hill of Wayne



Mary Haskins and her dogs, Chewie and Ollie, show their team spirit for Virginia University football! Mary's nephew, Bobby, is an offensive tackle for VU.

## Get Out the Vote!

The General Election for New Jersey is Tuesday, November 2. The General Election will provide residents an opportunity to vote for state, local, and judicial candidates.

Registered Summer Hill of Wayne voters can vote in the Community Room between 6 a.m. and 8 p.m. on Tuesday, November 2.

Registered voters may also vote by mail. Postmark vote-by-mail ballots by Tuesday, November 2 at 8 p.m.

Voters can also take advantage of in-person early voting from October 23 to October 31. See voting information on the bulletin boards and Touchtown screens in Buildings 1 and 2. For questions regarding voting, please contact the Passaic County Clerk's office at (973) 881-4127.



## Special Resident Social Committee Musical Event

Saturday, November 20, 2 p.m.

Community Room | \$10 Admission

This event stars master vocalist and entertainer, Rachel Menconi. She will perform a variety of Broadway, rock, and pop songs. Drop off checks made payable to "RSC" to Bev Miceli at apt. 2412. For details, call Bev at (973) 229-2001. Register on the bulletin board sign-up sheets in the building 1 & 2 lobbies, or by calling Bev. Payment due by November 13. **Masks required. 20-person minimum required.**

## Service Coordinator's Corner

### Free Exercise Classes with Kim

**Tuesdays, 2 p.m., November 9 & 30, 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 required by calling Susan at (201) 848-5837.

### Rehab Lecture with Kim: "Cyber Security-Stay Protected"

**Tuesday, November 16, 2 p.m., Community Room**

Kim will discuss how to keep your personal and financial information safe from potential hackers and scammers. Register with Susan, (201) 848-5837. **A minimum of six participants is required.**

### Blood Draw Clinic

**Thursday, November 18, 10 a.m. Doctor's Office located in Building 2 (third floor)**

The Valley Hospital holds a monthly blood-draw clinic on third Thursdays. Sign-up is required. Call Susan to register at (201) 848-5837. Residents will need to present their Medicare/insurance card, and a physician's prescription. You will be required to complete a form the first time. Results will be sent to the prescribing physician.

### Podiatry Services Provided by Mordecai Witkin, MD

Dr. Witkin will NOT be visiting Summer Hill in November he will be at his Summer Hill of Wayne office on December 3 and December 30 in the morning. To schedule an appointment call (973) 696-6677. Face coverings are required.

## Resident Social Committee Meeting

**Saturday, November 13, 1 p.m., Community Room**

Want to be part of your Summer Hill of Wayne community? Interested in finding out how you can get involved in resident-run, special events? Join your neighbors and meet new people at this informative meeting.

## Welcome to Summer Hill

### Deanna Spinelli, Apartment 1405

Deanna grew up in Englewood and lived in Dumont prior to moving to Summer Hill of Wayne. Before retiring, she worked as an RN. She has two children and three grandchildren. Deanna enjoys baking, cooking, art, reading, and her dog, Abe.



## Medicare Open Enrollment

### When is Medicare Open Enrollment?

Medicare open enrollment – also known as Medicare's annual election period – runs from October 15 through December 7 each year. During this annual window, Medicare plan enrollees can reevaluate their coverage – whether it's Original Medicare with supplemental drug coverage, or Medicare Advantage – and make changes or purchase new policies if they want to do so. During the Medicare open enrollment period, you can:

- Switch from Original Medicare to Medicare Advantage (as long as you are enrolled in both Medicare Part A and Part B, and you live in the Medicare Advantage plan's service area).
- Switch from Medicare Advantage to Original Medicare (plus a Medicare Part D plan, and possibly a Medigap plan).
- Switch from one Medicare Advantage plan to another.
- Switch from one Medicare Part D prescription drug plan to another.
- Enroll in a Medicare Part D plan if you did not enroll when you were first eligible for Medicare. If you have not maintained other creditable coverage, a late-enrollment penalty may apply.
- Once you enroll in Medicare, you will have various opportunities to change certain aspects of your coverage.

If you have questions about Medicare enrollment please contact a State Health Insurance Assistance Program (SHIP) Counselor. SHIP counselors provide free one-on-one Medicare counseling. Please contact Dinorah Luciano, Passaic County SHIP coordinator at (973) 569-4060.

SHIP is a statewide program administered by the New Jersey Department of Human Services with financial assistance through a grant from the U.S. Administration for Community Living. Currently in the Nation, there are 59 million Medicare beneficiaries, including people who are 65 and older and people who have a permanent disability. Many have difficulty navigating Medicare and the health care system on their own. Some do not get the care they need because they cannot pay and do not know about programs that provide help. Others, (the many caregivers who assist family members, friends and neighbors) need answers and guidance.



## Activities

**Pictionary**  
 Thursday, Nov. 4, 2 p.m.  
 Wednesday, Nov. 18, 11 a.m.  
 Community Room

**Arm Chair Travel "Swiss Alps"**  
 Wednesday, Nov. 10, 11 a.m.  
 Community Room  
 Travel video.

**Word Power**  
 Monday, Nov. 29, 11 a.m.  
 Community Room  
 This fun Reader's Digest  
 game tests your vocabulary.

**Thanksgiving Mad Libs**  
 Tuesday, Nov. 23, 2 p.m.  
 Community Room

You will not want to miss this  
 hilarious word game.

**Catholic Mass**  
 Wednesdays, Nov. 3 and 17,  
 1 p.m., Community Room

**Faith Talk**  
 Wednesday, Nov. 3, 2 p.m.  
 Community Room

**Harvest of Hymns and Praise**  
 Wednesday, Nov. 17, 2 p.m.  
 Community Room

~ Save the Date ~

**Holiday Tree Decorating**  
 Dec. 2 and 3.

Additional details to come.  
 Check Touchtown screens  
 and lobby bulletin boards for  
 more information.



# November 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Food Pantry</b> 12:30 to 1:30 Community room <b>Bingo</b> 2 p.m. Community Room	<b>Election Day</b> <b>Pokeno</b> 2 p.m. Library building 2	<b>Catholic Mass</b> 1 p.m. Community Room <b>Faith Talk</b> 2 p.m. Community Room <b>Bingo</b> 7 p.m. Community Room	<b>"Pictionary"</b> 2 p.m. Community room	<b>Bingo</b> 2 p.m. Community Room <b>Turkey in the box registra- tion and payment due</b>	
<b>Pokeno</b> 2 p.m. Library building 2	<b>Bingo</b> 2 p.m. Community Room	<b>Exercise</b> 2 p.m. Community room <b>Pokeno</b> 2 p.m. Library building 2	<b>Armchair Travel</b> "Swiss Alps" 11 a.m. Community room <b>Bingo</b> 7 p.m. Community Room	<b>Afternoon at the</b> Movies "Greenland" 2 p.m. Community room  <b>Veterans' Day</b>	<b>Bingo</b> 2 p.m. Community Room	<b>RSC Meeting</b> 1 p.m. Community room <b>Money due to RSC for</b> <b>Musical event with Rachel</b> <b>Menconi</b>
<b>Pokeno</b> 2 p.m. Library building 2	<b>Bingo</b> 2 p.m. Community Room	<b>Rehab Lecture w/ Kim</b> "Cyber security" 2 p.m. Community room <b>Pokeno</b> 2 p.m. Library building 2	<b>Catholic Mass</b> 1 p.m. Community Room <b>Harvest of Hymns and</b> <b>Praise</b> 2 p.m. Community Room <b>Bingo</b> 7 p.m. Community Room	<b>Blood Draw clinic</b> 10 a.m. Doctor's office <b>Pictionary</b> 11 a.m. Community room	<b>Bingo</b> 2 p.m. Community Room <b>Turkey in the box delivery</b> 11:30 to 1 p.m.	<b>RSC Special Event</b> <b>Rachel Menconi</b> 2 p.m. Community room
<b>Pokeno</b> 2 p.m. Library building 2	<b>Bingo</b> 2 p.m. Community Room	<b>Thanksgiving Mad Libs</b> 2 p.m. Community room <b>Pokeno</b> 2 p.m. Library building 2	<b>Afternoon at the</b> Movies "Holiday Inn" 2 p.m. Community room <b>Bingo</b> 7 p.m. Community Room		<b>Bingo</b> 2 p.m. Community Room	
<b>Pokeno</b> 2 p.m. Library building 2 	<b>Word Power</b> 11 a.m. Community room <b>Bingo</b> 2 p.m. Community room	<b>Exercise</b> 2 p.m. Community room <b>Pokeno</b> 2 p.m. Library building 2	<b>Catholic Mass</b> 1 p.m. Community Room <b>Bingo</b> 7 p.m. Community Room	<b>Tree Decorating Building 1</b>	<b>Dr Witkin a.m.</b> Doctor office <b>Tree Decorating Building 2</b> <b>Bingo</b> 2 p.m. Community Room	

## Afternoon at the Movies

**"Greenland" PG 13, Thursday, Nov. 11, 2 p.m., Community Room**

A family fights for survival as a planet-killing comet races to Earth. John Garrity, his estranged wife Allison, and young son Nathan, make a perilous journey to their only hope for sanctuary. The Garritys experience the best and worst in humanity while they battle the increasing panic and lawlessness surrounding them. As the countdown to global apocalypse approaches zero, their incredible trek culminates in a desperate and last minute flight to a possible safe haven.

~ Special Date ~

**"Holiday Inn", Wednesday, Nov. 24, 2 p.m., Community Room**

Bing Crosby croons to the tune of the Oscar-winning "White Christmas" in Irving Berlin's love triangle romantic comedy. Tired of the bright lights of showbiz, Jim Hardy (Crosby) retires to the countryside to become a farmer. He converts the farm into the Holiday Inn, open only on holidays, and then competes against his pal (Fred Astaire) for a singer-dancer's (Marjorie Reynolds) affection.

## Special Events

**Food Pantry**  
 Mondays, 12:30 to 1:30 p.m.  
 Community Room  
 Canned and packaged food for  
 Summer Hill of Wayne  
 residents. Contact Linda Sole in  
 Apt. 2214 with questions.

### Veterans Recognition

**Thursday, November 11**

We would like to thank and  
 recognize all Summer Hill of  
 Wayne veterans with a small  
 gift. **Are you a veteran?** If so  
 please let us know. Call Susan  
 at (201) 848-5837

### Turkey-in-a-Box Meal Delivery

**Friday, November 19**

**11:30 a.m. to 1 p.m.**

Enjoy a turkey-in-a-box meal  
 delivered to your door for \$12.  
 Your heat and eat meal  
 prepared by World of Food  
 includes sliced turkey and gravy,  
 stuffing, yams, corn, cranberry  
 sauce and dessert. Payment and  
 registration due by November 5.

### RSC Special Musical Event

**Featuring Rachel Menconi**

Saturday, Nov. 20, 2 p.m.

Community Room

\$10 admission.

### Bingo

**Mondays and Fridays**

2 p.m., Community Room

**Wednesdays**

7 p.m., Community Room

For details, call Pat Schut at

(973) 865-6738.

**Pokeno** in the library, 2 p.m.

Tuesdays and Sundays

## Faith Talk

### November Pastoral Care Events

Meister Eckard is credited with saying, "If the only prayer you said was thank you, that would be enough." On November 3, "Faith Talk" will meet at 2 p.m. in the Community Room to talk about the power of prayer. What difference does prayer make? How do we pray? What kind of prayer is helpful? Does God really hear us? These and other questions will focus the conversation led by Rev. Phyllis Palsma, MDiv, chaplain for Summer Hill of Wayne.

Thanksgiving celebrations are part of every religious tradition. Thanksgiving is also the one religious holiday in the United States when all faith traditions can join together in praise to God our Creator. All residents are invited to a "Harvest of Hymns and Praise" on Wednesday, November 17 at 2 p.m. in the Community Room. Rev. Palsma will lead this Thanksgiving gathering as we sing familiar Thanksgiving songs and lift up words of thanks from the Summer Hill of Wayne community. This gathering will replace Faith Talk on November 17.

## Don't Miss Your Holiday Cards and Packages!

U.S. Postal Service mailboxes are located in the lobby of each building. Your mailbox number is the same as your apartment number. Drop outgoing mail in the letterbox 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 guidelines:

- Pick up your mail, including packages, in a timely fashion. If you are unable to pick up your mail, ask a friend or family member to pick it up for you.
- If you are going out of town, contact the post office directly to have your mail stopped or forwarded.
- The U.S 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. Summer Hill of Wayne staff is unable to get in to the mailroom or resolve resident issues regarding mail delivery by the post office or third party carriers.
- 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.



## A Message from Rehab

There is a bit of a chill in the air and 2021 is coming to a close. The month of November has been designated American Diabetes Month and this year's focus is on "pre-diabetes" and prevention. Since one of the primary goals of rehab is to facilitate good health and wellness to promote a better quality of life, we would like to take this opportunity to provide you with some interesting facts about diabetes.

- 34.2 million Americans – or 10% of the population - have diabetes. That's 1 in 10 Americans.
- More than 88 million American adults have pre-diabetes, and more than 84% of them don't even know they have it.
- 14.3 million, or 1 in 4 adults age 65 or older have diabetes.
- 89% of adults diagnosed with diabetes are overweight or obese.
- Diabetes is the 7<sup>th</sup> leading cause of death in the United States.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.

So let's look at this year's focus. What is pre-diabetes? Pre-diabetes is a condition where your blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes. It is a warning.

What can we do to help manage pre-diabetes and prevent a progression to diabetes? The good news is that by making simple healthy lifestyle changes, we can make a significant impact.

- Move more. Limit the amount of time you spent sitting down and try to get at least 30 minutes of physical activity five days a week.
- Choose healthier food and drinks. Pick foods that are high in fiber and low in fat and sugar. Build your plate with a balance of vegetables, protein, and carbohydrates. Choose water instead of sweetened drinks.
- Watch your weight. Making changes to your diet and increased activity can help.
- Seek support. Make a plan by getting input from your doctor and/or a dietician to determine the appropriate diet for your specific needs. The support of family and friends can also help make these lifestyle changes easier.
- Keep up with your wellness checks. Pre-diabetes can be detected with basic bloodwork, and the sooner it is identified the sooner you can begin treating it.

Let's all take a closer look at ourselves and see if we might need to make some simple changes to improve our health and quality of life.

**The Rehab Team offers programs right here at Summer Hill of Wayne to promote Health and Wellness. We look forward to seeing you at our Exercise Class and Monthly 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. Contact Kimberly Martin, OTR/L, at (201) 848-5915 with any questions.**