

## 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

**Isabel Galindo**

**Community Coordinator**

(201) 848-5848

IGalindo@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**

(201) 848-7507

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

**Home Care Options**

(973) 523-1224

For medical emergencies or emergency call  
bells, dial 911.

## Inspection and Extermination

### Inspection Update

Due to the ongoing renovations, all annual inspections for Summer Hill One and Summer Hill Two have been postponed.

Inspections will occur in each apartment that is renovated. If you have any issues or concerns in your apartment, please complete a maintenance work order by calling (201) 848-5848.

### Extermination Schedule

The extermination schedule is as follows.

- Summer Hill One and Summer Hill Two, floors 1 and 2: Tuesday, September 12
- Summer Hill One and Summer Hill Two, floors 3 and 4: Tuesday, September 26

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.

## Important Reminders

- Please check the bulletin boards outside the elevators for important renovation notices. Also, check the lobby bulletin boards, elevators, Touchdown screens, and lobby doors for bus and activity change notifications.
- All events require registration. To register you can call Susan Matyiku, Service and Activity Coordinator, at (201) 848-5837 or drop a note in the rent box indicating what events you are interested in attending.



## Summer Hill Highlights

September 2023

*News for Summer Hill of Wayne | A Christian Health Community*

## Summer Hill Renovation Update

### Summer Hill One

Renovations in the lobby and new exterior stairs are ongoing. Residents will need to continue using the side door to enter and exit the building until construction is complete. We apologize for the inconvenience and anticipate the new entrance being open by early fall.

### Summer Hill Two

Apartment renovations are ongoing in Summer Hill Two, with 33 apartments expected to be complete by August 30. As a safety reminder, residents are not permitted to enter apartments under construction.

### Parking Lot Reminders

- Obey the 5 mph speed limit and observe stop signs.
- All residents are required to utilize only their assigned parking space. Residents are not permitted to park in any other area of the parking lot, such as staff or visitors.
- Residents with a handicap placard or plate have been provided with prime parking spaces due to documented medical disabilities and should be using those spaces.
- For the convenience of our residents, a bench and chairs will be placed in the new parking lot once planting and irrigation is complete.

## Another Happy Resident!



Summer Hill resident Linda Sole has resided in our community since 2010 and was a member of the former Summer Hill resident board, who voted to approve the Christian Health purchase of Summer Hill in 2017. Now more than ever, Linda feels that decision was the best choice for the Summer Hill residents. She appreciates all the improvements that have been made to the property and is appreciative of the staff, especially our service and activity coordinator, Susan Matyiku, who she thinks is a wonderful resource for our residents.

Linda was very positive about the move and felt everything went much better than expected. The movers were professional and handled her items with care. They assisted her in putting items back up on top of her kitchen cabinets and were willing to do anything they could to help her settle back into her renovated apartment.

Linda was skeptical about the new flooring in the living area, but now that she's moved back to her apartment, she loves it because it is so much easier for her to get around with her rollator. She loves the new walk-in shower as well.

Linda expressed her gratitude for all the renovations to Summer Hill and said, "In all the years I've lived here, this is the first time I feel like I'm home!"

# Service Coordinator's Corner

## Podiatry Services with Dr. Witkin

Doctor's office, Summer Hill Two, third floor

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

## Free Exercise Classes with Kim

Thursdays, September 21 and 28, 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, September 21, 10 a.m. in the doctor's office, Summer Hill Two, 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.

You must register and provide copies of insurance and prescriptions to Susan by the Monday of the week of the blood draw. In order to avoid unexpected out of pocket costs, please check with Susan for a list of insurance plans accepted by Valley Hospital Lab.

# Fun at the Prom!

The Summer Hill Resident Social Committee held a senior prom. Residents enjoyed great food, great company, and a great DJ and entertainer, Neil Dankman.



Ray Galvano, Debbie Cassidy, and Helen Maeitta



Helen LaPointe and Elaine Sarrubi



Diane Sullivan, Pat Schut, and Laura Nicoll



Barbara Kohn and Rosetta Deida

# Upcoming Activities

Catholic Mass – Wednesday, September 6 and 20, 1 p.m. in the Community Room

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

Clean Comedy Video: You Pick the Comic /Show – Tuesday, September 5, 11 a.m. in the Community Room

Afternoon at the Movies, “A Man Called Otto” (PG – 13) – Thursday, September 7, 2 p.m. in the Community Room

When a lively young family moves in next door, grumpy widower, Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

Corn Hole – Tuesday, September 12, 11 a.m. in the Community Room

Resident's Choice: You Pick the Game – Tuesday, September 19, 11 a.m. in the Community Room

Travel Log: “Norway” – Tuesday, September 26, 2 p.m. in the Community Room

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

# Thank You for Your Back to School Donations

The Highlands Family Success Center, located in Hewitt, New Jersey sends their thanks to all of the Summer Hill of Wayne residents who donated back to school supplies. Your donations will benefit families in Passaic County.

# Special Events

National Peanut Day – Tuesday, September 12

Pick up your single-serve peanut pack from Susan between 2 p.m. and 4 p.m. Registration is required by September 5.

National Chocolate Milk Day – Wednesday, September 27, 2 p.m. to 4 p.m. in the café  
Sample some delicious chocolate milk in recognition of this day!

# 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 continue to discuss the work of the Holy Spirit in the book of Acts through the ministry of the Apostles and how the Spirit continues to work in our day. May all of you be blessed!

# Annual Siena Village/Summer Hill Barbecue

Wednesday, September 13 at noon

Rain Date: Thursday, September 14

The event will be held at the Siena Village Bocce Courtyard, with catering by The Brownstone. This event is for residents only. Live-in aides are welcome if accompanied by residents. Free transportation will be provided. Details will follow. Residents are not permitted to drive. RSVP is required by Thursday, August 31.



## *A Message from Rehab*

Greetings from rehab! It's time to turn the page on the calendar again – September is here and fall is approaching. Hope everyone is ready to enjoy some cooler weather and the colorful foliage. September is Healthy Aging Month – an annual opportunity to focus our attention on the positive aspects of aging.

Here are a few steps to healthy aging!

- Get your regular checkups and annual physicals – include your primary physician, eye doctor, and dentist.
- Stay social – make an effort to stay in touch with family and friends to avoid feeling isolated or bored.
- Keep your brain active – read the newspaper, do puzzles, take up new hobbies, join a book club, or socialize.
- Maintain a healthy diet – watch your portion size and eat plenty of fresh fruits and vegetables, lean meats, poultry, grains, and beans. Avoid excessive processed foods.
- Get your exercise – go walking or swimming or join an exercise group. Even dancing can be good exercise.
- Pay attention to your posture – stand and sit up straight.
- Get plenty of sleep – the recommendation is eight to nine hours.
- Stay hydrated.

Staying active and taking care of your health is the best gift you can give yourself.

**Please remember that the rehab team offers physical/occupational and speech therapy as well as some additional programs right here at Summer Hill 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.**

## *Lockboxes*

Lockboxes for your keys are available for purchase through Summer Hill. The lockbox will be installed by the maintenance staff and you can choose your personal 4-digit code. You can share this code with friends and family if you would like them to have access to your apartment. It's also a great way to get into your apartment quickly if you don't have your keys, no need to wait for the maintenance staff to let you in!

If you would like to purchase a lockbox, place a check into the Rent Box in the amount of \$40.00 made payable to Summer Hill of Wayne II, LLC. Once the office receives your check, we will notify the maintenance staff to have the lockbox installed.

If there is a lockbox already installed outside your apartment when you move in please speak to maintenance for further instructions.

## *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 utilize 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.
- 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) 848-5848 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 due to an issue with the machine, you can request a refund online at <https://www.cscsw.com/refund-request/>.







## *Do You Need Help Paying Your Home Energy Bills?*

Representatives from the Home Energy and Weatherization Department will be available to answer any questions on **Friday, September 15, 10 a.m. to 1 p.m. in the café**. The low-income home energy assistance program (LIHEAP & USF) offers financial assistance to those having difficulty paying their electric, gas, and deliverable fuel bills. Applicants must meet income guidelines. If you have any questions, you can call Susan Matyiku, Service and Activity Coordinator, at (201) 848-5837.



# September 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Bingo 2 p.m. Community Room	2 
3 	4 Food Pantry 12:30 p.m. to 1:30 p.m. Bingo 2 p.m. Community Room	5 Clean Comedy 11 a.m. Community Room	6 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	7 Afternoon at the Movies "A Man Called Otto" 2 p.m. Community Room Wayne Township Senior picnic	8 Bingo 2 p.m. Community Room	9
10	11 Bingo 2 p.m. Community Room	12 Cornhole 11 a.m. Community Room National Peanut Day 2 p.m. to 4 p.m. Susan's office	13 Siena Village/Summer Hill BBQ Faith Talk is cancelled	14 Siena Village/Summer Hill BBQ Rain Date	15 Energy Assistance Program 10 a.m. to 1 p.m. Cafe Bingo 2 p.m. Community Room Rosh Hashanah begins at sunset	16 
17 	18 Bingo 2 p.m. Community Room	19 Resident's Choice Game 11 a.m. Community Room	20 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	21 Blood Draw Clinic 10 a.m. Doctor's office Exercise with Kim 2 p.m. Community Room	22 Bingo 2 p.m. Community Room	23  First day of Autumn
24 Yom Kippur begins at sunset	25  Bingo 2 p.m. Community Room	26 "Norway" Travel Log 2 p.m. Community Room	27 Faith Talk 2 p.m. Community Room National Chocolate Milk Day 2 p.m. to 4 p.m. cafe	28 Exercise with Kim 2 p.m. Community	29 Bingo 2 p.m. Community Room	30