

## Summer Hill Staff

**Main Office:** (201) 848-5848  
**Office Hours:** 8 a.m. to 4 p.m.  
**Fax:** (973) 633-9023

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**Resident Director**  
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LKoblitz@ChristianHealthNJ.org

**Isabel Galindo**  
**Occupancy Specialist**  
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IGalindo@ChristianHealthNJ.org

**Susan Matyiku**  
**Service and Activity Coordinator**  
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SMatyiku@ChristianHealthNJ.org

**Kim Martin, OTR/L,**  
**Wayne Rehab Services Manager**  
(201) 848-5915  
LVRehab@ChristianHealthNJ.org

**Rev. Anthony Matias**  
**Chaplain**  
(201) 848-7507  
AMatias@ChristianHealthNJ.org

**Maintenance**  
(201) 848-5859

**Rolando Diaz**  
**Superintendent**  
(201) 897-5402  
RDiaz@ChristianHealthNJ.org

**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

- Tuesday, September 9, 2025: Apartments 2401 to 2407
- Wednesday, September 10, 2025: Apartments 2408 to 2416
- Thursday, September 11, 2025: Apartments 2417 to 2424
- Friday, September 12, 2025: Apartments 2425 to 2428

Specific times for each individual apartment are not available. If you have a conflict or any questions, call Maintenance at (201) 848-5859.

## Extermination

- Tuesday, September 9, Summer Hill One, first floor, Apartments 1101 to 1118
- Tuesday, September 9, Summer Hill One, second floor, Apartments 1201 to 1218
- Tuesday, September 23, Summer Hill One, third floor, Apartments 1301 to 1318
- Tuesday, September 23, Summer Hill One, fourth floor, Apartments 1401 to 1418

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.**

## Did You Know?

There is a game room located on the fourth floor of Summer Hill Two? Please feel free to join the group for card games at 2 p.m. or play any of the board games in the cabinet, including chess, checkers, Scrabble, Trivial Pursuit, and more. The game room is available for all Summer Hill residents to use. Are you looking for a particular game? Call Susan with your request at (201) 848-5837.



## Summer Hill Highlights

September 2025

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

### Happy Birthday Catalina!

A wonderful milestone was recently celebrated! Isabel Galindo, Summer Hill Occupancy Specialist, had the joy of celebrating her daughter Catalina's first birthday on July 30.





*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, September 25, 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.

**Blood-Draw Clinic: Every third Thursday 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.

*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 explores how to maintain a vibrant spiritual life in the midst of challenges surrounding aging.

*Annual Siena Village and Summer Hill Barbecue*

**Wednesday, September 10, at noon at Siena Village Bocce Courtyard**

**Rain Date: Thursday, September 11**

**This event is for residents only.** Live-in aids are welcome if accompanied by residents. Free transportation will be provided. Transportation details will be delivered to your door the week of September 7th. \*Residents are not permitted to drive. RSVP required by Friday, August 29.

*Activities*

**Catholic Mass – September 3, 10, and 17 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**

**Trivia – Monday, September 8, and Wednesday, September 17, at 11 a.m. in the Community Room** Are you up for the trivia challenge? Join us for a fun trivia game where you can test your knowledge!

**Cornhole – Tuesday, September 9, and Thursday, September 25, at 11 a.m. in the Community Room**

**\*New\* Bean Bag Toss Game – Tuesday, September 16, at 11 a.m. in the Community Room** Toss the bean bag into the six hole targets and score points.

*Special Events*

**Healthy Aging Presented by ShopRite Dietitian Kamryn: Tuesday, September 2, at 2 p.m. in the Community Room**

Join Kamryn Convertino, the dietitian from the ShopRite of Wayne, for an informative presentation and food demonstration on healthy aging. Discover how nutrition, lifestyle habits, and simple daily changes can support brain health, bone strength, heart wellness, and overall vitality as we age. REGISTRATION is required, no exceptions. Register with Susan at (201) 848-5837 by September 1.

**Musical Duo Tricia and John: Thursday, September 4, from 6 p.m. to 7:30 p.m. in the Community Room**

Enjoy a sweet snack and some great music performed by duo Tricia and John. Register by September 2. Call Susan to register at (201) 848-5837.

**Neptune Cremation Society Cremation Preplanning Information Session: Tuesday, September 9, at 2 p.m. in the Community Room**

**\*Light refreshments will be served.** Find out more about cremation services, preplanning, and purchasing final cremation arrangements. Preplanning helps you control what you want, protect your loved ones from unecesssary stress, and often allows you to save money. Register with Susan no later than Tuesday, September 2.

**“The Wonders of Utah”: Thursday, September 18, at 2 p.m, in the Community Room** A documentary on the big screen. The best sights to see in Utah.

**Home Energy Assistance Presentation: Tuesday, September 23, from 11 a.m. to 1 p.m. in the Community Room**

Representatives from the Home Energy and Weatherization Department will be available to explain the new application process and answer any questions. Register with Susan by September 16.

**Decoding Dementia and Alzheimer's/Bodies in Motion, Presented by NewBridge Services: Wednesday, September 24, from 11 a.m. to 12:15 p.m. in the Community Room**

This informative session will provide insights into the diseases, their progression, and effective care strategies to improve quality of life. **A Bodies in Motion** movement class will follow the presentation. Learn how to remove tension and pain as you explore the power of rhythm through music! Registration is required by September 17. Call (201) 848-5837.

**Sing-Along: Tuesday, September 30, at 2 p.m. in the Community Room** Get ready to sing! Come prepared with a list of your favorite sing-along songs.

# Community Support and Health Services

Communities thrive when their residents have access to essential health services, especially preventative care and recovery support. Whether it is preparing for flu season, managing chronic conditions, recovering from an injury, or needing counseling services, knowing what is available locally can make a significant difference in a person’s well-being.

Listed below are some resources available to you:

Valley Hospital holds a blood draw clinic at 10 a.m. on the third Thursday of each month in the Community Room. Register with Susan at (201) 848-5837.

Dr. Kaur offers mobile optometry services on the premises once a month. Services offered include eye exams and screenings, treatment options, eye glass prescriptions, contact lens fittings, and more.

DispatchHealth is same-day medical care that comes straight to your door, and the cost is typically the same as an Urgent Care. Open seven days a week from 8 a.m. to 10 p.m., DispatchHealth tests and treat a wide range of illnesses and injuries. To book an appointment, call (201) 677-5893 or go online at [dispatchhealth.com](https://dispatchhealth.com).

Wayne Health Department, located in the Wayne Municipal Complex on Valley Road, offers a variety of low-cost cancer screenings and programs to help identify individuals with diabetes, cardiovascular disease, and various other health concerns of older adults, as well as a low-cost dental clinic.

St Joseph’s Health, Totowa Campus, is a multispecialty outpatient care facility providing advanced preventative, diagnostic, and therapeutic services all in one location. They are located at 225 Minninsink Road, Totowa. For additional information, call (862) 657-3000.

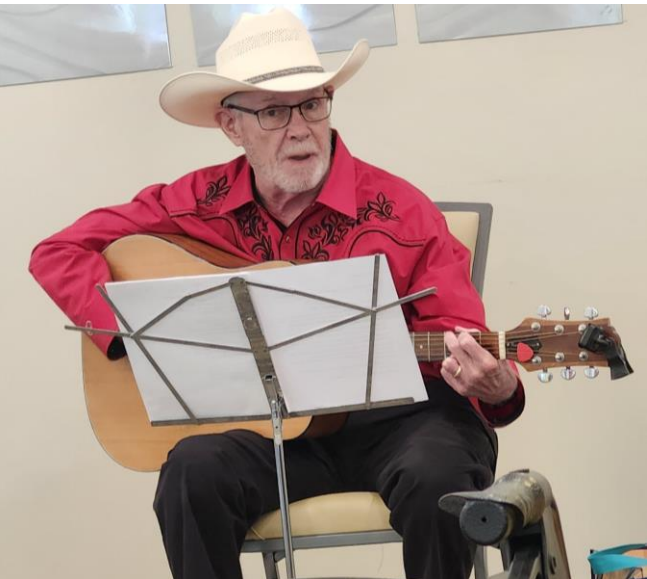
Dr. Witkin, Podiatrist, treats you in the comfort of your apartment. Call his office to schedule a visit at (973) 696-6677.

Kamryn Covertino, Wayne ShopRite dietician, offers free consultations to help you with weight loss strategies and managing special diets. To find out more about the dietician services, call ShopRite at (973) 595-0079.

It’s important to keep in mind our very own services provided by Christian Health, including PT, OT, speech therapy, counseling services, and Home Care Options. For more information on any of these services or if you need a referral for a doctor or other health care service, contact Susan Matyiku, Service and Activities Coordinator, at (201) 848-5837.

**\*Coming in October**, we are pleased to offer you a Resource Directory designed especially for our senior community. This helpful guide provides a list of local services and programs that support your well-being, independence, and daily needs. Our goal is to make life a little easier and ensure you have access to the support and services you deserve.

# Musical Entertainment at Summer Hill



Vista resident and volunteer, John Smith, entertained residents with a country music performance!



Summer Hill favorite, Neil Dankman, performed a Neil Diamond tribute concert.

# Do You Need Help Paying Your Energy Bills?

**Representatives from the Home Energy and Weatherization Department will be available to explain the new application process, assist with applying and recertifying and answer any questions on Tuesday, September 23, 11 a.m. to 1 p.m. in the Community Room .**

The low-income home energy assistance program (LIHEAP & USF) offers financial assistance to those having difficulty paying their electric, gas, and deliverable fuel bills.

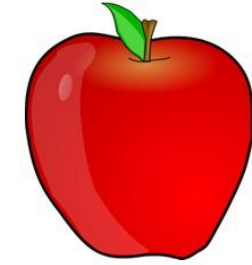
If you would like to apply or recertify please bring a copy of all pages of your lease including section 8 breakdown, your most recent PSEG bill, your 2025 social security award letter or proof of income/bank statements. If this is your first time applying please also bring your social security card. If you have any questions, you can call Susan Matyiku, Service and Activity Coordinator, at (201) 848-5837.




Please be advised that the application process for Home Energy Assistance (LIHEAP and USF) will be conducted strictly online. All submissions, forms, and required documents must be submitted through the official online portal. We are working closely with the Weatherization and Home Energy Division to help make this transition as smooth as possible. That said, This is a benefit provided by Passaic County, and it's important that residents take an active role in completing their applications to ensure they continue receive the assistance they are eligible for.





# September 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>* In observance of Labor Day the office will be closed on Monday 9/1 and there will be no bus service</i>	1  <b>Bingo</b> 2 p.m. Community Room	2 <b>Healthy Aging with ShopRite Dietician Kamryn</b> 2 p.m. Community Room	3 <b>Catholic Mass</b> 1 p.m. Community Room <b>Faith Talk</b> 2 p.m. Community Room	4 <b>Musical Duo Tricia and John</b> 6:00 p.m. to 7:30 in the Community Room	5 <b>Bingo</b> 2 p.m. Community Room	6 <b>Resident Saturday Social</b> 6:30 p.m. Community Room
7 <b>Bingo</b> 2 p.m. Community Room	8 <b>Trivia</b> 11 a.m. Community Room <b>Bingo</b> 2 p.m. Community Room	9 <b>Cornhole</b> 11 a.m. Community Room <b>Neptune Society Cremation Info Session</b> 2 p.m. Community Room	10 <b>Siena/Summer Hill BBQ</b> Noon at Siena Village <b>Catholic Mass</b> 1 p.m. Community Room <b>Faith Talk</b> 2 p.m. Community Room	11 <b>Rain Date for Siena/Summer Hill BBQ</b> Noon at Siena Village	12 <b>Bingo</b> 2 p.m. Community Room	13 <b>Resident Saturday Social</b> 6:30 p.m. Community Room
14 <b>Bingo</b> 2 p.m. Community Room	15 <b>Bingo</b> 2 p.m. Community Room	16 <b>Bean Bag Toss</b> 11 a.m. Community Room	17 <b>Trivia -11 a.m.</b> Community Room <b>Catholic Mass</b> 1 p.m. Community Room <b>Faith Talk</b> 1 p.m. Community Room	18 <b>Blood Draw Clinic</b> 10 a.m. Boardroom, Building <b>"The Wonders of Utah"</b> 2 p.m. Community Room	19 <b>Bingo</b> 2 p.m. Community Room	20 <b>Resident Saturday Social</b> 6:30 p.m. Community Room
21 <b>Bingo</b> 2 p.m. Community Room	22 <b>Bingo</b> 2 p.m. Community Room 	23 <b>Energy Assistance Presentation</b> 11 a.m. to 1 p.m. Community Room	24 <b>Decoding Dementia and Bodies in Motion Class</b> 11 a.m. Community Room <b>Faith Talk</b> 2 p.m. Community Room	25 <b>Cornhole</b> 11 a.m. Community Room <b>Exercise</b> 2 p.m. Community Room	26 <b>Bingo</b> 2 p.m. Community Room	27 <b>Resident Saturday Social</b> 6:30 p.m. Community Room
28 <b>Bingo</b> 2 p.m. Community Room	29 <b>Bingo</b> 2 p.m. Community Room	30 <b>Sing A Long</b> 2 p.m. in the Community Room	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 <b>Resident Saturday Social</b> 6:30 p.m. Community Room