

Siena Village Staff

Main Office: (201) 897-5400

Office Hours: 8 a.m. to 4 p.m.

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Chaplain

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Isabel Galindo

Community Coordinator

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Rolando Diaz

Superintendent

(201) 897-5402

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Beauty Parlor

(973) 696-6970

Security Guard

(201) 897-5400

Maintenance Reminders

Apartment Inspections

Annual apartment inspections will be conducted for the following apartments in January.

- Tuesday, January 3
- Wednesday, January 4
- Thursday, January 5

Specific times for each individual apartment are not available. Your apartment should be clean and everything should be in working order. All residents need to sign off on inspections and should be present to discuss any concerns. If you have any questions, call Rolando Diaz, Superintendent, at (201) 897-5402.

Extermination Schedule

- Building 1, floors 1 and 2, and all common areas:
Third Monday of the month
- Building 2, floors 1 and 2:
Second Monday of the month
- Building 2, floors 3 and 4:
First Monday of the month

Service is a visual inspection alternating between the kitchen/bathroom and bedroom. A Maintenance team member will accompany the exterminator. Residents should be present for the exterminator. Please call Rolando Diaz with questions at (201) 897-5402.

What to Know about Snow

Snow plowing takes place during snowstorms of two inches or more. We will contact you to let you know when to move your car into a visitor parking space so that your parking space can be plowed. Once you move your car, you will need to move it back to your assigned parking space in a half hour. Moving resident vehicles into visitor parking before a storm is prohibited. If you do not move your car, it may result in an additional expense. To have your car cleaned and moved by staff, sign the log book by 8 a.m., place your car keys and a \$20 check made payable to CHCC at Wayne, LLC., in a designated envelope, and give it to our community coordinator, Isabel Galindo, at the main lobby desk between the hours of 8 a.m. and 4 p.m. Keys will not be accepted outside of those hours or by any other staff. Sidewalks and common areas will be plowed and shoveled before parking spaces to allow emergency vehicles access to the building. Please do not follow the plow truck to have your space cleared sooner.

(201) 848-5400 • ChristianHealthNJ.org | 1000 Siena Village, Wayne, NJ 07470



Siena Village Holiday Party



Holiday Party Memories



Clockwise: Josephine Grundtner and Virginia Dericks, Paul and Pearl Ng, Michael and Jenny Lee, Peter and Margaret Lau, Patty Pang, Lee Butler, Barbara Keegan Aracelis Padua, Liz Acker, and Edvie Moyer

A lovely time was had by all!



Service Coordinator's Corner

Free Exercise Classes: Wednesdays, January 4, 11, 18, and 25, at 2 p.m. in the Founders Great Room

Kim Martin, OTR/L, leads free chair exercise classes that focus on chair aerobics and stretching to help seniors maintain cardiovascular health, strength, and flexibility.

Blood-Draw Clinic: Thursday, January 12, at 10 a.m. in the Founders Great Room

The Valley Hospital will hold a blood-draw clinic on the above date. Sign-up is required and will be in The Valley Hospital binder in the lobby. You will need their Medicare card with ID number, driver's license or other form of photo identification, and a prescription from your doctor. You will be required to complete a form for the first time. Results will be sent to your prescribing physician.

Wayne Public Library: Thursday, January 12, at 2 p.m. in the Siena Village Library

Wayne library staff will be on-site to register residents for library cards. They will also have a variety of library materials, including iPads, which the residents can borrow. **Please call Karen Clemente, Service Coordinator, to register at (201) 897-5404.**

Blood Pressure Clinic: Thursday, January 19, from 10 a.m. to noon in the Founders Great Room

Registered nurses from The Valley Hospital will hold a monthly clinic. Following blood pressure checks, an "Ask the Nurse" session will be held for answers to general medical questions you may have.

Plains Pharmacy "Ask the Pharmacist": Thursday, January 19, 2 p.m. in the library

A pharmacist will be available at Siena Village to test blood sugar and blood pressure and review medication adherence. There will be a question-and-answer session at the end, so bring your medication questions! **Please call Karen Clemente, Service Coordinator, to register at (201) 897-5404.**

A Big Thank You!

Thank you to all the residents who donated to Toys for Tots! You made some children quite happy.

Welcome to Siena Village

Valerie Calissi, Apartment #2230

Resident Committee

Meeting; Monday, January 2, at 7 p.m. in the Founders Great Room

Bunco Sunday: January 15, doors open at 1:30 p.m. (game starts at 2 p.m.) in the Founders Great Room

Make check for \$6 payable to Siena Village and place in the resident-event box.

Casino Trip Wind Creek: Wednesday, January 18, bus leaves at 10 a.m.

Trip fee includes round-trip bus transport and \$25 slot play. Bring a government-issued ID and make check for \$27 payable to Siena Village. Place check in the resident-event box by Tuesday, January 3.

See enclosed flyer for more details.

Chinese Dinner: Saturday, January 21, at 6 p.m. (doors open at 5:45 p.m.) in the Founders Great Room See enclosed flyer for details.



Did You Know? New Year's Festive Facts

What does "Auld Lang Syne" mean, and why do we sing the song at midnight on New Year's Eve? "Auld Lang Syne," the title of a Scottish folk song that many English speakers sing at the stroke of midnight on New Year's Eve, roughly translates to "days gone by." The poet Robert Burns is credited with transcribing, adapting, and partially rewriting it in the late eighteenth century. Its lyrics, which rhetorically ask whether "auld acquaintance" should "be forgot," have been interpreted as a call to remember friends and experiences from the past.

Who were the first to make resolutions for the new year?

People have been pledging to change their ways in the new year – whether by getting in shape, quitting a bad habit, or learning a skill – for an estimated 4,000 years now. The tradition is thought to have first caught on among the ancient Babylonians, who made promises in order to earn the favor of the gods and start the year off on the right foot.

When was the first New Year's Eve ball dropped in New York's Times Square?

An estimated 1 billion people around the world watch each year as a brightly lit ball descends down a pole atop the One Times Square building at midnight on New Year's Eve. The world-famous celebration dates back to 1904, when the New York Times newspaper relocated to what was then known as Longacre Square and convinced the city to rename the neighborhood in its honor. At the end of the year, the publication's owner threw a raucous party with an elaborate fireworks display.

Who made January 1 the first of the year?

When the first calendar fell out of sync with the sun, in 46 B.C. Julius Caesar decided to solve the problem by consulting with the most-prominent astronomers and mathematicians of his time. He introduced the Julian calendar, which closely resembles the modern Gregorian calendar that most countries around the world use today. As part of his reform, Caesar established January 1 as the first day of the year, partly to honor the month's namesake: Janus, the Roman god of beginnings, whose two faces allowed him to look back into the past and forward into the future.

What are some traditional New Year's foods?

In Spain and several other Spanish-speaking countries, people bolt down a dozen grapes – symbolizing their hopes for the months ahead – right before midnight. Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal, and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, Mexico, Greece, and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.

Special Events

Meet & Greet Pizza Party: Thursday, January 26, at 12:30 p.m. in the Founders Great Room

The menu will include two slices of pizza, a beverage, and dessert. Please make check for \$5 payable to CHCC of Wayne, LLC., and place in special-events box by Monday, January 16. Entertainment provided by the Pettets. **Please see enclosed flyer for details.**

Armchair Travel – Czech Republic: Prague and Beyond: Friday, January 27, at 1:30 p.m. in the library

In the Czech Republic, we visit Prague to experience its massive castle, beloved statue-lined bridge, evocative Jewish Quarter, and thrilling twentieth-century history while enjoying its infectious love of music and perhaps the best beer in Europe.

Special! Neil Diamond Video Concert – Hot August Night/NYC: Friday, January 6, at 2 p.m. in the library

Recorded live at Madison Square Garden in 2008, the concert captures the entertainer's phenomenal talent.

Afternoon at the Movies

2 p.m. in the library

Friday, January 13: "The Upside" (PG-13) A recently paroled ex-convict, Dell (Kevin Hart), strikes up an unusual and unlikely friendship with a quadriplegic billionaire, Philip (Brian Cranston). From worlds apart, the two form an unlikely bond, bridging their differences and gaining invaluable wisdom in the process.

Friday, January 20: "Mrs. Harris Goes to Paris" (PG) London housecleaner Ada Harris thinks her lonely life might turn around if she can become the owner of a Christian Dior gown. Saying goodbye to friends won't be easy, and neither will be winning over the elite designers in Paris. However, Ada's irrepressible charm just might end up saving the whole House of Dior.

Please call Karen Clemente, Service Coordinator at (201) 897-5404 to sign up for Neil Diamond, Armchair Travel, and movies.

Ongoing Activities

Silver Circle Knitting Club: Mondays from 1 p.m. to 3 p.m. in the library

Please join in for an afternoon of knitting to benefit Linda's Hats for Hope.

Men's Club: Wednesdays from noon to 3 p.m. in the Building 1 game room

Enjoy a friendly game of cards and pleasant conversation and make some new friends. Contact Ken MacDonald at (973) 997-2950 if you are interested in participating.

Book Club: First Thursday of the month at 2 p.m. in the library

If you would like to participate, contact Susan Masso at (201) 232-3817 or Candace Eardley at (973) 420-6759. Maximum of 12 people.

Bingo: Thursdays at 7 p.m. in the Founders Great Room

Join the game, make new friends, and have some fun.

Heart to Heart: Tuesday, January 24, at 6:30 p.m. in the Founders Great Room

A Message from Rehab

Happy New Year! The year 2022 is now behind us, and we are looking forward to a brand-new year. Did you make a New Year's resolution? Many times we make resolutions with good intentions, but they are often not realistic and forgotten before the end of the month. Take a look at your current lifestyle and determine what you may need to improve. Then prioritize – work on one goal at a time. Lastly, make your goals achievable – success is a big motivator.

Here is a short list of some goals to consider:

1. Eat a healthier, well-balanced diet – promote good nutrition and a healthy weight
2. Stay active – get regular exercise to maintain strength, flexibility, endurance, and balance – consider joining our seated exercise class
3. Get plenty of sleep – seven to eight hours per night is the recommendation
4. Keep your brain fit – be sure to engage in activities for mental stimulation
5. Review and update your legal documents – medical directives, power of attorney, and wills
6. Do more of what you enjoy to avoid the blues
7. Keep up with your regular checkups – don't forget the dentist, ophthalmologist, and audiologist

The rehab team wishes you all a healthy and happy New Year. Remember, we offer some programs here at Siena Village and Summer Hill to help promote health and wellness. We look forward to seeing you at our seated exercise class and 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. You can contact Kimberly Martin at (201) 848-5915 with any questions.

Faith Talk

Greetings Siena Village residents! You are cordially to **Faith Talk** on Tuesdays at 1 p.m. in the library 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 begin the new year by following Jesus's footsteps through the Gospel of Mark; discussing his life, death, and resurrection and what it means for us today. Be blessed and happy New Year!

Rosary/Mass

Rosary: Tuesday, January 10, at 1:30 p.m. in the Founders Great Room Mass immediately following

Sharing Jesus

First and Third Wednesday of the month at 10:00 a.m. in the library

Please join Ann Pope in sharing your testimonies and/or be uplifted by those of others as we honor Jesus for all He is and has done for us, proving that it is possible to have a personal relationship with God.



January 2023



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|--|---|
| 1  HAPPY NEW YEAR! | 2 Silver Circle Knitting 1 to 3 p.m. Library Story Time-3:30 p.m. Library Resident Committee 7 p.m. Founders Great Room | 3 Faith Talk 1 p.m.-Library | 4 Sharing Jesus 10 a.m. Library Exercise Class –2 p.m. Founders Great Room Men’s Club-12 p.m. to 3 p.m. | 4 Book Club 2 p.m.-Library Bingo 7p.m-Founders Great Room | 6 Neil Diamond Hot August Night/NYC 2 p.m.-Library | 7  Happy New Year |
| 8 | 9 Silver Circle Knitting 1 to 3 p.m. Library | 10 Faith Talk 1 p.m.-Library Rosary/Mass 1:30/2 p.m. Founders Great Room | 11 Exercise Class 2 p.m. Founders Great Room Men’s Club-12 p.m. to 3 p.m. Game Room-B1, F2 | 12 Blood Draw Clinic 10 a.m. Founders Great Room Wayne Public Library 2 p.m. Library Bingo 7p.m Founders Great Room | 13 Afternoon at the Movies “The Upside “ 2 p.m.-Library | 14 |
| 15 Bunco Doors Open 1:30 p.m. Founders Great Room Game Starts at 2 p.m. | 16 Silver Circle Knitting 1 to 3 p.m. Library Story Time-3:30 p.m. Library | 17 Faith Talk 1 p.m.-Library | 18 Sharing Jesus 10 a.m. Library Exercise Class –2 p.m. Founders Great Room Men’s Club-12 p.m. to 3 p.m. Game Room-B1, F2 Resident Committee Wind Creek Casino Trip | 19 Blood Pressure Clinic 10 a.m. Founders Great Room “Ask the Pharmacist” 2 p.m. Library Bingo 7p.m-Founders | 20 Afternoon at the Movies “Mrs. Harris Goes to Paris” 2 p.m.-Library | 21 Resident Committee Chinese Dinner 6 p.m. Founders Great Room |
| 22 | 23 Silver Circle Knitting 1 to 3 p.m. Library | 24 Faith Talk 1 p.m.-Library Heart to Heart 6:30 p.m.-Library | 25 Exercise Class –2 p.m. Founders Great Room Men’s Club-12 p.m. to 3 p.m. Game Room-B1, F2 | 26 Meet & Greet Pizza Party with ‘The Pettets’ 12:30 p.m. Founders Great Room Bingo 7p.m ????? | 27 Armchair Travel Czech Republic/Prague 1:30 p.m.-Library | 28 |
| 29  | 30 Silver Circle Knitting 1 to 3 p.m. Library | 31 Faith Talk 1 p.m.-Library | | | |  |