

Main Office: (201) 897-5400

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

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Maintenance Reminders

Apartment Inspections

Annual apartment inspections will be conducted for the following apartments as listed below:

- Tuesday, June 6: Apartments 2226 to 2233
- Wednesday, June 7: Apartments 2234 to 2241
- Thursday, June 8: Apartments 2242 to 2251

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.

Please note there will not be vent cleaning this June. Cleaning will resume next year in 2024.

Primary Election

A primary election will be held on Tuesday, June 6. Polling will be held at the Wayne Municipal Building (Council Chambers), located at 475 Valley Road, Wayne, NJ 07470. New Jersey registered voters will go to the polls on June 6 to choose which of their party's candidates will face off on Election Day in the November 7 general election. Voting questions? Call **1-877-NJ-VOTER** (1-877-658-6837).



Origins of Father's Day

The campaign to celebrate the nation's fathers did not meet with the same enthusiasm as Mother's Day, perhaps because, as one florist explained, "Fathers haven't the same sentimental appeal that mothers have."

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers, and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day. Today, the day honoring fathers is celebrated in the United States on the third Sunday of June. Here are a few fun facts regarding the holiday:

- An estimated 72 million fathers are living in the U.S. right now.
- Americans plan to spend more than \$20 billion buying gifts for the dads in their lives this Father's Day.
- 76% of American adults said they intend to celebrate Father's Day in some way.
- Nearly two-thirds of people reported seeing higher prices than last year when shopping for Father's Day gifts.
- The percentage of stay-at-home dads doubled from Generation X to millennials.
- Father's Day is the fourth-largest holiday for greeting card sales, following only Christmas, Valentine's Day, and Mother's Day.

Service Coordinator's Corner

Farmers Market Vouchers: The State of New Jersey Department of Health and Senior Services is offering income-based farmers market vouchers. Please bring your driver's license or other form of photo identification and proof of address. Applications will be available early June in the main lobby. Any questions please call Karen Clemente, Service Coordinator, at (201) 897-5404.

Free Exercise Classes will take place at 2 p.m. on Wednesdays, June 7, 14, and 21 in the Founders Great Room. Please note class will not be held on June 28. 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 Pressure Clinic: Thursday, June 1, at 10 a.m. in the Founders Great Room

Registered nurses from the Wayne Township Health Department will be available to take resident's blood pressure.

Blood-Draw Clinic: Thursday, June 8, 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. Residents will need their Medicare card with ID number, driver's license or other form of photo identification, and a prescription from their doctor. Residents will be required to complete a form for the first time. Results will be sent to their prescribing physician.

Meet and Greet with our neighbors at Home Care Options: Monday, June 26 at 2 p.m. in the Founders Great Room. Please join us to learn about the health and social services Home Care Options is able to provide Siena Village Residents in their own apartments.

Hearing Screening: Thursday, June 29, at 2 p.m. in the Founders Great Room

Top audiologist and hearing specialist Gregg Romano is proud to announce "Greg's Mobile Hearing Service." Mr. Romano will present a program regarding hearing awareness, hearing loss, and effective communication. Free hearing tests and ear wax removal will be available.

Please call Karen Clemente, Service Coordinator, at (201) 897-5404 to register.

Ongoing Activities

Silver Circle Knitting Club: Group is on summer break and will resume meeting in September.

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 in the Founders Great Room at 7 p.m. Join the game, make new friends, and have some fun.



Did You Know? Facts for Seniors

Wellness is "the quality or state of being in good health, especially as an actively sought goal." This definition highlights the importance of what wellness truly is: a journey not a destination. There are seven dimensions of wellness to keep us healthy in mind, body, and spirit.

- **Physical wellness** involves physical activity to build endurance, flexibility, strength, and fitness. It can be achieved through regular exercise, proper diet and nutrition, and rest, as well as avoidance of tobacco, drugs, and excessive alcohol consumption.
- **Intellectual wellness** involves putting one's intelligence to its best possible use. It requires learning, problem-solving, and creative pursuits, as well as reading, writing, and other mentally stimulating and challenging activities.
- **Emotional wellness** focuses on how one feels, thinks, and copes with life. It can affect one's ability to deal with normal life stressors, relationships with others, satisfaction, and success, as well as the quality of life and happiness.
- **Spiritual wellness** is about finding meaning and purpose in life. It involves mindfulness as well as appreciation and acceptance of life. Spiritual wellness can be experienced and achieved through meditation, religion, music, art, literature, nature, and connections with loved ones and other people in the community.
- **Occupational wellness** is recognizing that the desire for a meaningful life doesn't end when one retires. Working or managing a household lets you exercise your skills and talents. Retired older adults must find new ways to conceptualize and achieve the benefits of work in retirement. Fulfilling your calling can take many forms and can be pursued whether or not you have a full-time job. One way to understand occupational wellness for older adults is to think of it as contributing your unique skills and talents toward activities you find meaningful and rewarding. This can be achieved by learning new skills you can share with others and developing new interests and hobbies.
- **Social wellness** is about having satisfactory interpersonal relationships and positive interactions with others. It involves learning social skills to develop a good support system and deep, meaningful relationships. Having excellent communication and listening skills, practicing empathy and compassion, and caring for others can lead to more satisfying and meaningful relationships. In turn, this can promote better health and wellness.
- **Environmental wellness** involves living in harmony with the Earth by understanding your impact on the natural world and your personal surroundings. It also includes taking action to protect and heal the world around you. When you lead a lifestyle that is respectful to the environment, you lead a lifestyle that is respectful to yourself! Minimize exposure and production of harmful elements: common environmental threats include carbon dioxide production, air pollution, ultra-violet radiation in the sunlight, chemicals, noise, and water pollution.

Special Events

Wayne Museum Presents “Women in History”: Thursday, June 8, at 2 p.m. in the library

The presentation will focus on the women at the Van Riper-Hopper house in Wayne, NJ. The program explores the lives of the 19 women who lived and labored on-site, including Van Riper and Hopper family members, enslaved African women, and paid servants. Attendees will also learn how museums use artifacts to tell the storeis of these women.

“They Survived Together”: Monday, June 12, at 2 p.m. in the library

This documentary tells the story of the Neigers, a Jewish-Polish family who made it out of the Holocaust alive and intact. “There are no true happy endings from the events of that time and place in history: however, this film itself has a uplifting ending.”–S. Horowitz, Journalist.

We All Scream for Ice Cream: Friday, June 16, at 2 p.m. in the courtyard

Let’s celebrate Father’s Day with some! Please join us for a visit from the Sweet Dreams and Ice Cream truck. There will be lots of sweet choices for you to choose from, and the cost is \$4.50 per treat. Looking forward to seeing you for a tasty afternoon. For dads and granddads the treat is on Siena Village!

Armchair Travel–Next Stop the Heart of England: Friday, June 23, at 1:30 p.m. in the library

The heartland of England has sights that put the "Great" in Britain: its venerable universities, its royal heritage, and reminders of its industrial might. At Oxford and Cambridge, we’ll see where kings and prime ministers studied. At Blenheim Palace, Winston Churchill’s birthplace, we will connect with English aristocracy. At Ironbridge Gorge, we fire up memories of the Industrial Revolution.

“Histories Mysteries: The FBI Celebrity Files”: Wednesday, June 28, at 2 p.m. in the library

This documentary is part of series from the History Channel that investigates some of civilization's unsolved mysteries and controversies. **Please call Karen Clemente, Service Coordinator, at (201) 897-5404 to sign up for any of the above activities.**

Afternoon at the Movies

Friday, June 2, “Respect” (PG-13): Follow the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom in the remarkable true story of the journey to find her voice and become the Queen of Soul. Starring Jennifer Hudson and Forest Whitaker.

Friday, June 9, “Queen Bees” (PG-13): While her house undergoes repairs, fiercely independent senior Helen reluctantly moves into a nearby retirement community, just temporarily. Once there, she encounters feisty widows, cutthroat bridge tournaments, and a group of bullying "mean girls" that reminds her of high school and has her yearning to go home. But somewhere between flower arranging and water aerobics, Helen discovers that it is never too late to make new friends and perhaps even find a new love. Starring Ellen Burstyn, James Caan, and Ann-Margret. **Please call Karen Clemente, Service Coordinator at (201) 897-5404 to sign up for movies.**

A Message from Rehab

Greetings from rehab! It’s time to turn the page on the calendar again – June is here and summer is right around the corner.

In preparation for the warm weather, let’s take a look at some simple precautions we can take to stay safe and healthy. Here are a few tips for your summer safety.

- Wear loose, lightweight, light-colored clothing.
- If you need to run errands, try to do them during the cooler hours of the day – before noon or after 4 p.m.
- Stay out of the direct sun – choose a shady seat if possible.
- Wear sunscreen, a hat with a wide brim, and sunglasses.
- Avoid strenuous activities and take frequent rest breaks to avoid getting overheated.
- Know your medications – many can make you sensitive to sunlight or heat.
- Check in on family, friends, and neighbors – especially those with special needs or medical conditions.
- And last but not least – drink plenty of water to **STAY HYDRATED!**

We can all use some fresh air and exercise – let’s just think ahead and do it with good safety.

The rehab team offers some programs right here at Siena Village 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.

Faith Talk

Greetings Siena Village residents! You are cordially to **Faith Talk** on Tuesdays at 1 p.m. in the library 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 prepare for Pentecost, discussing the Holy Spirit's work through the Apostles in the book of Acts. Be blessed!

Rosary/Mass

Tuesday, June 13, at 1:30 p.m.: Rosary in the Founders Great Room, mass immediately following

Sharing Jesus

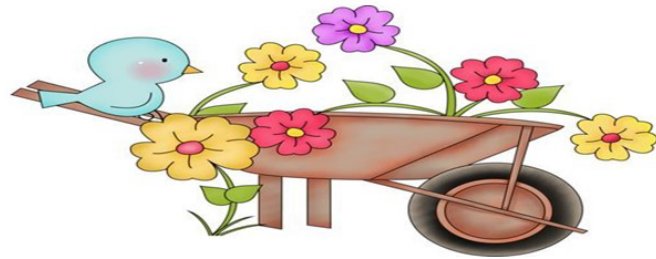
First and third Wednesday of the month at 10 a.m. in the library

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.

Resident Committee






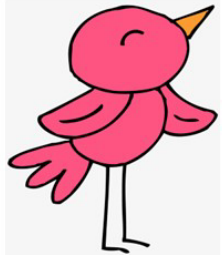
Meeting: Monday, June 5, at 7 p.m. in the Founders Great Room

Summer Concert–Joe Conti and Friend: Monday, June 12, at 7 p.m. in the courtyard (Founders Great Room if inclement weather)



June 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Blood Pressure Clinic 10 a.m. Founders Great Room Book Club 2 p.m. library Bingo 7 p.m. Founders	2 Afternoon at the Movies "Respect" 2 p.m. library	3 
4	5 Resident Committee Meeting 7 p.m. Founders Great Room	6 Faith Talk Communion Service 1 p.m. library	7 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	8 Blood Draw Clinic 10 a.m. Founders Great Room Wayne Museum Presents "A trip through time" 2 p.m. library Bingo 7 p.m. Founders Great Room	9 Afternoon at the Movies "Queen Bees" 2 p.m. library	10
11	12 "They Survived Together" Documentary 2 p.m. library Resident Committee Summer Concert Joe Conti	13 Faith Talk 1 p.m. library Rosary Mass 1:30 p.m. Founders Great Room	14  Exercise Class 2 p.m. Founders Great Room Men's Club 12 p.m. to 3 p.m. Game Room B1, F2	15 Wayne Library at Siena 2 p.m. Library Bingo 7 p.m. Founders Great Room	16 Sweet Dreams Ice Cream Truck 2 p.m. Courtyard	18
18 	19	20 Faith Talk 1 p.m. library	21 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	22 Bingo 7 p.m. Founders Great Room	23 Armchair Travel Heart of England 1:30 p.m. library	24
25 	26 Meet and Greet Home Care Options 2 p.m. Founders Great Room	27 Faith Talk 1 p.m. library	28 Histories Mysteries The FBI Celebrity Files 2 p.m. library No Exercise Class Men's Club 12 p.m. to 3 p.m. Game Room B1, F2	29 Hearing Presentation And Screening 2 p.m. library Bingo 7 p.m. Founders Great Room	30	