

Siena Village Staff

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

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Beauty Parlor

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Security Guard

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Maintenance Reminders

Apartment Inspections

- Tuesday, November 2: Apartments 2426 to 2433
- Wednesday, November 3: Apartments 2434 to 2441
- Thursday, November 4: Apartments 2442 to 2451

Please call Rolando Diaz, Superintendent, with any questions at (201) 897-5402.

Extermination Schedule

- Building 1 Floors 1 and 2, and all common areas:
Monday, November 15
- Building 2 Floors 1 and 2:
Monday, November 8
- Building 2 Floors 3 and 4:
Monday, November 1

Services will alternate between crack and crevice treatment in the kitchen and bathroom and a visual inspection. A Maintenance team member will accompany the exterminator. Residents should be present for the exterminator. Please call Rolando Diaz with

What to Know About Snow

Snow plowing at Siena Village of Wayne takes place during snowstorms of two inches or more. A maintenance team member 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 thirty minutes. Moving resident vehicles into visitor parking before a storm is prohibited. These spaces must remain open so that they can be plowed first to allow room for residents to move their cars for plowing. Your cooperation is critical for the safety of all residents. 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 your check (\$20 for cars/\$25 for vans and SUV's) 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 in order to have your space cleared sooner.



Siena Village Spotlight

Terry Vittorio was born in Paterson, New Jersey, in a house built by her grandfather. She has memories of lovely times sharing meals and laughter with her large extended family. Terry is the oldest of three children and her family is very close - her sister and brother currently reside in Siena Village of Wayne as well. Terry attended school at St. Bonaventure where she walked each day. The church was a large part of her family's life; baptisms, communions, and weddings were all celebrated at St. Bonaventure. Terry continues to attend mass at the same church.

Terry met her future husband through a co-worker while working as a waitress in a small, local restaurant during her senior year of high school. On their first date, he took her to a Doo Wop performance at the Apollo Theater in New York City. The rest is history and they have been together for 65 years. They dated for three years prior to marriage and resided in an apartment in Paterson for seven years. The couple later purchased a home in Woodland Park where they raised two children and lived for 43 years before their move to Siena Village of Wayne 11 years ago.

Terry's son is a practicing doctor and her daughter performs administrative duties at Eva's Village in Paterson. Terry is the proud grandma of four children and great grandma to two.

Terry enjoys crocheting and knitting and created a special afghan blanket for each child and grandchild. Terry, along with the Siena Village Silver Circle knitting group, donate handmade hats, blankets, and scarves to Linda's Hats for Hope charity. This writer has seen her work; she is quite the talented woman.



When her children were young, Terry cared for her family and worked part-time as an accounts payable clerk. Once the children were grown, Terry worked for Fuji Photos as a credit analyst. She remained in the position with Fuji for 20 years before her retirement.

Terry is an active volunteer with the Little Sisters of the Poor in Totowa for more than 21 years. As a valued volunteer, Terry was invited to a Canonization in Rome. She shared that it was one of the most thrilling highlights of her extensive travels.

Once they were empty nesters, Terry and her husband travelled the world. They visited six continents, experienced 30 cruises, and visited all National Parks in the United States. Terry loves the beauty of nature and described the Canadian Rockies as being an amazing highlight of her travels. Terry recounted a trip she went on to Israel for a pilgrimage; she explained that she was able to visit all the holy sites from The Bible. Terry was grateful for the incredible opportunity to see the most sacred locations as described in The Bible.

Service Coordinator's Corner

Veterans' Recognition

Thursday, November 11

We would like to thank and recognize our Siena Village of Wayne veterans with a small gift.

Are you a veteran? If so please call Karen Clemente, Service Coordinator at 201-897-5404 to register.

Blood-Draw Clinic: Thursday, November 11, 10 a.m., Founders Great Room

The Valley Hospital will hold a blood draw clinic on Thursday, September 9. Sign-up in The Valley Hospital binder in the Lobby is required. Residents will need their Medicare card with ID number, driver's license or other 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.

Blood Pressure Clinic: Thursday, November 18, 10 a.m. to noon, Founders Great Room Beginning this month, registered nurses from 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.

Wellness Lecture: Tuesday, November 23 at 2 p.m. in the Founders Great Room

Kim Martin, OTR/L, Wayne Rehab Services Manager, will discuss the normal changes to vision that occur with aging as well as the common eye condition that may occur and how they impact our function.

Free Exercise Classes: Wednesdays, 2 p.m., Founders Great 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. Classes take place at 2 p.m. on Wednesdays on November 3, 10, and 17. Please note exercise class has been cancelled for Wednesday, November 24.

Basket of Thanks - Even through difficult times, we all have things to be thankful for, even though they are sometimes hard to see. Let us each recognize at least one thing we are grateful for this holiday with a community Basket of Thanks. Please complete the card attached to this newsletter and place in the Special Events Box by November 12. All our gratitude will be on display in the Lobby in the spirit of Thanksgiving. "It is not happy people who are thankful; it is thankful people who are happy."

Food Drive

Thanksgiving is on the horizon. As we give thanks for all the wonderful gifts we have, let us think of those without. The primary purpose of the Wayne Interfaith Network is to distribute non-perishable nutritious **food** to eligible area residents in need. Please consider donating to this wonderful cause to help families enjoy the spirit of Thanksgiving. **There will be a bin placed in the Main Lobby from Monday, November 1, through Friday, November 12. Most needed items** are canned fruit/veggies, hearty soups, tuna, pasta, rice mixes stuffing, gravy and cranberry sauce. Nonperishable foods only. No foods that require refrigeration. Thank you in advance for your generosity.



Healthy Holiday Nutrition Tips

Holidays are usually enjoyable. However, unhealthy habits can happen as a result of festive parties and gatherings. Here are some tips from the Mayo Clinic Health System, to help you have a healthier holiday:

Do not skip meals. Skipping a meal with the goal of saving calories prior to a holiday event can often backfire and lead to overeating due to ravenous feelings of hunger.

Choose your splurges. Scan the buffet or dinner table and choose a couple holiday favorites to splurge on instead of foods that you can have any other day of the year.

Choose drinks wisely. Stick to calorie-free drinks, such as water, tea or seltzer, instead of high-calorie festive drinks.

Visit the people, not the food. Move socializing away from the buffet or appetizer table to prevent mindless eating.

Eat until you are satisfied, not stuffed. No one likes that icky, stuffed feeling after a meal. Eat slowly, and check your fullness levels while you are eating. Remember — there are always leftovers!

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 New Jersey State, local and judicial candidates. This year, voters can also take advantage of in-person early voting from October 23 to October 31. For details about voting, please review the notices on the bulletin boards in the Main Lobby and Building 1. For questions regarding voting, please contact the Passaic County Clerk's office at (973) 881-4127.



Take the Chill Out - Cover Your Air Conditioner

Air conditioners will be covered starting on Tuesday, November 2, and will be completed by December 20. Cost is \$5 per air conditioner. If you would like your air conditioner(s) covered, place a check in the Rent Box made payable to "CHCC at Wayne LLC" with Air Conditioner Cover noted in the memo line. An envelope is not necessary. The area in front of the air conditioner must be clear of any furniture or household items. Schedule for covering air conditioners will be determined by Maintenance; you do not need to be at home. If you have any questions please contact Rolando Diaz at (201) 897-5402.

Courtesy in the Common Areas

While residents are welcome together in common area spaces, such as the lobby and seating area outside the laundry rooms, we ask that you adhere to the following guidelines:

- For the enjoyment of all residents, please keep the noise level down and obey established quiet hours between 10 p.m. and 8 a.m.
- Be respectful of the privacy of other residents.
- Keep your voice down in hallways. Your voice travels, and conversations can often be heard inside apartments.
- Food or drink is not permitted in the lobbies.
- If you have food or drink in any of the other common areas, you must clean up after yourselves. Trash should not be left behind; crumbs and spills must be cleaned up.

Welcome to Our New Community Coordinator



Isabel Galindo comes to us from The Vista, a Christian Health Community. At The Vista, Isabel worked as a concierge. She is a graduate of William Paterson University with a bachelor's degree in Psychology. Isabel is from Pompton Lakes, New Jersey, and is one of six siblings. She is happily engaged to her fiancé. Isabel also shared that she is the proud 'pet' mama of two ferrets! Please give her a warm welcome as a new member of the Siena Village of Wayne staff.

Medicare Open Enrollment for 2022

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 is 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're 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 didn't enroll when you were first eligible for Medicare. If you haven't maintained other creditable coverage, a late-enrollment penalty may apply.

If you have questions about Medicare enrollment, you may contact a SHIP Counselor who can provide free one-on-one Medicare counseling. The Passaic County SHIP coordinator is **Dinorah Luciano, she can be reached at (973) 569-4060.**

Rosary/Mass

Tuesday, November 9, Rosary at 1:35 p.m., Mass to follow at 2 p.m., Founders Great Room

The Bolger Short-term Rehab Team is Here For YOU!

There is a chill in the air and 2021 is coming to a close. November is American Diabetes Month and this year's focus is "pre-diabetes" and prevention. Since one of the primary goals of rehab is to facilitate good health, wellness, and promote a better quality of life, we would like to share some 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 84% of them don't 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 7th leading cause of death in the United States.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

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. The good news is that simple, healthy lifestyle changes can make a significant impact.

What can we do to help manage pre-diabetes and prevent a progression to diabetes?

- Move more. Limit time spent sitting and get at least 30 minutes of physical activity, five days a week.
- Make healthy choices. Pick foods that are high in fiber and low in fat and sugar. Build a balanced plate with 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. Get input from your doctor 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.

We look forward to seeing you at our Exercise Class and Monthly Wellness Lectures. If you could benefit from any of our therapy services, please contact Kimberly Martin, OTR/L, at (201) 848-5915 with any questions.

Faith Talk

Rev. Phyllis Palsma, MDIV, Christian Health chaplain for Siena Village

November Pastoral Care Event-Meister Eckard is credited with saying "If the only prayer you said was thank you that would be enough." 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 Tuesday afternoon, November 23 at 1 p.m. in the Library. Rev. Phyllis Palsma, M.Div., chaplain for Siena Village, will lead this Thanksgiving gathering as we sing familiar thanksgiving songs, and lift up words of thanks from the Siena Village community. Due to scheduling issues, Faith Talk will not meet in November. We hope to see you at our thanksgiving celebration on Tuesday, November 23.

Weekly Activities

Silver Circle Knitting Club
Mondays, 1 p.m. to 3 p.m. Library
Beginning Monday, Sept. 13.

Men's Club
Wednesdays, noon to 3 p.m.
Building 1, 2nd Floor Game Room
Enjoy a friendly game of cards, pleasant conversation, and make some new friends. Contact Ken MacDonald at (973) 997-2950 if you are interested in participating.

Book Club
First Thursdays, 2 p.m., Library
If you would like to participate, contact Peggy Becker at (973) 646-8484. Maximum of 12 people.

Bingo
Thursdays 7 p.m.
Founders Great Room



Bi-Monthly Activities

Story Time
Tuesday, Nov. 2 and 16, 2 p.m.
Building 1, 2nd Floor Game Room
Please join us for a unique hour of sharing life experiences through stories. Please call Janet Lasky with questions at (973) 406-6516.



November 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Wayne Interfaith Food Drive Begins Main Lobby Silver Circle Knitting 1 to 3 p.m.-Library	2 Story Time 2 p.m.-Game Room-Building 1, Floor. 2	3 Exercise Class - 2 p.m. Founders Great Room Men's Club-12 p.m. to 3 p.m. -Game Room-Building 1, Floor 2	4 Book Club 2 p.m.-Library Bingo-7 p.m. Founders Great Room	5 Afternoon at the Movies The Blind Side (PG-13) 2 p.m. Library	6
7	8 Silver Circle Knitting 1 to 3 p.m. Library	9 Rosary/Mass 1:35 p.m./2 p.m. Founders Great Room Heart to Heart Talent Show and craft 6:30 p.m. Founders Great Room	10 Exercise Class - 2 p.m. Founders Great Room Men's Club-12 p.m. to 3 p.m. -Game Room-Building 1, Floor 2	11 Happy Veterans Day Blood Draw Clinic-10 a.m. Founders Great Room Bingo-7 p.m. Founders Great Room	12 Wayne Interfaith Food Drive Ends Basket of Thanks Card due! Afternoon at the Movies Scent of a Woman 2 p.m.-Library	13
14	15 Silver Circle Knitting 1 to 3 p.m. Library	16 Story Time 2 p.m.-Game Room-Building 1, Floor. 2	17 Exercise Class - 2 p.m. Founders Great Room Men's Club-12 p.m. to 3 p.m. -Game Room-Building 1, Floor 2	18 Blood Pressure Clinic 10 a.m. to 12 p.m. Founders Great Room Bingo-7 p.m. Founders Great Room	19 Turkey in the Box Delivery between 11:30 a.m. and 1 p.m. 	20
21	22 Silver Circle Knitting 1 to 3 p.m. Library	23 Faith Talk 1 p.m. Library Wellness Lecture 2 p.m. Founders Great Room	24 Armchair Travel Next Stop Turkey 1:30 p.m.-Library Men's Club-12 p.m. To 3 p.m. -Game Room-Building 1, Floor 2	25 	26	27
28 	29 Silver Circle Knitting 1 to 3 p.m. Library	30 The Nutcracker Ballet 2 p.m.-Library 				

Afternoon at the Movies – 2 p.m. in the Library

Friday, November 5
The Blind Side (PG-13)
"The Blind Side" depicts the story of Michael Oher Aaron Quinton, a homeless African-American youngster from a broken home, taken in by a well off couple (Sandra Bullock and Tim McGraw) with two children of their own. The family helps him to fulfill his potential. However, at the same time, the boy's presence in the family's lives leads them to some insightful self-discoveries of their own.

Friday, November 12
Scent of a Women (R)
Al Pacino won his first Oscar for best actor, for his brilliant portrayal of an overbearing, blind, retired Lt. Colonel who hires a young guardian (Chris O'Donnell), to assist him. It is a heart-wrenching and heartwarming tale of opposites attracting when they embark on a wild weekend trip that will change both men's lives forever.

To sign up for movies, please call Karen Clemente, Service Coordinator, at (201) 897-5404.

Special Events

Heart to Heart
Tuesday, November 9, 6:30 p.m.
Founders Great Room
Students will perform a talent show and create an art project with residents. Call (201) 897-5404 to sign up.

Gobble, Gobble...it's that time again!
There is a turkey in a box waiting for you, prepared by World of Food. The menu includes fresh sliced turkey breast, stuffing, yams, corn niblets, cranberry sauce, and gravy. Simply, detach the slip from the enclosed flyer and place in the Special Events box with a check made payable to CHCC at Wayne, LLC, in the amount of \$12 by November 5. **Delivery will be between 11:30 a.m. and 1 p.m. on Friday, November 19.**

Armchair Travel
Wednesday, Nov. 24, 1:30 p.m., Library
Destination Turkey! In Istanbul, we will lose our way in the Grand Bazaar and the famously fragrant Spice Market, take in the landscape of Cappadocia from high above in a balloon, explore ghost towns, sample Turkish street food, and experience the many traditions of Turkey. Call (201) 897-5404 by Wednesday, November 17, to book your virtual trip! Maximum 12.

Tuesday, November 30
The Nutcracker Ballet
The television adaptation of Baryshnikov's Nutcracker production starring Mikhail Baryshnikov in his prime, co-starring Gelsey Kirkland and featuring American Ballet Theatre. Call (201) 897-5404 to save your seat.