

Laura Koblitz

Resident Director

(201) 897-5405

lkoblitz@ChristianHealthNJ.org

Stacy Swarts-Carver

Leasing Manager

(201) 897-5401

sswarts-

carver@ChristianHealthNJ.org

Karen Clemente

Service and Activity Coordinator

(201) 897-5404

kclemente@ChristianHealthNJ.org

Rev. Phyllis Palsma, MDiv

Chaplain

(201) 848-5801

ppalsma@ChristianHealthNJ.org

Isabel Galindo

Community Coordinator

(201) 897-5400

igalindo@ChristianHealthNJ.org

Ingy Khallaf

Office Assistant

(201) 897-5406

lkhallaf@ChristianHealthNJ.org

Rolando Diaz

Superintendent

(201) 897-5402

rdiaz@ChristianHealthNJ.org

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 October.

- Tuesday, October 11: Apartments 2401 to 2409
- Wednesday, October 12: Apartments 2410 to 2415
- Thursday, October 13: Apartments 2416 to 2425

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.

Beauty Salon Notice

Payment for salon services is required at the time the service is conducted. Payment is cash only – credit cards and checks are not accepted.

Handicap Parking Spaces

Residents are encouraged to be considerate and use their assigned parking space so that the handicap spaces are available for all residents when needed.



October is National Bullying Prevention Month

How to Deal with Adult Harassment

Most of us encounter bullies at specific points in our lives. And while many believe that bullying happens only throughout childhood, unfortunately bullying does not always stop once you become an adult. Adult bullying is a severe problem and may require legal action in some circumstances.

What to Do if You're a Victim

-Make eye contact – bullies have less empathy when they can't see your face or your eyes.
-Document each offense in case the treatment escalates.

What to Do if You're a Bystander

-Question the behavior of the bully to shift the focus of the interaction.
-Use humor to redirect the conversation.
-Intervene as a group to demonstrate disagreement with bullying.
-Walk with the victim of bullying to help diffuse potential interactions.
-Check in privately with the bullied person to let them know you disagree with treatment and that you care.

Find out more! Join us on Thursday, October 20, at 2 p.m. in the library. Passaic County Sheriff Herbert Krygsman will present an informative and useful program regarding adult harassment.

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

Siena Village Barbecue Fun Was Had by All!



Edvie Moyer (just wants to dance), Joan Lyons, and Etta Ribaud



Jim Tully, Charlene Berg, and Rose Ciccimarra



Therese Ludwig and Mary Brennan

Service Coordinator's Corner

Free Exercise Classes, Wednesdays, October 5, 12, 19, and 26, 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.

Transitions as We Age, Friday, October 7, at 2 p.m. in the Founders Great Room

This presentation will uncover how to best be prepared for physical, emotional, mental, logistical, and financial transitions in the aging process. The program will go into detail about each transition and how to it easier for you.

Presented by Jenna Vitu, LSW, Unicity Healthcare.

Siena Village Community-Service Project: Delivering Socks to Feet in Need Collection, Monday, October 9, through Friday, October 14, in the main lobby

SOCKS FOR HOMELESS SOLES is a small group consisting of women who ensure anyone in need will have clean socks at the ready. While delivering blankets to the homeless back in 2015, many recipients requested socks. The women learned that socks were the least donated and most requested item of clothing from the homeless population. Since then they have been collecting and delivering new, unused socks to the homeless of New York and New Jersey. Please consider donating to this very important charity. We thank you in advance for your generosity.

Blood-Draw Clinic, Thursday, October 13, 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. A form is required for the first time. Results will be sent to your prescribing physician.

Shred Day, Thursday, October 13, from 9:30 a.m. to 11 a.m. For residents unable to make the scheduled date, totes will be available in the lobby from October 6 through October 13.

Flu Vaccine Clinic, Thursday, October 13 from 2 p.m. to 4 p.m. in the Founders Great Room Make sure to bring your Medicare/Medicaid Card and the completed (enclosed) consent form to the clinic. Call Karen Clemente, Service Coordinator, to register at (201) 897-5404.

Blood Pressure Clinic, Thursday, October 20, 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.



Did You Know? Facts for Older Adults

In 1963, only 9 percent of the US population (17 million) lived longer than 65 years. Today many people are experiencing fulfilling lives way into their 90s and up! Here are some interesting facts regarding our population of older adults.

- More than 10,000 baby boomers turn 65 years old every day.
- Older adults are the fastest-growing demographic group on Facebook. Recent studies show that more than half of all older adults in the US are active online and more than one-third are on Facebook and other social media websites.
- Older adults aged 85 and up are the fastest-growing age group in the country.
- There are more than 55,000 older adults over age 100, and by 2050 the number of centenarians is expected to top 600,000.
- There are more than 11,400 senior centers across the country that together serve more than 1 million older adults every day.
- More than 15 million older adults are formally recognized volunteers, but nearly half of all older adults volunteer in some capacity.
- Studies show that physical activity can slow the aging process.
- A recent survey found that at least 70 percent of all older adults are still active and enjoy life, sometimes more so than when they were younger.

Get Protection against COVID-19 with the New Bivalent Booster

In August 2022, The Centers for Disease Control and Prevention endorsed the use of updated COVID-19 booster shots that are specifically tailored to combat the two most prevalent omicron subvariants, BA.4 and BA.5. The inability of the original vaccine strains to prevent reinfection and to trigger long-term protective immunity prompted the need for the reformulated vaccines. Based on available evidence from the previous COVID-19 vaccines, it is very likely that the new boosters will continue to offer strong protection from severe COVID-19 leading to hospitalization and death.

Who is eligible for the bivalent COVID booster? Americans age 12 and older are recommended to get the new boosters as long as they have already had their primary series of vaccines.

When should I get an updated booster? You should wait two months after your last vaccine dose to get an updated booster. For those who have recently recovered from a COVID-19 infection, the CDC recommends waiting at least until the illness has passed and the person is no longer contagious.

Can people get other vaccines at the same time as the updated booster? The upcoming fall and winter could host a high spread of flu and COVID-19, and administering both vaccinations at the same time has been found to be safe.

Where can I get my bivalent COVID booster? Some doctors' offices and urgent cares will offer the booster. Most CVS and Walgreens pharmacies have the boosters available as well, and you can schedule your appointments online. Need help scheduling your booster appointment? Call Karen Clemente, Service and Activity Coordinator, at (201) 897-5404.

Special Events

Meet-and-Greet with Congresswoman Mikie Sherrill, October 6, 10 a.m. to 11:30 a.m. in the Founders Great Room See flyer for details.

Oktoberfest Musical Show, Tuesday, October 18, at 2 p.m. in the Founders Great Room Join the talented Richard Stillman for an enjoyable afternoon of Oktoberfest songs on concertina, guitar, and banjo, with tap dancing to German waltzes, a musical washboard routine, and treats.

Armchair Travel, Friday, October 28, at 1:30 p.m. in the library Let's get packed for our next adventure: Hungary, Romania, and Bulgaria! Discover Eastern Europe's modern and ancient capitals.

Afternoon at the Movies

2 p.m. in the library

Friday, October 14, "Brooklyn" (PG-13) After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations and two men.

Friday, October 21, "The Intern" (PG-13) E-commerce entrepreneur Jules Ostin hires a 70-year-old intern who ends up bringing his special brand of business savvy to her fashion enterprise. Heartwarming and funny!

Please call Karen Clemente, Service Coordinator, at (201) 897-5404 to sign up for all special events and movies.

Ongoing Activities

Silver Circle Knitting Club, Mondays in the library from 1 p.m. to 3 p.m. Please join in for an afternoon of knitting to benefit Linda's Hats for Hope.

Men's Club, Wednesdays, in the Building 1 Game Room from noon to 3 p.m.

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 in the library at 2 p.m. To participate, contact Peggy Becker at (973) 646-8484. Maximum of 12 people.

Story Time, first and third Tuesday of the month at 3:30 p.m. in the library. Join in for a unique hour of sharing life experiences through stories. Please call Janet Lasky at (973) 406-6516 with any questions.

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

Heart to Heart, Tuesday, October 25, at 6:30 p.m. in the Founders Great Room

Committee Meeting, Monday, October 3, at 7 p.m. in the Founders Great Room

Nightingale Catering Beefsteak Dinner, Friday, October 14, at 6 p.m. in the Founders Great Room Includes salad, beefsteak, olives/pickles, ice cream, and coffee/tea. Make check payable to Siena Village in the amount of \$34 per person and place in the resident event box by October 7.

The Christian Health Rehab Team is here for you!

A Message from Rehab

Greetings from rehab! It's time to turn the page on the calendar again – October is here, fall is in full swing, and the rehab team is ready to celebrate National Physical Therapy Month.

What is Physical Therapy? Physical therapy (PT) focuses on evaluating and treating disorders of the musculoskeletal, neurological, and cardio/pulmonary systems. PT works to restore functional skills in the following areas: Muscle strength, Flexibility, Balance, Mobility and ambulation, Use of assistive devices, braces, and prosthetics, Pain management

- Physical therapy incorporates a variety of treatment approaches and techniques. These may include but are not limited to: Specific exercises to stretch and strengthen muscles as well as to improve posture, balance, and endurance, Use of modalities such as hot/cold, ultrasound, electrical stimulation, massage, and joint mobilization for pain reduction and improved function, Training in the use of assistive devices such as canes, walkers, and Rollators to increase safety and independence with mobility, Resident, family, and/or caregiver education/training as well as the development of an individualized home exercise program And best of all, these services are available right here at Siena Village – no need to worry about transportation or going out in the inclement weather. **Please remember that the Christian Health rehab team offers not only physical therapy but also occupational and speech Therapy as well as some additional programs right here at Siena Village to promote health and wellness. You can contact Kimberly Martin at 201-848-5915 with any questions.**

Free Balance Screening, Tuesday, October 25, at 2 p.m. in the Founder's Great Room

The rehab team at Christian Health invites you to join us for an informative discussion and presentation designed to provide you with practical information on staying safe and reducing your risk for falls. The program will include a screening with our newest technology, **VIRTUSENSE**. **Please call Karen Clemente, Service Coordinator, at (201) 897-5404 to sign up and reserve your spot!**

Faith Talk

Greetings Siena Village residents! You are cordially invited to Faith Talk each Tuesday at 1 p.m. in the library with Rev. Anthony Matias, Chaplain for Christian Health. Faith Talk is a time to pray, share, learn, and connect with your neighbors of different backgrounds, cultures, and denominations. Join me as we journey through the Major and Minor Prophets of the Old Testament (Hebrew Bible), discussing how they remained faithful to God in the midst of the political, religious, and communal upheaval of their day and how their experiences can connect to our individual needs today. Be blessed and I hope to see you soon!

Rosary/Mass

Tuesday, October 11, 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 to share 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.



OCTOBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Silver Circle Knitting 1 to 3 p.m. Library Story Time-3:30 p.m. Library Resident Committee Meeting 7 p.m.	4 Faith Talk 1 p.m.-Library	5 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-Building 1, Floor 2	6 Congresswoman Meet and Greet 10:30 a.m. to 11 a.m. Founders Great Room Book Club-2 p.m.-Library Bingo 7p.m- Founders Great Room	7 Transitions as we age! 2 p.m. Founders Great Room	8
9 Socks for the Homeless collection week Main Lobby 	10 Silver Circle Knitting 1 to 3 p.m. Library	11 Faith Talk 1 p.m.-Library Mass/Rosary 1:30 p.m./2 p.m. Founders Great Room	12 Exercise Class 2 p.m. Founders Great Room Men's Club-12 p.m. to 3 p.m. Game Room-Building 1, Floor 2	13 Blood Draw Clinic 10 a.m.-Founders Great Rm. Shred Day-9:30 to 11 a.m. Main Lobby Flu Clinic -2 p.m. to 4 p.m. Founders Great Room Bingo -7 p.m. Founders Great Room	14 Afternoon at the Movies Brooklyn 2 p.m.-Library Beef Steak 6 p.m. Founders Great Room	15
16	17 Silver Circle Knitting 1 to 3 p.m. Library Story Time-3:30 p.m. Library	18 Faith Talk 1 p.m.-Library Oktoberfest Musical 2 p.m. Founders Great Room	19 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-Building 1, Floor 2	20 Blood Pressure Clinic 10 a.m. Founders Great Room Bully Prevention 2 p.m.-Library Bingo 7p.m- Founders Great Room	21 Afternoon at the Movies The Intern 2 p.m.-Library	22
23 	24 Silver Circle Knitting 1 to 3 p.m. Library 31 Silver Circle Knitting 1 to 3 p.m. Library	25 Faith Talk 1 p.m.-Library Balance Screen—2 p.m. Founders Great Room Heart to Heart-6:30 p.m. Founders Great Room	26 Exercise Class 2 p.m. Founders Great Room Men's Club-12 p.m. to 3 p.m. Game Room-Building 1, Floor 2	27 Bingo 7p.m- Founders Great Room	28 Armchair Travel Bulgaria, Romania and Hungary 1:30 p.m. Library	29 
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