

## Siena Village Staff

Main Office: (201) 897-5400

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

**Laura Koblitz**  
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(201) 897-5405  
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**Stacy Swarts-Carver**  
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**Karen Clemente**  
Service and Activity Coordinator  
(201) 897-5404  
KClemente@ChristianHealthNJ.org

**Rev. Anthony Matias**  
Chaplain  
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**Sari Rosenfeld**  
Community Coordinator  
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**Rolando Diaz**  
Superintendent  
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**Beauty Parlor**  
(973) 696-6970

**Security Guard**  
(201) 897-5400

## Maintenance Reminders

### Apartment Inspections

- Tuesday, January 2: Apartments 1101 to 1107
- Wednesday, January 3: Apartments 1108 to 1114
- Thursday, January 4: Apartments 1115 to 1120

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 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 30 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 check (\$20 for cars/\$25 for vans and SUVs) made payable to CHCC at Wayne LLC in a designated envelope, and give it to our Community Coordinator, Sari Rosenfeld, 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.

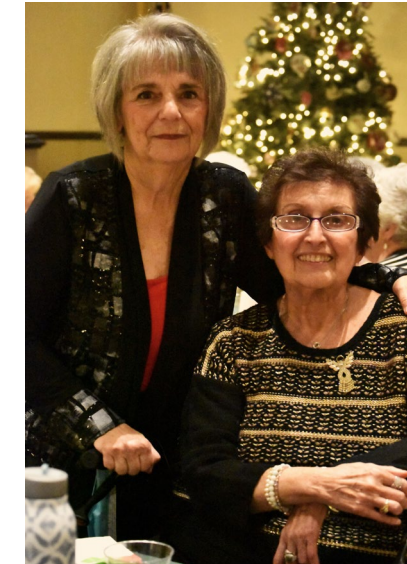
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## Holiday Party: Food, Fun, and Friends!



Mary Ann Comtois



Ginny Acar and Rosemarie Lambo



Jane Picone



Cathy Battiato and Teresa Kubicz



Michelina Donnarumma and Marion Womelsdorf



Doris Bogert and Janet Federowicz



Judy Van Koppen and Josefina Grundtner



## *Service Coordinator's Corner*

### **Free Exercise Classes: Wednesdays 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 Pressure Clinic: Thursday, January 4, at 10 a.m. in the Founders Great Room**

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

### **Blood-Draw Clinic: Thursday, January 11, 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.

### **Medicine Drop and Presentation: Thursday, January 18, at 2 p.m. in Founders Great Room**

Plains Pharmacy will be on-site to collect old and unused medications. The head pharmacist will discuss medication interactions and answer questions about prescriptions you are currently taking. Please join us for a sweet treat while gaining a bit of pharmaceutical education! **Please call Karen Clemente, Service Coordinator, at (201) 897-5404 to register.**

## *Social Security Award Letter*

By now, you should have received your 2024 Social Security award letter in the mail. We ask that all residents residing in a low- or moderate-income apartment or those that have Section 8 bring the letter to Sari Rosenfeld, Community Coordinator, at the front desk in the lobby so a copy can be made and kept on file for your annual recertification. Approximately 70 million Americans will see a 3.2% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2024. This is the annual cost-of-living adjustment (COLA). The increase will begin with benefits that Social Security beneficiaries receive in January 2024. Increased SSI payments will begin on December 31, 2023. We recommend that you keep your letter in a safe place, since it serves as proof of current income.

## *Ongoing Activities*

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

### **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.

### **Heart to Heart: Tuesday, January 23, at 6:30 p.m. in the Founders Great Room**

You are invited to participate in an activity and/or a craft while socializing with local youth.

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

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

## *Welcome to Siena Village*

Laura Dunham, apartment 2311

## *NJHMFA Inspection*

In compliance with New Jersey Housing and Mortgage Finance Agency (NJHMFA) regulations, a required building inspection of Siena Village will occur on **January 10, 2024 and January 11, 2024 between 8 a.m. and 5 p.m.**

In addition to the common areas, a random selection of apartments will be selected for inspection. We are unable to give you advance notice as to whether or not your apartment will be inspected. If your apartment is selected, a member of the maintenance staff will accompany the inspector into your apartment which should last approximately 15 minutes.

You are not required to be home but should you chose to stay home, please be aware that we cannot provide you with a specific time your apartment will be inspected, therefore you should plan to be home for the entire day.

If you have any questions, please contact Rolando Diaz at 201-897-5402.



## *Did You Know?*

## *The History of the New Year's Resolution*

Most of us make a resolution or two as January arrives. While most of us don't stick to them for more than a couple of weeks, we don't want to part with the quirky, longstanding tradition, which dates back thousands of years, with serious symbolic meaning for some ancient civilizations. Let's explore the history of the New Year's resolution.

### *Babylonian Beginnings*

Historians believe the concept of the New Year's resolution dates back to Babylonian times, over 4,000 years ago. The Babylonians were the first people on record known to celebrate the arrival of the New Year. Their New Year was in mid-March, when they celebrated planting their crops. New Year was a 12-day religious festival, known as Akitu. The resolution element came in the form of a promise to the gods. Babylonian people would make promises to their gods to return borrowed items or pay outstanding debts. If they kept to their word, their gods would then grant them a favor in the coming year.

### *Early Christian Resolutions*

Early Christians followed the same tradition of using the New Year as a time to reflect on the past but also look forward. It was a chance to consider past mistakes and look for ways to amend and improve in the coming year. A core Christian tradition is also linked to New Year's resolutions. The founder of Methodism, John Wesley, created the Covenant Renewal Service in 1740. The service became commonly known as watch night and was held on New Year's Eve or New Year's Day. Watch night was an opportunity to make collective resolutions and faith-based resolutions.

### *Modern Resolutions and Annual Traditions*

Modern New Year's resolutions appear to date back to the 19th century. The first recorded use of the phrase "new year resolution" was found in a Boston newspaper in 1813. Another key tradition, linked closely to your New Year's resolutions, includes the ball drop in Times Square in New York. The first ball drop was in 1907, and millions of people watch this moment every year to mark the beginning of their New Year's resolution. Who knew?

## *Special Events*

### **Creating with Clay: Friday, January 6, at 2 p.m. in the Founders Great Room**

Create your very own unique piece of pottery, from molding to painting the clay, all in one session! Instructors will patiently guide you through the class. Working with clay is great therapy for you both physically and mentally, and you will end up with a beautiful masterpiece! We look forward to creating with clay with you!

### **The Pettets Musical Entertainment: Thursday, January 11, at 2 p.m. in the Founders Great Room**

The Pettets inspire and encourage with music that carries a distinct message. Their unique style has developed through their many entertainment experiences, and their love for performing is evident as they sing.

### **Wayne Library Craft Hour: Thursday, January 25, at 2 p.m. in the Founders Great Room**

Library staff will be coming to Siena Village with a variety of materials for residents to check out. An update and a brief description of upcoming events will be presented. Additionally, the library will be hosting a craft session about painting on wood, so bring your creativity and have some fun! Maximum 10 people.

### **Armchair Travel – Edinburgh and More: Friday, January 26, at 1:30 p.m. in the library**

Join us as we explore the cultural heart of Scotland. After rambling through Edinburgh Castle, we experience Scottish literature and Scotch whisky, savor the new Scottish cuisine with a local friend, stow away on Her Majesty's yacht Britannia, and check out the new Scottish Parliament.

## *Afternoon at the Movies*

### **2 p.m. in the library**

#### **Friday, January 12: “Divine Secrets of the Ya-Ya Sisterhood” (PG-13)**

In this classic Southern tale of hilarious sadness set in a sleepy Louisiana parish, a group of lifelong friends stage an intervention to help a young playwright unravel the truth about her complicated, eccentric mother and find forgiveness and acceptance. Starring Ellen Burstyn, James Gardner, and Maggie Smith.

#### **Friday, January 19: “The Great Race” (NR)**

This 1965 epic slapstick comedy film stars Jack Lemmon, Tony Curtis, and Natalie Wood. Drivers head westward in wacky, turn-of-the-century autos for a New York to Paris 20,000-mile race.

**Please call Karen Clemente, Service Coordinator at (201) 897-5404 to sign up for any of the above activities or movies.**

## *Resident Committee*

### **Meeting: Tuesday, January 2, at 7 p.m. in the Founders Great Room**

### **Pasta Dinner: Saturday, January 13 in the Founders Great Room**

Doors open at 5:30 p.m., with a meal catered by Bensi and entertainment provided by Joe Conti. Cost is \$22 per person and is due no later than Saturday, January 6. Maximum attendees is 60.

### **Wind Creek Casino Trip: Wednesday, January 17, at 9:30 a.m. in the main lobby**

A cost of \$29 per person is due by Friday, December 29.

## *A Message from Rehab*

Happy New Year! The year 2023 is 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 forgotten before the end of the month.

Try to make your goals achievable – success is a big motivator. Look at your current lifestyle, determine where you may need to improve, and then work on one goal at a time.

Here are a few suggestions for realistic goals to set for 2024:

1. Eat a healthier, well-balanced diet to promote good nutrition and a healthy weight.
2. Stay active by getting 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 by engaging in activities for mental stimulation.
5. Review and update your legal documents, such as medical directives, power of attorney, and wills.
6. Do more of what you enjoy to avoid the blues.
7. Keep up with your regular check-ups, including 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 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 begin the new year looking through the Epistle to the Romans, considered to be St. Paul's Magnum Opus. May all of you have a happy New Year! Please note: Faith Talk is canceled on Tuesday, January 2. Communion service will be held on Tuesday, January 9.

## *Rosary/Mass*

**Tuesday, January 9, at 1:30 p.m.: Rosary in the Founders Great Room, with mass immediately following.**

## *Sharing Jesus*

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






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





# January 2024



| Sun   | Mon  | Tue  | Wed   | Thu   | Fri   | Sat   |
|---|--|--|---|---|---|---|
|          | 1<br> | 2<br>No Faith Talk<br>Resident Committee Meeting<br>7 p.m.<br>Founders Great Room                      | 3<br>Sharing Jesus<br>10 a.m. library<br>Exercise Class 2 p.m.<br>Founders Great Room<br>Men's Club 12 p.m. to<br>3 p.m. Game Room B1, F2   | 4<br>Book Club<br>2 p.m. library<br>Blood Pressure Clinic<br>10 a.m. Founders Room<br>Bingo 7 p.m.<br>Founders Great Room | 5<br>Creating with Clay<br>2 p.m.<br>Founders Great Room                                      | 6<br>      |
| 7   | 8<br>Silver Circle Knitting<br>1 p.m. to 3 p.m.<br>library                             | 9<br>Faith Talk Communion Service<br>1 p.m. library<br>Rosary Mass<br>1:30 p.m.<br>Founders Great Room | 10<br>Exercise Class 2 p.m.<br>Founders Great Room<br>Men's Club 12 p.m. to<br>3 p.m. Game Room B1, F2  | Founders Great Room<br>Blood Draw Clinic 10 a.m.<br>"The Pettets" 2 p.m.<br>Bingo 7 p.m.                                  | 12<br>Afternoon at the Movies<br>Divine Secrets of the<br>Ya-Ya Sisterhood"<br>2 p.m. library | 13<br>Resident Committee<br>Pasta Dinner<br>Founders Great Room<br>Doors open at<br>5:30 p.m. |
| 14  | 15<br>Silver Circle Knitting<br>1 p.m. to 3 p.m.<br>library                            | 16<br>Faith Talk<br>1 p.m. library   | 17<br>Wind Creek Trip<br>9:30 a.m. main lobby<br>Sharing Jesus<br>10 a.m. library<br>Exercise Class 2 p.m.<br>Founders Great Room<br>Men's Club 12 p.m. to 3 p.m.<br>Game Room B1, F2 | 18<br>Plains Pharmacy<br>medicine drop<br>2 p.m. library<br>Bingo 7 p.m.<br>Founders Great Room                           | 19<br>Afternoon at the Movies<br>"The Great Race"<br>2 p.m. library                           | 20  |
| 21  | 22<br>Silver Circle Knitting<br>1 p.m. to 3 p.m.<br>library                            | 23<br>Faith Talk<br>1 p.m. library<br>Heart to Heart<br>6:30 p.m.<br>Founders Great Room               | 24<br>Exercise Class 2 p.m.<br>Founders Great Room<br>Men's Club 12 p.m. to<br>3 p.m. Game Room B1, F2  | 25<br>Wayne Library<br>Craft Session<br>2 p.m. Founders Great<br>Room<br>Bingo 7 p.m.<br>Founders Great Room              | 26<br>Armchair Travel<br>Edinburgh<br>1:30 p.m. library                                       | 27  |
| 28<br> | 29<br>Silver Circle Knitting<br>1 p.m. to 3 p.m.<br>library                            | 30<br>Faith Talk<br>1 p.m. library   | 31<br>Exercise Class 2 p.m.<br>Founders Great Room<br>Men's Club 12 p.m. to<br>3 p.m. Game Room B1, F2  |   |   |          |