

## Siena Village Staff

Main Office: (201) 897-5400

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

**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

**Sari Rosenfeld**

**Community Coordinator**

(201) 897-5400

SRosenfeld@ChristianHealthNJ.org

**Rev. Anthony Matias**

**Chaplain**

(201) 848-7507

AMatias@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

- Tuesday, February 4: Apartments 1201 to 1210
- Wednesday, February 5: Apartments 1211 to 1220
- Thursday, February 6: Apartments 1221 to 1229

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.

## Laundry Room Etiquette

- **Be prompt:** Remove your laundry from the washing machine and dryer soon after the cycle is complete.
- **Be considerate:** Give others time to retrieve their laundry.
- **Be clean:** Clean up after yourself by emptying the lint trap, throwing away dryer sheets, and wiping up spills.
- **Be efficient:** Avoid overloading the machines, and use cold water (if possible) and appropriate settings to save energy.
- **Be aware of what you wash:** Avoid washing pet beds in shared machines, as pet fur can damage the machine and clog the drain.
- **Be aware of items in pockets:** Empty pockets of tissues, candy, or coins, etc. before washing.



## Communication: A Vital Age-Friendly Domain

Communication is one of the eight Age-Friendly Domains identified by the World Health Organization (WHO). It highlights the importance of effective, accessible, and inclusive communication to keep older adults informed, engaged, and connected. At Siena Village, communication goes beyond sharing information—it's about fostering trust, building relationships, and creating a sense of belonging. This month, we're focusing on enhancing communication to strengthen connections within our community.

- **Resident Handbook:** The Siena Village Resident Handbook is a simple, easy-to-use guide that helps residents understand their rights, responsibilities, community rules, and property details. Keep it handy for quick answers to questions about life at Siena Village.
- **The Village Voice:** Our resident newsletter is packed with updates, events, and community highlights. With the included calendar, you have a quick and easy guide to all the daily events and programs for the month—right at your fingertips! Be sure to keep it in a handy spot so you can refer to it often throughout the month.
- **Flyer Delivery Program:** Resident volunteers help ensure no one misses important updates or events by delivering flyers directly to residents' doors. Flyers in elevators also share timely information.
- **Enhanced Digital Tools:** The Touchtown Screen in the lobby provides real-time updates on events and notices, offering a quick, visual way to stay informed. A new maintenance work order system is set to launch in 2025, enabling residents to complete maintenance work orders right from their smartphone.
- **Annual Tenant Information Update:** Through our annual tenant information update, we collect updated personal and emergency contact details to ensure clear communication, including emergencies where we may need to reach your contacts.
- **Call 'Em All:** This automated notification service enables us to share important updates with residents via phone call or text. Participation is voluntary, and residents can register by completing a form available at the front desk.
- **Family Newsletter:** The family newsletter keeps your emergency contacts informed with the latest updates, ensuring family and friends stay connected and aware of important updates.
- **Service Assessment:** A service assessment is an effective communication tool that helps identify a resident's unique needs, strengths, and challenges. By fostering open dialogue, it allows the service coordinator to develop a personalized service plan, connecting residents with the right resources and support. This process ensures tailored assistance that addresses individual circumstances, promoting well-being and independence.
- **Resident Feedback Opportunities:** We encourage residents to share feedback through surveys, town hall meetings, and direct conversations. For example, our most recent newsletter survey received 41 responses, providing valuable insights that help us improve communication and tailor messages to better meet residents' needs.
- **Personal Connections Matter:** Our staff go above and beyond to build meaningful relationships with residents, taking time to connect on a personal level. By actively listening and offering support, we ensure each resident feels valued and understood.

## Service Coordinator's Corner

### **"Bodies in Motion": Tuesday, February 4, at 2 p.m. in the Founders Great Room**

This informative program will discuss loneliness, isolation, and how to stay connected and support others. Following the presentation residents will get their bodies in motion with an exercise session.

### **The WISE Program: Thursdays, February 6, 13, and 20, at 2 p.m. in the Founders Great Room**

The Wellness Initiative for Senior Education (WISE) is a six-session program that celebrates the positive aspects of growing older and helps to develop a comprehensive plan for working with all your health professionals.

### **Free Exercise Classes: Wednesdays, February 5 and 19, at 2 p.m. in the Founders Great Room**

**Class will not be held February 12 or 26.** Kim Martin, OTR/L, leads free chair exercise classes focusing on chair aerobics and stretching to help older adults maintain cardiovascular health, strength, and flexibility.

### **Blood-Draw Clinic: Thursday, February 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 photo identification form, and a doctor's prescription. Residents will be required to complete a form for the first time. Results will be sent to their prescribing physician.

**Call Karen Clemente, Service Coordinator, at (201) 897-5404 to sign up for below programs. (Minimum of 10 people required)**

### **Wayne Library Tech/Craft Program: Friday, February 14, at 2 p.m. in the Founders Great Room**

Please join us for an afternoon of crafting and tech help. Bring your creativity and your device if you require assistance.

### **"Medication Safety and the History of Opioid Use": Friday, February 21, at 2 p.m. in the library**

Understand the impacts and potential risks of opioid use for older adults. Learn how patients can reduce the risk of drug-drug interactions and understand the historical context of the opioid epidemic in the United States.

### **"Fraud Protection in the Retail World": Thursday, February 27, at 2 p.m. in the library**

Join us for a special educational presentation by the Bergen County Division of Consumer Affairs on consumer fraud.

## Special Events

**Wellness Wednesday – Cardiovascular Health Awareness: Wednesday, February 12, at 11 a.m. in the Founders Great Room** This event will provide important health information, support, and resources. St. Joseph's team of health clinicians will check blood pressure, answer questions, and share valuable insights on health promotion and disease management best practices. Each table will be supported by at least two clinicians to ensure personalized interaction and comprehensive discussion. **Please sign up for this event with the enclosed flyer.**

### **Mardi Gras Celebration: Wednesday, February 26, at 6:30 p.m. in the Founders Great Room**

Please join us for some sweet treats, socialization, and entertainment featuring Viktor Florian Schantz Band. **Please sign up for this event with the enclosed flyer.**

## Ongoing Activities

**Silver Circle Knitting Club: Mondays at 1 p.m. in the library**

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

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

**Story Time: Mondays at 3 p.m. in the library**

Join us for a unique hour of sharing life experiences through stories.

**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 new friends. Contact Ken MacDonald at (973) 997-2950 if you are interested in participating.

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

## Afternoon at the Movies

**Call Karen Clemente, Service Coordinator, at (201) 897-5404 to sign up for movies.**

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

**"Girl with a Pearl Earring" (PG-13): Friday, February 7**

A young peasant maid working in the house of painter Johannes Vermeer becomes his talented assistant and the model for one of his most famous works. Starring Colin Firth and Scarlett Johansson.

**"27 Dresses" (G): Friday, February 28**

After serving as a bridesmaid 27 times, a young woman wrestles with the idea of standing by her sister's side as her sibling marries the man she's secretly in love with. Starring Katherine Heigl.

## 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 read Rev. Rick Warren's 2002 book, "Purpose Driven Life," and discuss what God's purpose is for us in the year 2025.

## 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, has done for us, and continues to do for us, proving that it is possible to have a personal relationship with God.

## Rosary/Mass

**Tuesday, February 11, at 1:30 p.m.:** Rosary in the Founders Great Room; mass immediately following.

## Social Security Award Letters Are in the Mail

Social Security and Supplemental Security Income (SSI) benefits will increase by **2.5 percent in 2025**. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. Social Security and SSI beneficiaries are normally notified by mail, starting in early December, about their new benefit amount. When you receive your award letter, bring it to Sari at the desk or office so a copy can be made and kept on file for your annual recertification if necessary. Doing this now will make the process so much easier!! Please keep your letter in a safe place, since it serves as proof of current income.

## 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 your 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.

We want to inform you that this winter, snow plowing services at Siena Village of Wayne will be handled by an external contractor. As a result, the maintenance staff will be responsible only for moving and cleaning vehicles for those who have paid the associated fee. For a smooth and efficient plowing process, we kindly ask for your cooperation with the contractor. Please be sure to follow all parking and vehicle relocation guidelines. Thank you!



Dong Pei and Ling Kong, Apartment 2303

## A Message from Rehab

February is American Heart Month, and since one of the primary goals of rehab is to facilitate good health and wellness to promote a better quality of life, we would like to provide you with some interesting facts about your heart.

1. The average heart is about the size of your fist.
2. Your heart beats about 115,000 times per day.
3. The heart pumps blood through about 60,000 miles of blood vessels.
4. The heart pumps about four tablespoons of blood with each beat, which is 1.5 gallons per minute. Over the course of the year, the heart pumps enough blood to fill an Olympic-size swimming pool.

So let's look at what we can do to promote better heart health:

1. Eat healthy – fill your plate with fresh fruits, vegetables, whole grains, low-fat dairy, beans, skinless poultry, lean meats, and fish. Limit saturated fats, salt, and added sugars.
2. Stay active – daily exercise and activity are important for all. If you have health problems, be sure to start slow.
3. Watch your weight – being overweight can put additional stress on your heart. Monitor portion sizes as well as the actual foods you are eating. Fun fact – people who weigh themselves weekly tend to be more successful in taking off extra pounds.
4. Manage stress – stress can raise your blood pressure, so finding ways to relax and unwind is important.
5. Get enough sleep – the recommendation is for eight to nine hours per day
6. Go for regular checkups and take all medications as prescribed.

Let's all take a closer look at ourselves and make some simple changes to improve our health and our quality of life.

**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. 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 from any of our therapy services. You can contact Kimberly Martin at (201) 848-5915 with any questions.**

## Resident Committee

**Meeting: Monday, February 3, at 7 p.m. in the Founders Great Room**

Suggestions are always welcome. Coffee and cake will follow meeting.

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

**Super Bowl Party: Sunday, February 9, at 5 p.m. in the Founders Great Room**

Come on out and watch the game on the big screen television. Sandwiches by Jersey Mikes. Cost \$15 per person. Donate a dessert for the snack table. Preregistration required.

**Academy Awards Night: Sunday, March 2 at 7 p.m. in the Founders Great Room** No sign up or cost, bring your own snacks, etc. if you would like to. Dress up is optional.





# FEBRUARY 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Silver Circle Knitting 1 p.m. library Story Time 3 p.m. library Resident Committee Meeting 7 p.m. Founders Great Room	4 Faith Talk 1 p.m. library Bodies in Motion 2 p.m. Founders Great Room	5 Sharing Jesus 10 a.m. library Founders Great Room Men's Club 12 p.m. to 3 p.m. Game Room B1, F2 Exercise Class 2 p.m. Founders Great Room	6 Book Club 2 p.m. library WISE Program 2 p.m. Founders Great Room Bingo 7 p.m. Founders Great Room	7 Afternoon Movie "Girl with a Pearl Earring" 2 p.m. library	8
9 Resident Committee Super Bowl Party 5 p.m. Founders Great Room	10 Silver Circle Knitting 1 p.m. library Story Time 3 p.m. library	11 Faith Talk 1 p.m. library Rosary Mass 1:30 p.m. Founders Great Room	12 Wellness Wednesday 11 a.m. Founders Great Room Men's Club 12 p.m. to 3 p.m. Game Room B1, F2 NO Exercise Class	13 Blood Draw Clinic 10 a.m. Founders Great Room WISE Program 2 p.m. Founders Great Room Bingo 7 p.m. Founders Great Room	14 Wayne Library Craft/Tech Help 2 p.m. Founders Great Room	15 
16	17 Silver Circle Knitting 1 p.m. library Story Time 3 p.m. library	18 Faith Talk 1 p.m. library	19 Sharing Jesus 10 a.m. library Men's Club 12 p.m. to 3 p.m. Game Room B1, F2 Exercise Class 2 p.m. Founders Great Room	20 WISE Program 2 p.m. Founders Great Room Bingo 7 p.m. Founders Great Room	21 OTC Medicine Safety 2 p.m. library	22
23 	24 Silver Circle Knitting 1 p.m. library Story Time 3 p.m. library	25 Faith Talk 1 p.m. Library Heart to Heart 6:30 p.m. Founders Great Room	26 Men's Club 12 p.m. to 3 p.m. Game Room B1, F2 NO Exercise Class Mardi Gras 6:30 p.m. Founders Great Room	27 Fraud Protection In Retail World 2 p.m. library Bingo 7 p.m. Founders Great Room	28 Afternoon Movie "27 Dresses" 2 p.m. library	