

Siena Village Staff

Main Office: (201) 897-5400

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

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Stacy Swarts-Carver

Leasing Manager

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Service and Activity Coordinator

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Community Coordinator

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Rev. Anthony Matias

Chaplain

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Rolando Diaz

Superintendent

(201) 897-5402

RDiaz@ChristianHealthNJ.org

Beauty Parlor

(973) 696-6970

Security Guard

(201) 897-5400

Maintenance Reminders

Apartment Inspections

- Tuesday, January 7, 2025: Apartments 1101 to 1107
- Wednesday, January 8, 2025: Apartments 1108 to 1114
- Thursday, January 9, 2025: 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.



Siena Village Voice

January 2025

News for Siena Village of Wayne | A Christian Health Community

Siena Village-Proud to be a New Jersey Age-Friendly Community:

Providing resources, activities, and services customized to fit the needs of older adults

Creating Livable Communities for Older Adults

The number of older adults is growing fast in the United States. According to the U.S. Census Bureau, the number of people aged 65 and older is expected to rise from 49.2 million in 2016 to 73.1 million by 2030. This change means we need to plan in advance to make sure older adults have the services, resources, and safe spaces they need to live well.

The Age-Friendly Movement

The Age-Friendly movement is a global effort to help older adults live independently and safely, for as long as possible. It focuses on creating communities where older adults can stay active, connected, and respected. At Siena Village, our Service Coordinator plays an important role in this effort, working diligently to keep residents informed about the latest services, programs, and resources available to help them.

The Eight Age-Friendly Domains: A Blueprint for Change

In 2007, the World Health Organization (WHO) came up with a list of eight key areas that help improve the lives of older adults. The Age-Friendly Blueprint for New Jersey uses these areas to address the most pressing issues for older adults in New Jersey.

The Eight Age-Friendly Domains, as identified by the World Health Organization's eight age-friendly domains are as follows:

1. **Communication and Information**
2. **Respect and Social Inclusion**
3. **Civic Participation**
4. **Community Support and Health Services:**
5. **Outdoor Spaces and Buildings**
6. **Transportation**
7. **Housing**
8. **Social Participation**

At Siena Village, we're committed to this vision. Over the next few months, we will feature a series of articles in *Village Voice* that look at each of these eight domains, sharing how they affect our residents and our community. Our February newsletter will spotlight the domain of Communication and Information. We invite you to complete the enclosed survey about our community newsletter, *The Village Voice*, to help us better meet your needs.

Service Coordinator's Corner

“Bodies in Motion”: Tuesday, January 7, and Thursday, January 21, 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, January 16, 23, and 30 and February 6, 13, and 20

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.

For above programs, sign up with the flyer delivered to your door.

Free Exercise Classes: Wednesdays, January 8, 15, 22, and 29

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. No classes on New Years Day!

Blood-Draw Clinic: Thursday, January 9, 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.



Special Events

“The Joe Keys Duo”: Friday, January 10, at 2 p.m. in the Founders Great Room

Join us for an entertaining afternoon of keyboard, guitar, and singing with these lifelong musicians. The duo's music consists of various styles but mostly 50s and 60s music. They are interactive and enjoy engaging residents to sing along. **Please sign up for this event with the flyer delivered to your door.**

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

“Understand” Author Reading: Thursday, January 9, at 2 p.m. in the library

Resident Jerry Limone will read an excerpt from his book, which follows Marine Sergeant Michael Secli's journey from the streets of Hell's Kitchen to the hell of Khe Sanh, Vietnam. Mr. Secli will be available after the reading for a question-and-answer session.

“Audrey Hepburn Remembered” Documentary: Friday, January 24, at 2 p.m. in the library

Audrey Hepburn was one of movies' best-loved stars, blessed with beauty, talent, an elegant sophistication, and an enduring aura of youthful innocence.

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, January 28, at 6:30 p.m. in the Founders Great Room

Game Room: Open daily, Building 1, floor 2.

Puzzles and games are available or you may bring your own.

Afternoon at the Movies

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

2 p.m. in the library

“The Goodbye Girl” (PG): Friday, January 3

After being dumped by her live-in boyfriend, unemployed dancer Paula McFadden and her ten-year-old daughter Lucy are forced to live with struggling off-Broadway actor Elliot Garfield, who is subletting their apartment. Starring Richard Dreyfuss and Marsha Mason.

“Harriet” (PG-13): Friday, January 17

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

Faith Talk

Greetings Siena Village residents! You are cordially invited to Faith Talk on Tuesdays at 1 p.m. in the library. Faith Talk is a time to pray, learn, share, and connect with your neighbors of different backgrounds, cultures, and denominations. Join us as we continue to journey through Scripture, discovering how to apply its teachings to our everyday life.

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, January 14, at 1:30 p.m.: Rosary in the Founders Great Room; mass immediately following.

(201) 848-5400 • ChristianHeal

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.

Holiday Toy Drive.

ted outside of those hours or by any other staff. Sidewalks and common areas
veled 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!



Maureen Francella, Apartment 2436
Marie Monaco, Apartment 2329
James and Margaret Johnstone, Apartment 2412

A Message from Rehab

Happy New Year! The year 2024 is now 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 not realistic and forgotten before the end of the month. Here are a few suggestions for making resolutions and setting realistic goals for 2025. Take a look at your current lifestyle and determine what you may need to improve. Then prioritize – work on one goal at a time. Lastly, make your goals achievable – success is a big motivator.

Her

1. Eat a healthier, well-balanced diet – promote good nutrition and a healthy weight
2. Stay active – get 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 – be sure to engage in activities for mental stimulation
5. Review and update your legal documents – medical directives, power of attorney, and wills
6. Do more of what you enjoy to avoid the blues
7. Keep up with your regular checkups – don't forget the dentist, ophthalmologist, and audiologist

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, January 6, at 7 p.m. in the Founders Great Room

Start the New Year by attending the Siena Village Resident's Meeting. Suggestions are always welcome. Coffee and cake will follow meeting.

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

Wind Creek Casino Trip: Wednesday, January 22

Bus transportation and \$25 slot play. Cost is \$29 per person. Make check payable to "Siena Village" and place in Resident Committee box by Friday, January 3. Limit of 55 people.

Chinese Dinner: Saturday, January 25, at 5:30 p.m. in the Founders Great Room

Ring in the Year of the Snake. Food catered by Koi. Cost is \$18 per person payable to "Siena Village." Group table reservations accepted for parties of 5 or 7. **For complete details refer to flyer that was previously sent to your door.** Contact Judy at (973) 694-7805 or Marion at (973) 956-2254. Place payment in the Resident Committee box by Friday, January 10.





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. Refer to enclosed flyer for more detailed information and sign up.



January 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Sharing Jesus 10 a.m. library Founders Great Room Men's Club 12 p.m. to 3 p.m. Game Room B1, F2	2 Book Club 2 p.m. library Bingo 7 p.m. Founders Great Room	3 Afternoon at the Movies The Goodbye Girl 2 p.m. library	
5	6 Silver Circle Knitting 1 p.m. library Story Time 3 p.m. library Resident Committee Meeting 7 p.m. Founders Great Room	7 Faith Talk 1 p.m. Library Bodies in Motion 2 p.m. Founders Great Room	8 Men's Club 12 p.m. to 3 p.m. Game Room B1, F2 Exercise Class 2 p.m. Founders Great Room	9 Blood Draw Clinic 10 a.m. Founders Great Room "Understand" Author Reading 2 p.m. library Bingo 7 p.m. Founders Great Room	10 "The Joe Keys Duo" Joe Conti 2 p.m. Founders Great Room	11
12	13 Silver Circle Knitting 1 p.m. library Story Time 3 p.m. library	14 Rosary Mass 1:30 p.m. Founders Great Room Faith Talk 1 p.m. library	15 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	16 WISE Program 2 p.m. Founders Great Room Bingo 7 p.m. Founders Great Room	17 Afternoon at the Movies Harriet 2 p.m. library	18
19	20 Silver Circle Knitting 1 p.m. library Story Time 3 p.m. library	21 Faith Talk 1 p.m. Library Bodies in Motion 2 p.m. Founders Great Room	22 Wind Creek Trip 9:30 a.m. lobby Men's Club 12 p.m. to 3 p.m. Game Room B1, F2 Exercise Class 2 p.m. Founders Great Room	23 WISE Program 2 p.m. Founders Great Room Bingo 7 p.m. Founders Great Room	24 Audrey Hepburn Documentary 2 p.m. library	25 Resident Committee Chinese Dinner 7 p.m. Founders Great Room
	27 Silver Circle Knitting 1 p.m. library Story Time 3 p.m. library	28 Faith Talk 1 p.m. Library Heart to Heart 6:30 p.m. Founders Great Room	29 Men's Club 12 p.m. to 3 p.m. Game Room B1, F2 Exercise Class 2 p.m. Founders Great Room	30 WISE Program 2 p.m. Founders Great Room Bingo 7 p.m. Founders Great Room	31 Armchair Travel Southern Spain 1:30 p.m. library	