

Summer Hill Staff

Main Office: (201) 848-5848
Office Hours: 8 a.m. to 4 p.m.

Laura Koblitz
Resident Director
(201) 848-5848
LKoblitz@ChristianHealthNJ.org

Isabel Galindo
Occupancy Specialist
(201) 848-5848
IGalindo@ChristianHealthNJ.org

Susan Matyiku
Service and Activity Coordinator
(201) 848-5837
SMatyiku@ChristianHealthNJ.org

Rev. Anthony Matias
Chaplain
(201) 848-7507
AMatias@ChristianHealthNJ.org

Maintenance and Housekeeping
(201) 848-5859 | 8 a.m. to 4 p.m.

Maintenance Emergencies Only
Howell Jones
Assistant Superintendent
(201) 316-6428

Gabriel Wong
Environmental Services
(201) 638-4801

Rolando Diaz
Superintendent
(201) 897-5402
RDiaz@ChristianHealthNJ.org

Home Care Options
(973) 897-5550

**For medical emergencies or
emergency call bells, dial 911.**

**Summer Hill of Wayne Beauty
Parlor** (201) 897-5381

Inspections and Exterminations

Summer Hill January Apartment Inspections

- Tuesday, January 14, 2025: Apartments 1101 to 1105
- Wednesday, January 15, 2025: Apartments 1106 to 1111
- Thursday, January 16, 2025: Apartments 1112 to 1118

Inspections will be conducted by Rolando Diaz, Superintendent. Specific times for each individual apartment are not available. All tenants need to sign off on the inspection and should be present to discuss and issues or concerns. If you have a conflict or any questions, call Mr. Diaz at (201) 897-5402.

Extermination Schedule

The extermination schedule is as follows:

- Summer Hill One and Summer Hill Two, floors 1 and 2:
Tuesday, January 14
- Summer Hill One and Summer Hill Two, floors 3 and 4:
Tuesday, January 28

Services will alternate between crack-and-crevice treatment in the kitchen and bathroom and a visual inspection. Howell Jones, Assistant Superintendent, or Gabriel Wong, Maintenance Team Member, will accompany the exterminator. Residents should be present for the exterminator. Call Howell with questions at (201) 848-5859.

Welcome to Summer Hill

Anubis Torres, Apartment 2109
Patricia Cordova, Apartment 1318



Summer Hill – Proud to be a New Jersey Age-Friendly Community

Providing resources, activities, and services customized to fit the needs of 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 ahead 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 Summer Hill, Service Coordinator Susan Matyiku 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, 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 Summer Hill we're committed to this vision. Over the next few months, we will feature a series of articles in Summer Hill Highlights 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, Summer Hill Highlights, to help us better meet your needs.

Service Coordinator's Corner

Podiatry Services with Dr. Witkin (House calls only)

Receive personalized care in the comfort of your apartment! Call Dr. Witkin to schedule your appointment at (973) 696-6677.

Free Exercise Classes with Kim: Thursday, January 23 and January 30, at 2 p.m. in the Community 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. Registration is required by calling Susan at (201) 848-5837.

Blood-Draw Clinic: Thursday, January 16, at 10 a.m. in the boardroom in Summer Hill Two

The Valley Hospital holds a monthly blood-draw clinic every third Thursday. Residents will need to present their Medicare/insurance card and a physician's prescription. Results will be sent to the prescribing physician. You must register and provide copies of insurance and prescriptions to Susan by the Monday of the week of the blood draw. To avoid unexpected out-of-pocket costs, please check with Susan for a list of insurance plans accepted by Valley Hospital Lab.

NEW Chair Stretches with Susan: Monday, January 6 and January 13, from 10 a.m. to 10:30 a.m. in the Community Room

Start the new year right with 30 minutes of light seated stretching and movement with Susan. All levels are welcome.

Summer Hill Office Etiquette

Please remember these important points when working with the office staff (Laura and Isabel) and the service coordinator (Susan).

- The best way to get the help that you need or your questions answered is to set up an appointment with the staff member. This ensures that you will have sufficient time set aside to address your needs and also helps create a private and professional experience. To schedule an appointment, you should call the appropriate staff member. If you need to leave a message, please provide your complete name and phone number and the reason for the call. Do not call repeatedly or leave multiple messages. We make every effort to return calls by the next business day.
- If the office door is closed, please do not yell, knock, or wait for someone to come out. The door is closed for a reason: a meeting, a phone call, training, or an appointment. If you have an appointment with Susan, ring her bell once and wait in the seating area outside the café. Do not ring the bell several times, knock on her office door, or open her closed door.
- Please give other residents the respect and privacy that you would expect. Do not hover or listen to others when they are speaking to a staff member.

Activities

Catholic Mass – Wednesday, January 8 and January 22, at 1 p.m. in the Community Room

Faith Talk –Wednesdays at 2 p.m. in the Community Room

Card Games – 2 p.m. in the game room of Summer Hill Two, floor 4

Cornhole – Tuesday, January 21 and January 28, at 11 a.m. in the Community Room

Special Events

CUMAC Mobile Food Pantry and Benefit Enrollment Assistance: Tuesday, January 7, from 11 a.m. to 1 p.m. in the Community Room

Find out about this nonprofit mobile food pantry and benefit assistance center. They can help you with applications for Medicaid, Medicare Savings Programs (MSP), Medicare Part D Extra Help (Low-Income Subsidy, LIS), Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamp), and more! RSVP with Susan by January 2.

The Pettets: Thursday, January 9, at 2 p.m. in the Community Room

Join us for a musical performance by mother and daughter Denise and Ashley Pettet. They will sing popular music and nostalgic favorites that delight everyone! RSVP no later than Thursday, January 2. Call Susan to register at (201) 848-5837.

Creating with Clay: Tuesday, January 14, at 2 p.m. in the Community Room

Come and create a beautiful winter clay project. Register with Susan by Tuesday, January 7. Limited to the first 12 registrants. Call Susan at (201) 848-5837.

Singalong with Susan: Thursday, January 16, at 2 p.m. in the Community Room

Have fun singing along to your favorite hits!

Important Reminder

Please do not touch or deliver anyone's packages or newspapers to their doors. Packages and newspapers left outside the apartment doors are a fall hazard. Do not touch, deliver, or hold on to anyone's packages without their consent.

Summer Hill Holiday Party



Residents had fun at the Summer Hill holiday party.



Everyone wore their holiday best.



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. Here is a short list of some goals to consider:

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

The rehab team wishes you all a healthy and happy New Year. Remember, we offer some programs here at 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.



Pictured: Diane Richardson and Karen Souhlakis

Thank You Wayne Volunteers!

Once again, Wayne volunteers donated Thanksgiving pies to Summer Hill residents. The delicious pies were greatly appreciated!



Karen Esa and Jamie Coon helped decorate the community Christmas tree.



Volunteer Joe played a mix of holiday and classic guitar hits.

Snow Removal Procedure

Snow plowing at Summer Hill of Wayne takes place during snowstorms of two inches or more. The roadway, sidewalks, common areas, and visitor parking will be plowed and shoveled before resident parking to allow emergency vehicles and staff access to the building. With our expanded parking lot, the maintenance staff will also be able to better plow resident parking spaces, but that requires your cooperation. Going forward, you will be contacted by a member of the maintenance staff to notify you that you need 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 within 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. Resident vehicles and spaces will be cleared as soon as reasonably possible. **Residents have two options for clearing their parking space/vehicle:**

- **Clear your own space/vehicle.** Residents will be contacted by telephone by maintenance staff and given approximately 30 minutes to clear their car and move it to visitor parking so their space can be plowed. Residents are not permitted to save parking spaces with cones or other items. These items will be removed and disposed of by maintenance staff.
- **Have your vehicle cleaned and space cleared by staff.** Place your check (\$20 for cars/\$25 for vans and SUVs), made payable to Summer Hill of Wayne II, LLC in an envelope with your name, apartment number, and car keys in the snow removal box, located in the package room of each building. DO NOT place in the rent box. Maintenance staff will return your keys when complete.

Congratulations Reverend Anthony!

Reverend Anthony Matias and his wife Erodita welcomed their son Jacob Samuel Matias on November 1, 2024.

Faith Talk

Greetings Summer Hill residents! You are cordially invited to Faith Talk on Wednesdays at 2 p.m. in the Community Room with me, Rev. James Steward – Director of Pastoral Care 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 continue to journey through lessons in basic Christianity and discover how to apply those teachings to our everyday lives.





January 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Office is closed /No Bus 	2	3 Bingo 2 p.m. Community Room	4 Resident Disco 6:30 p.m. Community Room
5 Bingo 2 p.m. Community Room	6 Chair Stretches/ Exercise 10:30 a.m. Community room Bingo 2 p.m. Community Room	7 CUMAC Mobile Food Pantry and Benefit Assistance 11 a.m.—1 p.m. Community Room	8 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	9 The Pettets 2 p.m. Community Room	10 Bingo 2 p.m. Community Room	11 Resident Disco 6:30 p.m. Community Room
12 Bingo 2 p.m. Community Room	13 Chair Stretches/ Exercise 10:30 a.m. Community room Bingo 2 p.m. Community Room	14 Creating with Clay 2 p.m. Community Room	15 Faith Talk 2 p.m. Community Room	16 Blood Draw Clinic 10 a.m. Boardroom, Building 2 Sing along 2 p.m. in the Community Room	17 Bingo 2 p.m. Community Room	18 Resident Disco 6:30 p.m. Community Room
19 Bingo 2 p.m. Community Room	20  Office closed/No bus Bingo 2 p.m. Community Room	21 Cornhole 11 a.m. Community Room	22 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	23 Exercise 2 p.m. Community Room	24 Bingo 2 p.m. Community Room	25 Resident Disco 6:30 p.m. Community Room
26 Bingo 2 p.m. Community Room	27 Bingo 2 p.m. Community Room	28 Cornhole 11 a.m. Community Room 	29 Faith Talk 2 p.m. Community Room	30 Exercise 2 p.m. Community Room	31 Bingo 2 p.m. Community Room	1 Resident Disco 6:30 p.m. Community Room