

## 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 February Apartment Inspections

- Tuesday, February 11: Apartments 1201 to 1205
- Wednesday, February 12: Apartments 1206 to 1211
- Thursday, February 13: Apartments 1212 to 1218

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, February 11
- Summer Hill One and Summer Hill Two, floors 3 and 4:  
Tuesday, February 25

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.

## Thank You Resident Volunteers

Special thanks to the Christmas tree decorators, undecorators, and menorah lighters!

We also want to thank our bingo volunteers, newsletter and letter deliverers, and newsletter folders. You make our jobs easier! We appreciate all of your help.

If you are interested in volunteering at Summer Hill, please contact Susan Matyiku at (201)848-5837.



# Summer Hill Highlights

February 2025

*News for Summer Hill of Wayne | A Christian Health Community*

## 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 Summer Hill, 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 Summer Hill 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 Summer Hill
- **The Summer Hill Highlights:** 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 will launch in 2025, enabling residents to complete maintenance work orders right from their smartphones.
- **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 28 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

### 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, February 6 and February 20 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 older adults maintain cardiovascular health, strength, and flexibility. Registration is required by calling Susan at (201) 848-5837.

### Blood-Draw Clinic: Thursday, February 20, 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: Every Monday in February from 10 a.m. to 10:30 a.m. in the Community Room

Start your day with 30 minutes of light seated stretching and movement with Susan.

## Congratulations Susan!

Susan Matyiku, Service and Activity Coordinator, was named Legend of the 4th Quarter of 2024! Susan, who was nominated by Laura Koblitz, is now eligible for Legend of the Year.



Pictured: Toni Loyas, Vice President of Operations for Senior Living Services; Laura Koblitz, Resident Director of Summer Hill and Siena Village; Susan Matyiku, Service and Activity Coordinator; and Steve Dumke, President & CEO

## Activities

**Catholic Mass – Wednesday, February 5 and February 19, 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, February 4 and February 18, at 11 a.m. in the Community Room**

**Singalong – Tuesday, February 25, at 11 a.m. in the Community Room**

**Trivia/Games- Thursday, February 13 and February 27, at 11 a.m. in the Community Room**

## Special Events

**“Eating Heart Healthy in 2025” Presented by ShopRite Dietician Kamryn Convertino: Tuesday, February 11, at 2 p.m. in the Community Room**  
Learn about eating healthy for your heart. Kamryn will prepare a healthy salad for participants to try! Register with Susan at (201) 848-5837 by Tuesday, February 4.

**Wellness Wednesday Lunch and Learn – “Take Control of Your Health”: Wednesday, February 12, at 11 a.m. at Siena Village**  
Brianna Papa, a St. Joseph's cardiopulmonary rehab department nurse, will present “Take Control of Your Health.” Lunch will be provided. Registration is required by February 5. Transportation will be provided. Bus departs Summer Hill Two (by the office) at 10:25 a.m.

**Special Mardi Gras Musical Event – Florian Schantz Jazz Combo: Sunday, February 23, at 2 p.m. in the Community Room**  
Celebrate Mardi Gras with an extraordinary musical concert from a very special jazz band and a sweet treat. Register with Susan by February 10. A minimum of 20 is required. **Bingo is cancelled.**

## Service Coordinator Office Relocation Announcement

We're excited to announce that Susan's office has relocated to a new space to provide greater privacy and comfort! Susan's new office is now located next to Isabel's, offering a quieter environment that minimizes interruptions from the Community Room, where her office was previously located. This will allow Susan to focus on assisting our residents with fewer unnecessary disruptions. For service coordination assistance, you are encouraged to schedule appointments by calling Susan at (201) 848-5837 to ensure she has dedicated time to address your needs. Drop-ins are discouraged so Susan can provide her full attention to each appointment. For any general office issues, please continue to bring them to Isabel's attention. If there are matters that require escalation, Isabel will coordinate with Laura to address them. Thank you for your cooperation and understanding as we implement these changes to better assist you!

### Valentine's Day Treat

**Wear pink or red on Friday, February 14,** and stop by Susan's office between 1 p.m. and 2 p.m. to receive a Valentine treat.

### Pet Spotlight

If you'd like your pet featured on the Touchtown screens, please complete the registration form located in the package rooms of Summer Hill One and Summer Hill Two. Return your forms to the rent box by February 20.



## *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.

**The rehab team offers some programs right here at Summer Hill 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.**

## *Free Tax Assistance for Older Adults*

The IRS's Volunteer Income Tax Assistance (**VITA**) and Tax Counseling for the Elderly (**TCE**) programs offer free basic tax return preparation to qualified individuals. For locations please call (800) 906-9887.

**AARP Foundation Tax-Aide** provides free tax assistance with several preparation options, now through April 15. Access to the different types of taxpayer assistance varies in each locality. For locations please call (888) 227-7669.

## *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.
- **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.

## *NJ HMFA Inspection Report Results*

The results of the NJ HMFA inspection of Summer Hill conducted on October 3, 2024, are in. We are happy to report that based on the results of this year's physical inspection, Summer Hill of Wayne is in EXCELLENT condition. We are blessed to have an amazing, hardworking staff who maintain our community.





## *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. 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.



# February 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 FEBRUARY EVENTS!				1
2 <b>Bingo</b> 2 p.m. Community Room	3 <b>Chair Stretches/ Exercise</b> 10 a.m. Community room <b>Bingo</b> 2 p.m. Community Room	4 <b>Cornhole</b> 11 a.m. Community Room	5 <b>Catholic Mass</b> 1 p.m. Community Room <b>Faith Talk</b> 2 p.m. Community Room	6 <b>Exercise</b> 2 p.m. Community Room	7 <b>Bingo</b> 2 p.m. Community Room	8 <b>Resident Saturday Social</b> 6:30 p.m. Community Room
9 <b>Bingo</b> 2 p.m. Community Room	10 <b>Chair Stretches/ Exercise</b> 10 a.m. Community room <b>Bingo</b> 2 p.m. Community Room	11 <b>Eating Heart Healthy</b> 2 p.m. Community Room	12 <b>Wellness Wednesday</b> 11 a.m. Siena Village <b>Faith Talk</b> 2 p.m. Community Room	13 <b>Trivia/Games</b> 11 a.m. in the Community Room	14 <b>Wear Red/Pink</b> 1 p.m. to 2 p.m. Susan's office <b>Bingo</b> 2 p.m. Community Room 	15 <b>Resident Saturday Social</b> 6:30 p.m. Community Room
16 <b>Bingo</b> 2 p.m. Community Room	17 <b>Chair Stretches/ Exercise</b> 10 a.m. Community room <b>Bingo</b> 2 p.m. Community Room <b>Presidents Day</b>	18 <b>Cornhole</b> 11 a.m. Community Room	19 <b>Catholic Mass</b> 1 p.m. Community Room <b>Faith Talk</b> 2 p.m. Community Room	20 <b>Blood Draw Clinic</b> 10 a.m. Boardroom, Building 2 <b>Exercise</b> 2 p.m. Community Room	21 <b>Bingo</b> 2 p.m. Community Room	22 <b>Resident Saturday Social</b> 6:30 p.m. Community Room
23 <b>Florian Schantz Jazz Combo</b> 2 p.m. Community Room	24 <b>Chair Stretches/ Exercise</b> 10 a.m. Community room <b>Bingo</b> 2 p.m. Community Room	25 <b>Sing -Along</b> 11 a.m. Community Room 	26 <b>Faith Talk</b> 2 p.m. Community Room	27 <b>Trivia/Games</b> 11 a.m. in the Community Room	28 <b>Bingo</b> 2 p.m. Community Room 	1 <b>Resident Saturday Social</b> 6:30 p.m. Community Room