

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

Exterminations

Extermination Schedule

The extermination schedule is as follows:

- Summer Hill One and Summer Hill Two, floors 1 and 2:
Tuesday, December 10
- Summer Hill One and Summer Hill Two, floors 3 and 4:
Tuesday, December 24

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.

Congratulations Susan Matyiku!



Pictured: Resident Director Laura Koblitz and Service and Activity Coordinator Susan Matyiku

Laura Koblitz nominated Susan Matyiku as a Legend. Legends are Christian Health employees who have demonstrated the mission and values of CH in a manner that goes above and beyond expectations. Good luck, Susan!

Bingo!



Pictured: John Becker, Pat Schut, Pat Dyche (seated), Laura, and John Nicoll

Summer Hill residents treated themselves to new bingo supplies. Bingo is played Sundays, Mondays, and Fridays at 2 p.m. in the Community Room.



Summer Hill Highlights

December 2024

News for Summer Hill of Wayne | A Christian Health Community

Summer Hill Thanksgiving

Residents enjoyed a Thanksgiving meal with all the trimmings, catered by World of Food.



A Morning with Eastern Christian Middle Schoolers

A fall highlight of the Eastern Christian Schools is the annual Hands Dirty Day. On this day students, faculty, and parents spend the morning serving a variety of local organizations. This year the middle school students spent the morning playing corn hole and trivia with Summer Hill residents. Everyone had fun!

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, December 12, 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, December 19, 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.

Elevator Protocol

Wait for People to Exit First

- If you're waiting to get on, allow passengers to exit the elevator before you board.

Don't Block the Door

- If you're in the elevator, be mindful of standing directly in front of the doors. Stand to the side so it is not difficult for people to enter or exit.

Personal Space

- Try to keep your personal belongings (like bags) in front of you or to your side, not sprawling across space.

Consider Other Riders' Needs

- If you're in a crowded elevator and someone looks like they need extra space (for instance, someone with a wheelchair or rollator), make room when possible.

Dogs

- Please ensure your dog stays close to you on a leash.

By following these practices, you contribute to a more comfortable and pleasant experience for everyone in the elevator.

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 the 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.

Activities

Catholic Mass – Wednesday, December 4, in the *cafe and Wednesday, December 18, at 1 p.m. in the Community Room

Faith Talk –Wednesdays at 2 p.m. Community Room (Wednesday, December 4, in the *café)

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

Cornhole – Tuesday, December 10, and Tuesday, December 17, at 11 a.m. in the Community Room

Guitar with Joe – Wednesday, December 11, at 11 a.m. in the Community Room

Join volunteer Joe for guitar singalongs and refreshments. You must register for this event by December 6. Call Susan at (201) 848-5837.

On the Big Screen

Christmas Movie Month

Check your calendar insert for a month filled with your favorite holiday movies!

Gift-Giving Policy Reminder

As we approach the holiday season, please be reminded Christian Health has a policy that prohibits employees from accepting gifts, including monetary tips. While your thoughtfulness is appreciated, this policy is equitable to all employees. More importantly, it speaks to the principles on which Christian Health was founded. If you would like to express your appreciation for the efforts of our team, please consider making a tax-deductible contribution to the Christian Health Employee Fund. This special fund supports Employee Appreciation Day, the employee Christmas party, and other team events, as well as educational programs and opportunities for employees. Each year, the names of those who contribute to the fund are published in the Christian Health employee e-newsletter, SiteLine. Checks should be made payable to the Christian Health Foundation and marked for the Employee Fund. They can be mailed to: The Christian Health Foundation at 301 Sicomac Ave., Wyckoff, NJ 07481.

Special Events

Summer Hill Community Room Tree Decorating

Tuesday, December 3, at 6 p.m. in the Community Room

Help decorate our Community Room Christmas tree. Join us for a singalong, hot chocolate, treats, and the lighting of our Christmas tree! Ornaments and décorations will be provided.

de Snoep Winkel Pop-Up Holiday Shop

Wednesday, December 4, from 10:30 a.m. to 3:30 p.m. in the Community Room

Shop festive holiday décor, scarves, handbags, sweet treats, jewelry, and much more!

Celebrate the Season at Our Holiday Party!

Holiday cheer will abound at the Summer Hill of Wayne Holiday Party **on Thursday, December 5, at 5:30 p.m. in the Community Room**. The party will be catered by A World of Food, and the delicious menu will include rolls and butter, penne vodka, eggplant rollatini, chicken francese, baked Virginia ham, roasted potatoes, green beans almandine, a beverage, coffee, tea, and dessert. Ed Alstrom will provide musical entertainment. The cost is **\$23** per person. Place your check, made payable to Summer Hill of Wayne II, LLC, in the rent box no later than November 25. No refunds. A minimum of 30 is required. **Residents who would like to reserve a table of 8 must place checks for all members of their group in one envelope and include each resident's name on the outside. Reserved seating is ONLY for groups of 8. *All menu items are subject to change based on market availability.**

Save the Date! Selah Strings Concert Saturday, December 21

Details to follow soon!

A Message from Rehab

December is here, a chill is in the air, the holidays are rapidly approaching, and 2024 is coming to a close. As winter arrives, it brings colder temperatures and the chance of inclement weather.

Let's take a look at some of things to stay safe and healthy.

- Listen to your local weather reports to be prepared for any inclement weather.
 - Dress for the weather with layers of breathable fabrics, a waterproof jacket or coat, and a scarf to cover your nose and mouth and protect your lungs.
- Watch for black ice and avoid walking through snow or slush.
 - Be prepared for power outages with a flashlight and extra batteries, a battery-operated radio, nonperishable food and bottled water, an adequate supply of medication, warm clothes and blankets, and a fully charged cell phone.
 - If you drive, check your battery, antifreeze levels, tire tread and pressure, and wiper blades/fluid and keep emergency supplies like a blanket, first aid kit, scraper/shovel, and subscription to AAA or Roadside Assistance.
 - Protect yourself against colds and the flu by washing your hands often, getting plenty of sleep, staying hydrated, avoiding crowds, wearing your mask in public, and getting your flu shot and COVID-19 vaccine.
 - Fight winter depression by keeping in contact with family and friends, staying active and socializing, and checking on your neighbors and friends.

Please remember that the rehab team offers other programs right here at Summer Hill to promote health and wellness. We look forward to seeing you at our exercise classes and wellness lectures – watch your calendar for dates and times. 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.

Holiday Decorating

We encourage all residents to embrace the festive spirit while keeping safety and community considerations in mind. To ensure a pleasant and secure environment for everyone, please adhere to the following decorating guidelines:

1. No Decorations in Common Areas

For the safety and enjoyment of all residents, decorating in common areas (such as lobbies, hallways, and entrances) is not permitted. We appreciate your understanding as we maintain shared spaces free of personal decor.

2. No Live Trees or Wreaths

For safety reasons, live trees and wreaths are not allowed in the building. These items can be a fire hazard, and we want to ensure everyone's safety during the holidays. Please consider using artificial trees and wreaths as an alternative.

3. No Burning Candles

In accordance with fire safety regulations, burning candles (including those in windows or public areas) are not permitted. Battery-operated or flameless candles are a great way to enjoy the ambiance without the risk of fire. Let's work together to create a joyful and respectful environment for our community!

Don't Miss Your Holiday Cards and Packages!

US Postal Service mailboxes are located in the lobby of each building. Your mailbox number is the same as your apartment number. Outgoing mail can be dropped into the letter box near the mailboxes. Please do not wait in the area of the mailboxes while the mail carrier is sorting mail.

- Pick up your mail, including packages, in a timely fashion. If you are unable to get your mail, ask a friend or family member to get it to you.
- If you are going away, follow proper procedure and request directly with the post office to have your mail stopped or forwarded.
- The US Postal Service will deliver packages to the mailbox area. All other shippers will leave packages in the vestibule of your building.
- Contact the post office at (973) 839-3811 or the sender of the package with any specific issues regarding mail delivery. The Summer Hill team is unable to get into the mailroom or resolve any resident issues regarding mail delivery.
- Unless you have permission, do not pick up packages for your neighbors.
- If you notice a package for the wrong building in your lobby, leave a note on the package so the postal carrier can bring it to the correct building the following day.

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, residents 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.


Faith Talk

The holiday season is upon us – a time that for many can bring a mix of emotions. But remember the peace that Jesus offers. “Peace I leave with you; my peace I give you. (John 14:27).”



December 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Bingo 2 p.m. Community Room	2 Movie "Christmas Magic" 10:30 a.m. Community Room Bingo 2 p.m. Community	3 Cornhole 11 a.m. in the Community Room Movie "Miracle on 34th Street" 1:30 p.m. Community Room Tree Lighting 6 p.m.	4 de Snoep Winkel Holiday Shop 10:30 a.m. – 3:30 p.m. Community Room Catholic Mass 1 p.m. *cafe Faith Talk 2 p.m. *cafe	5 Wear a Fun Holiday Shirt /sweater and see Susan for a photo Resident Holiday Party 5:30 p.m. in the Community Room	6 Movie "A Perfect Christmas" 10 :30 a.m. Community room Bingo 2 p.m. Community Room	7 Resident Disco 6:30 p.m. Community Room
8 Bingo 2 p.m. Community Room	9 Movie" A Rose for Christmas" 10 :30 a .m. in the Community Room Bingo 2 p.m. Community	10 Movie "It's a Wonderful Life" 2 p.m. Community Room	11 Guitar with Joe 11 a .m. in the Community Room Faith Talk 2 p.m. Community Room	12 Movie "A Shoe Addict's Christmas" 10:30 a.m. Community room Exercise 2 p.m. Community Room	13 Bingo 2 p.m. Community Room	14 Resident Disco 6:30 p.m. Community Room
15 Bingo 2 p.m. Community Room	16 Bingo 2 p.m. Community Room 	17 Cornhole 11 a.m. Community Room	18 "Europe's Best Christmas Markets" 11 a.m. Community Room Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	19 Blood Draw Clinic 10 a.m. Boardroom, Building 2 Movie "White Christmas" 1:30 p.m. Community Room	20 Movie "Angels and Ornaments" 10:30 a.m. Community Room Bingo 2 p.m. Community Room	21 Selah Strings Concert Time TBD, Community Room Resident Disco 6:30 p.m. Community Room
12 Bingo 2 p.m. Community Room	23 Movie "Boyfriends of Christmas Past" 10:30 a.m. Community Room Bingo 2 p.m. Community Room	24 Hot chocolate in the café 1:30 p.m. café Movie "Elf" 2 p.m. Community Room	25 	26 	27 Bingo 2 p.m. Community Room	28 Resident Disco 6:30 p.m. Community Room
29 Bingo 2 p.m. Community Room	30 Bingo 2 p.m. Community Room	31 New Years Eve	1 	2	3 Bingo 2 p.m. Community Room	4 Resident Disco 6:30 p.m. Community Room