

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.**

Inspection and Extermination

Inspection Schedule

July apartment inspections will be as follows:

Tuesday, July 9: Apartments 2301 to 2307

Wednesday, July 10: Apartments 2308 to 2316

Thursday, July 11: Apartments 2317 to 2324

Friday, July 12: Apartments 2325 to 2328

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 any issues or concerns. If you have a conflict or any questions, call Mr. Diaz at (201) 897-5402.

Extermination Schedule

In July, the exterminator will inspect the exterior of Buildings 1 & 2. No interior inspections will take place in July.

Fire Sprinkler Inspection

Thursday, August 1

Summer Hill of Wayne Beauty Parlor is open Thursdays at 10 a.m. To schedule an appointment, please call (201) 897-5381.

Welcome to Summer Hill

Eva and Krystal Brancato, Apartment 2421



Summer Hill Highlights

July 2024

News for Summer Hill of Wayne | A Christian Health Community

Showers of Happiness for Isabel!

Residents and team members celebrated a baby shower for Isabel Galindo, Summer Hill Occupancy Specialist. Isabel is expecting a baby girl named Catalina in July!



Service Coordinator's Corner

Podiatry Services with Dr. Witkin (House calls only)

We are excited to announce that Dr. Witkin is taking in-home appointments. Receive personalized care in the comfort of your apartment! Call to schedule your appointment at (973) 696-6677.

"How Are You Sleeping?" Presented by Kim Martin, Manager of Rehabilitation Services at Longview, Siena Village, and Summer Hill Tuesday, July 9, at 2 p.m. in the Community Room

Join us to learn why sleep is important, how sleep changes as we age, and some helpful tips for getting a better night's sleep. Register with Susan by Wednesday, July 3.

Free Exercise Classes with Kim

Tuesday, July 11, and July 25, 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, July 18, at 10 a.m. in the boardroom in Summer Hill Two

The Valley Hospital holds a monthly blood-draw clinic every third Thursday. Call Susan Matyiku to register at (201) 848-5837. 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.

Tablet Education for Older Adults

Thursdays, July 18, July 25, and August 1

Donny Bellamy from the WISE Program is back again! This time he will be providing a free tablet training program. Find out how to use email and Zoom and navigate the Internet safely. Tablets will be available to use during these sessions. You must attend all three sessions. Register with Susan at (201) 848-5837 no later than July 10. ***This class is limited to eight registrants. Participants who attend all classes will be entered into a raffle to win a free tablet!**



Activities

Catholic Mass – Wednesday, July 3, 17, and 31 at 1 p.m. in the Community Room

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

Bingo – Sundays, Mondays, and Fridays at 2 p.m. in the Community Room

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

Corn Hole – Tuesday, July 2 at 11 a.m. in the Community Room

Residents' Choice Game – Thursday, July 11 at 11 a.m. in the Community Room

Afternoon at the Movies

"Breakfast at Tiffany's" – Tuesday, July 23, at 2 p.m. in the Community Room



"Rick Steve's Egypt and the Nile" – Tuesday, July 30, at 2 p.m. in the Community Room

Watch this exciting travel video and take the quiz to test your Egyptian knowledge!

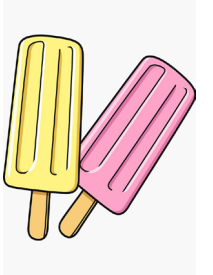
Resident Disco

Join your friends and neighbors every Saturday at 6:30 p.m. in the Community Room for Resident Disco. Bring your own snacks and beverages. This is a great way to meet your neighbors!

Special Events

Ice Pop Giveaway – Friday, July 26, at 3 p.m.

Pick up your complimentary ice pop at Susan's office. Register by Monday, July 22. Call Susan to register at (201) 848-5837.



Musical Fun with Neil Dankman



Pictured: Neil Dankman and resident Darlene Genjian



Pictured: Frank and Bev Bankowski



Pictured: Mary Ann Kolakovic, Nick Costa, Molly Maddaloni, Wilhemenia Williams, Joan Carlone, Edna Salerno, and Louise Nowacki

A Message from Rehab

Greetings from rehab! It's time to turn the page on the calendar again – July is here and summer is in full swing. Hope everyone is enjoying the summer and staying safe. Last month I reviewed some summer safety tips, but in rehab we worry about safety all year long, with a primary focus on reducing everyone's risk for falls. This month I wanted to provide some information on a common medical condition that can significantly increase our risk for injury should you fall – OSTEOPOROSIS.

Osteoporosis is a condition that results in loss of bone mass and changes to our bone structure, which make us more prone to fractures. Some of the risk factors for developing osteoporosis include advancing age, menopause, side effects of medications (such as steroids and cancer treatment), a sedentary lifestyle, and low levels of vitamin D and calcium. Signs or symptoms may include fractures resulting from low-level injuries – most commonly the spine, hips, and wrist – and loss of height or curvature of the spine.

On a more positive note, there is a simple, painless test called a bone density test, or DEXA scan, to measure your bone thickness and identify this condition. Once diagnosed there are interventions and treatments that can help, including the use of vitamin D/calcium supplements, medications to stop the breakdown of bone tissue, and hormone replacement therapy. Your doctor may also recommend physical and/or occupational therapy to increase your regular physical activity, implement fall-prevention measures, including exercises for muscle and core strength as well as balance, recommend home modification to reduce/eliminate trip/fall hazards, and explore the benefits of equipment such as a walker, shower chair, or grab bars.

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.

Faith Talk

Greetings Summer Hill residents! You are cordially invited to Faith Talk on Wednesdays at 2 pm 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 continue to journey through Jesus' parables, concerning the Kingdom of Heaven, and discover how to apply his teachings to our everyday life.

Please Note: No Faith Talk Wednesday, July 3.

Pharmaceutical Assistance to the Aged & Disabled (PAAD)

The Pharmaceutical Assistance to the Aged and Disabled (PAAD) program is a state-funded program that helps eligible older adults and individuals with disabilities save money on their prescription drug costs.

PAAD provides coverage for prescribed legend drugs, insulin and insulin supplies, and needles and syringes for injectable medicines used for the treatment of multiple sclerosis.

The PAAD copayment will be \$5 for each PAAD-covered generic drug prescription and \$7 for each PAAD-covered brand-name drug prescription. PAAD beneficiaries may pay less for generic drugs if their Medicare prescription drug plan charges them less than the \$5 PAAD copayment for generics.

Medicare-eligible PAAD beneficiaries are also required to enroll in a Medicare Part D Prescription Drug Plan. PAAD will pay the monthly premium for certain standard basic Part D plans with a monthly premium at or below the regional benchmark. These plans will cover medically necessary prescription medications under Medicare Part D. If a beneficiary self-enrolls in an enhanced plan at or below the regional benchmark premium amount, PAAD will pay the premium as long as the plan agrees to follow all the billing requirements.

For resources and more information, call toll-free hotline 1-800-792-9745. If you would like to apply for PAAD, you can do so online at: <https://nj-dhsas.my.site.com/njsave/quickstart>.

Important Summer Hill Notices

Please don't let your dog do their business in the mulch areas.

Automated Call and Text

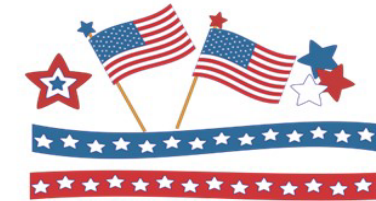
Beginning in 2018, Summer Hill partnered with a service to provide automated notifications to residents by phone call and/or text message. The service communicates important internal information, such as emergency water or power issues. It will not be used to send routine solicitation messages. Participation is voluntary, but all residents are encouraged to participate to stay informed! To confirm if you are registered for this free service, contact the office at (201) 848-5848.




20-Minute Parking Spaces

Effective June 13, Parking Space 11, located near the front door of Summer Hill One, has been designated for 20-minute parking. Anyone parked there longer will receive a warning. Failure to comply will result in the towing of the vehicle at the owner's expense.



July 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1 Bingo 2 p.m. Community Room	2 Bingo 2 p.m. Community Room	3 Cornhole 11 a.m. in the Community Room	4 Catholic Mass 1 p.m. Community Room Faith Talk is Canceled	 5 Bingo 2 p.m. Community Room	6 Resident Disco 6:30 p.m. Community Room	
7 Bingo 2 p.m. Community Room	8 Bingo 2 p.m. Community Room	9 "How are You Sleeping?" 2 p.m. in the Community Room	10 Faith Talk 2 p.m. Community Room	11 Resident's Choice Game 11 a.m. in the Community Room Exercise with Kim 2 p.m. in the Community Room	12 Bingo 2 p.m. Community Room	13 Resident Disco 6:30 p.m. Community Room
14 Bingo 2 p.m. Community Room	15 Bingo 2 p.m. Community Room	16 Volunteer Appreciation Luncheon Noon to 1:30 p.m. in the Community Room	17 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	18 Blood Draw Clinic 10 a.m. Boardroom, Building 2 Tablets for Seniors 11 a.m. in the Community Room	19 Bingo 2 p.m. Community Room	20 Resident Disco 6:30 p.m. Community Room
21 Bingo 2 p.m. Community Room	22 Bingo 2 p.m. Community Room	23 Afternoon at the Movies "Breakfast at Tiffany's" 2 p.m. in the Community Room	24 Faith Talk 2 p.m. Community Room	25 Exercise with Kim 2 p.m. in the Community Room Tablets for Seniors 11 a.m. in the Community Room	26 Bingo 2 p.m. Community Room  Free ice pop 3 p.m. Susan's office.	27 Resident Disco 6:30 p.m. Community Room
28 2 p.m. Community Room	29 Bingo 2 p.m. Community Room	30 "Rick Steve's Egypt and the Nile" 2 p.m. Community Room	31 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	1 Tablets for Seniors 11 a.m. in the Community Room	2 Bingo 2 p.m. Community Room	3 Resident Disco 6:30 p.m. Community Room