

## 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.

## Exterminations

### Extermination Schedule

The extermination schedule is as follows:

- Summer Hill One and Summer Hill Two, floors 1 and 2: Tuesday, October 8
- Summer Hill One and Summer Hill Two, floors 3 and 4: Tuesday, October 22

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.

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

## Event Registration

**All events** require registration. To register you can call Susan Matyiku, Service and Activity Coordinator, at (201) 848-5837 or drop a note in the rent box indicating what events you are interested in attending. If you register for an event and need to cancel, please call Susan as soon as possible.



# Summer Hill Highlights

October 2024

News for Summer Hill of Wayne | A Christian Health Community

## Summer Fun at the Siena Village/Summer Hill Barbecue



John Moultrie and Rosa Cadiz



Kathy Rhoads, Marianne Hernandez, and Willie Mae Archer



Bill and Ruth Kosten



Frank and Bev Bankowski, Francine Grieco, and Rosetta Deida



Barbara Berardi, Karen Carman, and Janet Houston



Ray Galvano



Mary Haskins, Jamie Coon, and Edna Salerno



Joan Carlone and Pat Dyche



Pam Banta and Angela Thompson



Victoria DeDolce, Lindy Smalley, Sophia Napolis, and Ruth Conklin



John Nicoll, Laura Nicoll, Diane Sullivan, and Pat Schut

## 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.

### Free Exercise Classes with Kim: Thursday, October 3 and 17, 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, October 17, 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.

### Managing Pain as We Age: Tuesday, October 29, at 2 p.m. in the Community Room Register with Susan at (201) 848-5837 by October 23.

Kim Martin, OTR/L, Wayne Rehab Services Manager, will present an informative and helpful workshop focusing on:

- The difference between acute and chronic pain
- The causes of pain
- How pain is diagnosed
- Treatment options
- Therapy interventions to help manage pain

## Shred Day

There will be a mobile shred truck at Summer Hill of Wayne on Wednesday, October 16, from 8 a.m. to 9:30 a.m. There will be locked and secured bins dropped off and available to anyone who is unable to attend Shred Day. The bins will be dropped off on Friday, October 11, and will be located in the Community Room until Wednesday, October 16.

## Congratulations to Our Raffle Winners

Residents were invited to complete a survey and offer their suggestions for programs and events. Participants were entered in a raffle, and three winners were randomly chosen to win a ShopRite gift card. Congratulations to our winners, Odalys Perez, John Lees and Phillip Velazquez!

## Activities

**Catholic Mass – Wednesday, October 9 and October 23, 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 – 2 p.m. in the game room, Summer Hill Two, floor 4**

**Residents' Choice Game – Tuesday, October 8, at 11 a.m. in the Community Room**

## On the Big Screen

### Afternoon at the Movies

**"Carol Burnett and Friends": Thursday, October 10, at 2 p.m. in the Community Room**

Take a trip down memory lane with classic episodes of funny lady Carol Burnett.

### Armchair Travel

**"Wonders of California – The Most Amazing Places in California": Thursday, October 24, at 2 p.m. in the Community Room**

Sit back and enjoy the beautiful sights of California.

## Special Events

**Breast Cancer Awareness: Wear Pink Day Monday, October 7**

Wear pink to show your support for Breast Cancer Awareness Month. Visit Susan's office in your pink attire and receive a small gift.

### Resident Disco

Saturdays at 6:30 p.m. in the Community Room

**Oktoberfest Meet and Greet: Tuesday, October 15, at 11 a.m. in the Community Room**

Let us welcome our new residents with live German music at 11 a.m. and lunch at noon. Lunch includes two hotdogs, a cold beverage, and dessert. Cost is \$7, made payable to Summer Hill of Wayne II, LLC. Return your registration and check to the rent box by October 7.

**Wellness Wednesday – "Medications and Polypharmacy: Evaluating and Addressing Risks": Wednesday, October 23 at noon at Siena Village**

Dr. Prudent of St. Joseph's Health will present a program on polypharmacy (the use of five or more medications that increases the risk of adverse drug-drug or drug-disease interactions) and prescription cascade (the process whereby side effects of drugs are misdiagnosed as symptoms of another medical event). Return your registration form to the rent box no later than October 16. Transportation and free lunch will be provided.

**Fun Fall Corn Hole with Eastern Christian Middle School: Friday, October 25, from 9:30 a.m. to noon in the Community Room**

Eastern Christian Middle School student volunteers will be at Summer Hill. Join in some fun! Enjoy a snack at 9:30 a.m. then at 10 a.m. play corn hole and trivia with the kids. Registration is required. Register with Susan at (201) 848-5837 no later than Monday, October 21.

**Fall Costume Treat Giveaway: Thursday, October 31, from 3 p.m. to 4 p.m. at Susan's Office**

Show off your fun costume and receive a fall treat. In order to qualify for your treat, you must wear a costume!

## *A Message from Rehab*

Greetings from rehab! It's time to turn the page on the calendar again – October is here, fall is in full swing, and the rehab team is ready to celebrate National Physical Therapy Month.

### **What Is Physical Therapy?**

- Physical therapy (PT) focuses on evaluating and treating disorders of the musculoskeletal, neurological, and cardio/pulmonary systems. PT works to restore functional skills in the following areas:
  - Muscle strength
  - Flexibility
  - Balance
  - Mobility and ambulation
  - Use of assistive devices, braces, and prosthetics
  - Pain management

Physical therapy incorporates a variety of treatment approaches and techniques. These may include but are not limited to:

- Specific exercises to stretch and strengthen muscles as well as to improve posture, balance, and endurance
- Use of modalities such as hot/cold, ultrasound, electrical stimulation, massage, and joint mobilization for pain reduction and improved function
- Training in the use of assistive devices such as canes, walkers, and rollators to increase safety and independence with mobility
- Resident, family, and/or caregiver education/training as well as the development of an individualized home exercise program

Best of all, these services are available right here at Summer Hill – no need to worry about transportation or going out in inclement weather.

**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 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 continue to journey through Jesus' parables concerning the Kingdom of Heaven in the Gospel of Luke and John, discovering how to apply his teachings to our everyday life.

## *When is Medicare Open Enrollment?*

Medicare open enrollment – also known as Medicare's annual election period – runs from October 15 through December 7 each year. During this annual window, Medicare-plan enrollees can reevaluate their coverage and make changes or purchase new policies.

During the Medicare open enrollment period, you can:

- Switch from Original Medicare to Medicare Advantage (as long as you're enrolled in both Medicare Part A and Part B and you live in the Medicare Advantage plan's service area)
- Switch from Medicare Advantage to Original Medicare (plus a Medicare Part D plan and possibly a Medigap plan)
- Switch from one Medicare Advantage plan to another
- Switch from one Medicare Part D prescription drug plan to another
- Enroll in a Medicare Part D plan if you didn't enroll when you were first eligible for Medicare (If you haven't maintained other creditable coverage, a late-enrollment penalty may apply.)

Once you're enrolled in Medicare, you'll have various opportunities to change certain aspects of your coverage. **If you have questions about Medicare enrollment, please get in touch with a SHIP Counselor at (973) 569-4060.**

## *Please Don't Feed the Wildlife*

Please do not feed any wildlife on the Summer Hill property. The native animals who live here, including birds, squirrels, deer, and raccoons, need nature's diet to be healthy. Well-intentioned feedings may cause disease, injury, or even death to the animals.

It can also bring unwanted insects and wild and stray animals, including bears, coyotes, rats, and mice. Native animals who become used to humans feeding them may bite, scratch, or threaten you or your pets. We know it's hard to resist, but please don't feed them: for their health and your safety!

## *NJHMFA Annual Inspection*




In compliance with New Jersey Housing and Mortgage Finance Agency (NJHMFA) regulations, a required building inspection of Summer Hill will occur on **October 3, 2024, between 8 a.m. and 5 p.m.**

In addition to the common areas, a random selection of apartments will be selected for inspection. We are unable to give you advance notice as to whether or not your apartment will be inspected. If your apartment is selected, a Maintenance team member will accompany the inspector into your apartment for the inspection, which should last approximately 15 minutes. You are not required to be home for the inspection, but should you prefer to be home, please be aware that we cannot provide a specific time. Therefore, you should plan to be home for the entire day. **If you have any questions, please contact Rolando Diaz at (201) 897-5402.**



# October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Faith Talk 2 p.m. Community Room	3 Exercise 2 p.m. in the Community Room 	4 Bingo 2 p.m. Community Room	5 Resident Disco 6:30 p.m. Community Room
6 Bingo 2 p.m. Community Room	7 Wear Pink for Breast Cancer Awareness Bingo 2 p.m. Community Room	8 Resident's Choice Game 11 a.m. in the Community Room	9 Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	10 Afternoon at the Movies Carol Burnett and Friends Episodes 2 p.m. Community Room	11 Bingo 2 p.m. Community Room	12 Resident Disco 6:30 p.m. Community Room 
13 Bingo 2 p.m. Community Room	14 Bingo 2 p.m. Community Room	15 Octoberfest Meet and Greet Luncheon 11 a.m. in the Community Room	16 Shred Day 8 a.m. to 9:30 a.m. Summer Hill parking lot Faith Talk 2 p.m. Community Room	17 Blood Draw Clinic 10 a.m. Boardroom, Building 2 Exercise 2 p.m. Community Room	18 Bingo 2 p.m. Community Room	19 Resident Disco 6:30 p.m. Community Room
20 Bingo 2 p.m. Community Room	21 Bingo 2 p.m. Community Room	22 	23 Wellness Wednesday Siena Village, 12 noon Catholic Mass 1 p.m. Community Room Faith Talk 2 p.m. Community Room	24 Armchair Travel "Wonders of California" 2 p.m. Community Room	25 Snack and Games with Eastern Christian School 9:30 a.m. to 12 noon Community Room Bingo 2 p.m. Community Room	26 Resident Disco 6:30 p.m. Community Room
27 Bingo 2 p.m. Community Room	28 Bingo 2 p.m. Community Room	29 Managing Pain as We Age 2 p.m. Community Room	30 Faith Talk 2 p.m. Community Room	31 Wear a Costume Get a Treat! 3 p.m. to 4 p.m. in Susan's Office	1 Bingo 2 p.m. Community Room	2 Resident Disco 6:30 p.m. Community Room