

Siena Village Staff

Main Office: (201) 897-5400

Office Hours: 8 a.m. to 4 p.m.

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Rolando Diaz

Superintendent

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Beauty Parlor

(973) 696-6970

Security Guard

(201) 897-5400

Maintenance Reminders

Apartment Inspections

- Tuesday, August 6: Apartments 2301 to 2309
- Wednesday, August 7: Apartments 2310 to 2315
- Thursday, August 8: Apartments 2316 to 2325

If you have any questions, call Rolando Diaz, Superintendent, at (201) 897-5402.

Extermination Schedule

- Building 1, floors 1 and 2, and all common areas:
Third Monday of the month
- Building 2, floors 1 and 2:
Second Monday of the month
- Building 2, floors 3 and 4:
First Monday of the month

Service is a visual inspection alternating between the kitchen/bathroom and bedroom. A Maintenance team member will accompany the exterminator. Residents should be present for the exterminator.

Please call Rolando Diaz with questions at (201) 897-5402.

Important Reminder

Unless you have personally placed an informational flyer in any of the laundry rooms or the elevators, we request that you do not remove the notice that has been posted.

This is a hindrance to sharing communication with our residents and a disruption of our team's workday, as they must continuously be replaced.

Thank you in advance for your cooperation and understanding.



Focus on Fall Prevention

Falling and Older Adults

- According to the U.S. Centers for Disease Control and Prevention, an estimated 25 percent of Americans age 65 and older fall every year
- Every 11 seconds an older adult is treated in a hospital emergency room for a fall.
- Falls result in more than 2.8 million injuries treated in emergency rooms annually.

Good Steps

With this in mind, HomeCare Options has been offering Good Steps, an evidence-based program to local residents 60 years of age and older, at no cost for those who qualify since 2013. The program is approved by the New Jersey Department of Health and Senior Services.

Good Steps, designed specifically to prevent falls, is taught to older adults in their homes. The innovative exercise regimen works by increasing one's muscle strength, enhancing general fitness and overall well-being, and improving balance. Exercises taught during a series of home visits by a registered nurse who has been trained in the program are individually prescribed and increase in difficulty each visit. The exercises take about 30 minutes to complete, and participants are expected to exercise three times a week and walk at least twice weekly.

Good Steps has been a blessing for families with older relatives. Even people in their 90s have improved their strength and balance sufficiently to avoid falling. Other potential benefits of Good Steps and other similar programs include improved physical health and function, quality of life, sleep, and well-being.

The Results

To date, Good Steps has been found to be effective in reducing the number of both falls and the injuries resulting from falls by 35 percent. The greatest impact was found in high-risk groups: those over 80 years old and those with a history of falls.

HomeCare Options offers the Good Steps program as well as a variety of home services designed to keep people independent at home in their later years.

For more information on this program, contact HomeCare Options at (973) 523-1224.

Annual Siena Village and Summer Hill BBQ

Our annual BBQ will be held on Thursday, September 12, at noon in the bocce courtyard with a raindate of Friday, September 13. Catering will once again be provided by The Brownstone. **This event is for residents only.** Live-in aides are welcome if accompanied by residents. RSVP required by Friday, August 30. See enclosed flyer for details!

Service Coordinator's Corner

School Supply Collection: Thursday, August 1, through Thursday, August 8 in the main lobby

Hope Ministries is collecting school supplies for underprivileged children in Passaic County. They are requesting notebooks, pens, pencils, post-it notes, binders, highlighters, and other school supplies that will help these children have a successful school year. Please drop donated items in the bin located in the main lobby. Thank you in advance for your generosity.

Blood-Draw Clinic: Thursday, August 8, at 10 a.m. in the Founders Great Room

The Valley Hospital will hold a blood-draw clinic on the above date. Sign-up is required and will be in The Valley Hospital binder in the lobby. Residents will need their Medicare card with ID number, driver's license or other photo identification form, and a doctor's prescription. Residents will be required to complete a form for the first time. Results will be sent to their prescribing physician.

Free Exercise Classes: Wednesdays, August 14, and 21, at 2 p.m. in the Founders Great Room

Please note class will not be held on August 7 or 28. Kim Martin, OTR/L, leads free chair exercise classes focusing on chair aerobics and stretching to help older adults maintain cardiovascular health, strength, and flexibility.

Call Karen Clemente, Service Coordinator, to sign up at (201) 897-5404 for [below programs and movies](#).

What is Sepsis? Presentation: Thursday, August 8 at 2 p.m. in the library

Sepsis is the body's extreme response to an infection, and it is a life-threatening medical emergency. Join us to learn about this condition, who's at risk, its signs and symptoms, and how it's treated. This informative program is presented by Tania Cutone, MSN RN-C, Director, Emergency Services, and Barbara Lake, RN BSN MPA CPHQ, Director, Quality and Patient Safety, Chilton Medical Center.

Transportation Program: Friday, August 16, at 2 p.m. in the library

Rosemary Acampora, Director of Wayne Township's Senior and Social Services, will provide a brief overview of the transportation options available to Siena Village residents.

Afternoon at the Movies

2 p.m. in the library

Friday, August 9: "Indiscreet" (NR) Cary Grant and Ingrid Bergman make screen magic as they work their incomparable charms in this love-at-first-sight comedy. But when she finds out that he has been keeping a secret, she is furious and plans to get even.

Thursday, August 22: "Guess Who" (PG-13) A young woman, Theresa, brings home her boyfriend, Simon, to meet her parents and surprise them with their engagement. Starring Ashton Kutcher and Bernie Mac.

Thursday, August 29: "Just Go With It" (PG-13) On a weekend trip to Hawaii, a plastic surgeon convinces his loyal assistant to pose as his soon-to-be-divorced wife in order to cover up a careless lie he told to his much-younger girlfriend. Starring Adam Sandler and Jennifer Aniston.

Ongoing Activities

Silver Circle Knitting Club: Program will resume in September.

Men's Club: Wednesdays from noon to 3 p.m. in the Building 1 game room

Enjoy a friendly game of cards and pleasant conversation and make new friends. Contact Ken MacDonald at (973) 997-2950 if you are interested in participating.

Book Club: First Thursday of the month, at 2 p.m. in the library

If you want to participate, contact Susan Masso at (201) 232-3817 or Candace Eardley at (973) 420-6759. Maximum of 12 people.

Story Time: Mondays at 3 p.m. in the library

Join in for a unique hour of sharing life experiences through stories.

Heart to Heart will not be held in August.

Sharing Jesus

First and third Wednesday of the month at 10 a.m. in the library

Join Ann Pope in sharing your testimonies and/or be uplifted by those of others as we honor Jesus for all He is, has done for us, and continues to do for us, proving that it is possible to have a personal relationship with God.

Rosary/Mass

Tuesday, August 13, at 1:30 p.m.: Rosary in the Founders Great Room, with mass immediately following.

Resident Committee

Meeting: Monday, August 5, at 7 p.m. in the Founders Great Room

Coffee and cake will follow.

Summer Concert: Monday, August 12, at 7 p.m. in the Building 2 courtyard (Founders Great Room if inclement weather)

Enjoy the last concert of the season with Ronnie Youngblood.

Bingo will resume in September on Thursdays at 7 p.m. in the Founders Great Room.

Trash to Treasure: Friday, September 27, for donations and Saturday, September 28, is sale day!

Save and donate your items for sale. Volunteers and coordinator are needed; sign-up book is in the lobby on the table under the Touchtown screen.

Beefsteak Dinner: Save the date for Friday, October 25, in the Founders Great Room

Entertainment by Lonnie Youngblood. Volunteers needed and more details to follow.

Special Events

Therapy Dog Presentation: Friday, August 2, at 2 p.m. in the Founders Great Room

Come and meet Shiloh, a beautiful 9-year-old border collie and her trainer Karen Balter. Karen is a member of The Bright & Beautiful Therapy Dogs, Inc., organization. BBT is a nonprofit organization that evaluates, tests, trains, and qualifies owners and their well-behaved dogs as therapy dog teams. Karen will explain and demonstrate some of the training she completed with Shiloh. She will also share experiences where she witnessed the positive emotional and physical responses from elementary and high school students, older adults in independent or assisted living, and workplace employees. Your invite was previously delivered to your door; please place slip in special event box to be included in this enjoyable presentation.

The Towne Scoop Ice Cream Truck: Tuesday, August 6, at 2 p.m. in the courtyard

As per the flyer that was delivered to your door, the Scoop offers 35 choices of ice cream, priced from \$3.50 to \$4.50. If you have not already done so, please complete the information requested on the flyer delivered to your door and place in the special event box. A minimum of 40 people are required for the truck's service.

Please call Karen Clemente, Service Coordinator, to register at (201) 897-5404 for any of the [below](#) programs.

Scams, Frauds, and Staying Alert: Wednesday, August 7, at 2 p.m. in the library

The Office of Consumer Protection will be providing an educational presentation on consumer fraud and protecting yourself in the retail world.

“FDR: A Presidency Revealed” Documentary: Tuesday, August 20, at 2:15 p.m. in the library

This documentary examines one of history's most compelling figures. Inspired by his cousin Teddy Roosevelt, Franklin D. Roosevelt rose to the nation's highest office during the depths of one of its darkest periods.

Pop-Up Nail Shop: Friday, August 23, at 2 p.m. in the Founders Great Room

Denise Pellegrino has been kind enough to offer Siena Village her manicure services. This service is by appointment only. **Maximum six residents; first come, first serve.**

Armchair Travelers – “Egypt’s Nile and Cairo”: August 30, at 1:30 p.m. in the library

Exploring the Nile Valley from north to south, we see the highlights of Egypt. Then off to Cairo, the capital of Egypt, and one of the leading cities of the Muslim world.

A Message from Rehab

Greetings from rehab! It's time to turn the page on the calendar again – August is here and summer is in full swing. We hope everyone is enjoying the summer and staying safe. August is designated National Eye Exam Month – a great reminder to take care of our eyes and be sure we are keeping up with our annual check-ups. Did you know that vision is a primary sense and often the first to alert us to danger? However, there are some visual changes and eye diseases that are associated with the normal aging process.

Cataracts, or a clouding of the eye's lens, cause our vision to become hazy or blurred and increase sensitivity to glare. Exposure to ultraviolet light – a component of sunlight – can increase the potential to develop cataracts. Although this is a common condition, it is also one that can be easily managed with a simple surgical procedure.

Glaucoma is another common condition – the result of the build-up of pressure that causes damage to the optic nerve. A person with glaucoma may have a reduced ability to see contrast between objects and the background, patchy blind spots in their peripheral vision, and even tunnel vision as the disease progresses. Some people also experience eye pain and headaches.

Macular degeneration is a condition that occurs when there's damage to a specific part of the eye called the macula – a section in the center of the retina that helps us see fine details in the center of our field of vision.

Diabetic retinopathy is a complication of diabetes. It occurs when the tiny blood vessels in the retina leak and distort vision – often with blind spots, or “floaters.” It often occurs when someone's diabetes is not well managed.

As with any other medical conditions, it is important to identify these visual problems early to initiate treatment or other interventions as soon as possible to ensure the best results. Good eye care and annual check-ups can help preserve your vision – make your appointment today!

Please remember that the rehab team offers physical/occupational and speech therapy as well as some additional programs right here at Siena Village 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 for any of our therapy services. You can contact Kimberly Martin at (201) 848-5915 with any questions.





Faith Talk

Greetings Siena Village residents! You are cordially to Faith Talk on Tuesdays at 1 p.m. in the library with 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.



AUGUST 2024



	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1 School Supply Collection through August 8 Main Lobby</p> <p>Book Club 2 p.m. library</p>	<p>2 Therapy Dog Presentation 2 p.m. Founders Great Room</p>	<p>3 </p>
4	<p>5 Story Time 3 p.m. library Resident Committee Meeting 7 p.m. Founders Great Room</p>	<p>6 Faith Talk Communion service 1 p.m. library</p> <p>Ice Cream Truck 2 p.m. Courtyard</p>	<p>7 Sharing Jesus 10 a.m. library No Exercise Scams & Frauds 2 p.m. library Men's Club 12 p.m. to 3 p.m. Game Room B1, F2</p>	<p>8 Blood Draw Clinic 10 a.m. Founders Great Room What is Sepsis? 2 p.m. library</p>	<p>9 Afternoon at the Movies "Indiscreet" 2 p.m. Library</p>	10
11	<p>12 Story Time 3 p.m. library</p> <p>Summer Concert Lonnie Youngblood 7 p.m. Courtyard</p>	<p>13 Faith Talk 1 p.m. library</p> <p>Rosary Mass 1:30 p.m. Founders Great Room</p>	<p>14 Exercise Class 2 p.m. Founders Great Room Men's Club 12 p.m. to 3 p.m. Game Room B1, F2</p>	15	<p>16 Transportation & Safety Program 2 p.m. library</p>	17
18	<p>19 Story Time 3 p.m. library</p>	<p>20 Faith Talk 1 p.m. Library</p> <p>FDR Documentary "A Presidency Revealed" 2:15 p.m. library</p>	<p>21 Sharing Jesus 10 a.m. library Exercise Class 2 p.m. Founders Great Room Men's Club 12 p.m. to 3 p.m. Game Room B1, F2</p>	<p>22 Afternoon at the Movies "Guess Who"? 2 p.m. Library</p>	<p>23 Pop up Nail Shop 2 p.m. Founders Great Room By appointment only!</p>	24
<p>25 </p>	<p>26 Story Time 3 p.m. library</p>	<p>27 Faith Talk 1 p.m. library</p>	<p>28 No Exercise Class Men's Club 12 p.m. to 3 p.m. Game Room B1, F2</p>	<p>29 Afternoon at the Movies "Just Go With It" 2 p.m. library</p>	<p>30 Armchair Travel Egypt's Nile & Cairo 1:30 p.m. library</p>	<p>31 </p>