

Siena Village Staff

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Maintenance Reminders

Apartment Inspections

Please note apartment inspections will not take place in the month of July.

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

Extermination Schedule

Apartments will not be exterminated in July; only outside exterminations will occur. The regular schedule will resume in August.

Parking Lot Reminders

- Please use caution when driving through the parking lot and obey the **5 MPH** speed limit posted throughout our community.
- When walking through the Siena Village of Wayne property, stay on sidewalks and avoid leisurely walking in the parking lot. Walking and biking between and behind vehicles can be unsafe, especially when a driver is pulling into a space and does not expect to see you there.
- Use caution and look both ways when crossing the road to your vehicle or the patio.
- Please be sure to park only in your assigned parking space. If you would like to request a closer space, please contact Stacy Swarts-Carver at (201) 897-5401.



Happy Crafters at Work! Creating with Clay



Ewa Jurasz



Jane Picone



Sarina Buono



Maria Lane



Elizabeth McLain



Rita Santo



Kathy Gleason



Gil Paradiso

Service Coordinator's Corner

Please make note: Wellness Wednesdays will resume in September.

Free Exercise Classes: Wednesdays, July 3, 10, 17, 24, and 31, at 2 p.m. in the Founders Great Room

Kim Martin, OTR/L, leads free chair exercise classes focusing on chair aerobics and stretching to help seniors maintain cardiovascular health, strength, and flexibility.

Blood-Draw Clinic: Thursday, July 11, 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.

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

"Understanding Arthritis": Thursday, July 11 at 2 p.m. in the Founders Great Room

Did you know that one in five people have arthritis? Join us for a presentation on how it affects the body, how to prevent or manage it, and how physical therapy can help. Presented by Christine Dimovski, PT DPT, Assistant Manager of Rehabilitation Services, Chilton Medical Center.

"Genetics and Health": Friday, July 12 at 2 p.m. in the library

In the journey of aging, understanding one's genetics becomes increasingly crucial to gain insights into better health outcomes. With this knowledge, you can anticipate potential health risks, tailor treatments to your unique needs, and make informed lifestyle choices.

"Bright Smile" Presentation by Fine Dental Care: Thursday, July 25, at 2 p.m. in the library

Do you want to have a beautiful smile and be able to eat everything you love? Dr. Fine will show you all the amazing things we do to save, protect, or create a beautiful smile for you! There is a comfortable and dramatically less-expensive implant system that snaps in dentures and can create a fixed-in-place, full set of teeth. The practice is offering a free implant to **one** attendee and a free consultation to all.

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: Due to holiday, club will be held on Thursday, July 11, 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: Tuesday, July 30, at 6:30 p.m. in the Founders Great Room

Focus on Mental Health

What is depression?

According to the U.S Department of Health and Human Services (National Institute on Aging), feeling down every once in a while is a normal part of life. However, if these feelings last a few weeks or months, you may have depression. Depression is a serious mood disorder that affects way you feel, act, and think. Clinical depression is not a normal part of aging, but if you've experienced depression as a younger person, you may be more likely to have depression as an older adult.

For most people, depression gets better with treatment, such as counseling or medication. Talk with your doctor if you think you might have depression.

There are several types of depression that older adults may experience:

- Major depressive disorder – includes symptoms lasting at least two weeks that interfere with a person's ability to perform daily tasks
- Persistent depressive disorder (dysthymia) – a depressed mood that lasts more than two years, but the person may still be able to perform daily tasks, unlike someone with major depressive disorder
- Substance/medication-induced depressive disorder – depression related to the use of substances, like alcohol or pain medication
- Depressive disorder due to a medical condition – depression related to a separate illness, like heart disease or multiple sclerosis

What are the risk factors of depression?

There are many things that may be risk factors of depression. For some people, changes in the brain can affect mood and result in depression. Others may experience depression after a major life event, like a medical diagnosis or a loved one's death. Sometimes, those under a lot of stress – especially people who care for loved ones with a serious illness or disability, can feel depressed. Others may become depressed for no clear reason.

Research has shown that these factors are related to the risk of depression:

- Medical conditions, such as stroke or cancer
- Genes – people who have a family history of depression may be at higher risk
- Stress, including caregiver stress
- Sleep problems
- Social isolation and loneliness
- Lack of exercise or physical activity
- Functional limitations that make engaging in activities of daily living difficult

Social isolation and depression in older adults

Everyone needs social connections to survive and thrive. Studies show that loneliness and social isolation are associated with higher rates of depression. Feeling socially isolated or lonely? If you need help contact a family member, trusted friend, or your medical professional.

Special Events

“Cary Grant the Leading Man”: Tuesday, July 2 at 2 p.m. in the library

Cary Grant was the very essence of a movie star. His deft comic style merged easily with his strength as a romantic leading man. **Please call Karen Clemente, Service Coordinator, to register at (201) 897-5404.**

“Spirit of Vaudeville”: Friday, July 19 at 2 p.m. in the Founders Great Room

See enclosed flyer for full details and to sign up for this fun event!

Armchair Travelers – “Wonders of Europe”: Friday, 26, at 1:30 p.m. in the library

On this journey we will visit some of the most astonishing places in Europe, including spots from every country on the continent. You will see monuments and buildings from its long history, masterpieces of nature, and some of the most amazing landscapes on the planet, from the heavenly beaches of the south to the Fjords and frozen lands of the north. **So pack your virtual bags and call Karen Clemente, Service Coordinator, at (201) 897-5404 to book your spot.**

Craft Time: Monday, July 29, at 2 p.m. in the Founders Great Room

Join us as we create a lovely decoupage tea light. We will use mason jars, tissue paper, modge podge, and flameless tea lights. There will be a charge of \$5 per person to cover the cost of supplies. Please make check payable to CHCC of Wayne and place in the special event box by Friday, July 19. **Note “tea light” in the memo section of your check.**

Afternoon at the Movies

2 p.m. in the library

Friday, July 5: “No Reservations” (PG-13) A love of life and great food spices up this warm-hearted and funny tale about a woman discovering a world bigger than her kitchen. Starring Catherine Zeta-Jones.

Tuesday, July 16: “Young at Heart” (G) Full of endearing characters, this documentary about a choir of seniors behaving badly is uplifting and delightful.

Thursday, July 18: “The Wedding Date” (PG-13) Kat (Debra Messing) is determined to attend her younger sister’s wedding with a date! In order to show up her ex-fiancé and family ridicule, she resorts to the Yellow Pages to find a last-minute escort, Nick (Dermot Mulroney). Filled with unexpected twists and endless laughs, this is the one date that you will want to keep.

Please call Karen Clemente, Service Coordinator, to sign up for movies at (201) 897-5404.

Resident Committee Events

Meeting: Monday, July 1, at 7 p.m. in the Founders Great Room

Cake and coffee will follow.

Silver Circle Knitting and Bingo will not be held in July or August and will resume in September.

Wind Creek Casino Trip: Wednesday, July 10 (Please be in the main lobby no later than 9:30 a.m. to ensure a timely departure)

Summer Concert Series at 7 p.m. in the Building 2 courtyard: Alan Quinn on July 8 and Lonnie Young Blood on August 12

If inclement weather, the concert will be held in the Founders Great Room

Upcoming: The Trash to Treasure sale will be held in September, so start cleaning those closets and collect your donation items for the sale!

A Message from Rehab

Greetings from rehab! 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 Siena Village 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 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. Please make note Faith Talk is canceled for Tuesday, July 2, and the Communion service is moved to Tuesday, July 9.

Rosary/Mass

Tuesday, July 9, at 1:30 p.m.: Rosary in the Founders Great Room, with mass immediately following.

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.



JULY



2024



	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p>  <p>Story Time 3 p.m. library Resident Committee Meeting 7 p.m. Founders Great Room</p>	<p>2</p> <p>NO Faith Talk</p> <p>“Cary Grant” Documentary 2:00 library</p>	<p>3</p> <p>Sharing Jesus 10 a.m. library</p> <p>Exercise Class 2 p.m. Founders Great Room</p> <p>Men’s Club 12 p.m. to 3 p.m. Game Room B1, F2</p>	<p>4</p> 	<p>5</p> <p>Afternoon at the Movies “No Reservations” 2 p.m. library</p>	<p>5</p> 
7	<p>8</p> <p>Story Time 3 p.m. library</p> <p>Alan Quinn Concert Courtyard 7 p.m.</p>	<p>9</p> <p>Faith Talk Communion Service 1 p.m. library</p> <p>Rosary Mass 1:30 p.m. Founders Great Room</p>	<p>10</p> <p>Wind Creek Casino Trip 9:30 a.m. lobby</p> <p>Exercise Class 2 p.m. Founders Great Room</p> <p>Men’s Club 12 p.m. to 3 p.m. Game Room B1, F2</p>	<p>11</p> <p>Blood Draw Clinic 10 a.m. Founders Great Room</p> <p>Understanding Arthritis 2 p.m. Founders Great Room</p> <p>Book Club 2 p.m. library</p>	<p>12</p> <p>Genetics & Health 2 p.m. library</p>	13
14	<p>15</p> <p>Story Time 3 p.m. library</p>	<p>16</p> <p>Faith Talk 1 p.m. Library</p> <p>Afternoon at the Movies “Young at Heart” 2:15 p.m. library</p>	<p>17</p> <p>Sharing Jesus 10 a.m. library</p> <p>Exercise Class 2 p.m. Founders Great Room</p> <p>Men’s Club 12 p.m. to 3 p.m. Game Room B1, F2</p>	<p>18</p> <p>Afternoon at the Movies “The Wedding Date” 2 p.m. library</p>	<p>19</p> <p>Spirit of Vaudeville 2 p.m. Founder’s Great Room</p>	20
21	<p>22</p> <p>Story Time 3 p.m. library</p>	<p>23</p> <p>Faith Talk 1 p.m. Library</p>	<p>24</p> <p>Exercise Class 2 p.m. Founders Great Room</p> <p>Men’s Club 12 p.m. to 3 p.m. Game Room B1, F2</p>	<p>25</p> <p>Dr. Fine Dentist-Bright Smile 2 p.m. library</p>	<p>26</p> <p>Armchair Travel Wonders of Europe 1:30 p.m. library</p>	27
28	<p>29</p>  <p>Craft -Decoupage Tea Light Holder 2 p.m. Founders Great Room</p> <p>Story Time 3 p.m. library</p>	<p>30</p> <p>Faith Talk 1 p.m. Library</p> <p>Heart to Heart 6:30 p.m. Founders Great Room</p>	<p>31</p> <p>Exercise Class 2 p.m. Founders Great Room</p> <p>Men’s Club 12 p.m. to 3 p.m. Game Room B1, F2</p>			<p>29</p> 