

Siena Village Staff

Main Office: (201) 897-5400

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

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Rev. Anthony Matias
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Beauty Parlor
(973) 696-6970

Security Guard
(201) 897-5400

Maintenance Reminders

Apartment Inspections

- Tuesday, October 8: Apartments 2401 to 2409
- Wednesday, October 9: Apartments 2410 to 2415
- Thursday, October 10: Apartments 2416 to 2425

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.

Shred Day

Totes will be delivered to the main lobby on Friday, October 11. Shredding will take place on **October 16 from 9:30 – 11:30 a.m.**

Privacy Policy

According to the Siena Village Lease Agreement, the comfort and rights of tenants must not be interfered with. Each tenant has the right to have their personal and health information protected. Please note that when an ambulance is called to an apartment, this constitutes a personal health matter. We understand that concern for your neighbors is at the forefront; however, it is an invasion of privacy to enter a resident's apartment while a medical team is attending to their patient. Please refrain from disturbing the process to avoid infringing on one another's right to confidentiality. Thank you in advance for your understanding and compliance with this request.

Welcome Betty Strader, Apartment 2122



Annual Barbecue – Good Times!



Amy Scott and Ronnie McGovern



Julius and Leanne Pellegrino



Rita Santo and Marion Womelsdorf



Maryann Braga and Millie Phillips



Janice Fronzuto and Sarina Buono



Michael and Jenny Lee

Service Coordinator's Corner

Bodies in Motion Exercise Program: Tuesdays, October 1, 8, 15, and 29 at 2 p.m. in the Founders Great Room

Please note that this program will not be held on Tuesday, October 22. Come join us to learn about healthy aging! No experience is necessary and any level of ability can participate! This is a FREE four-session workshop to learn about managing pain, nutrition, and exercise, mental health, and well-being as we age. Each session will also feature a Bodies in Motion session, which teaches how to remove tension and pain through music and movement. No experience is necessary, and any level of ability can participate. This program is geared toward adults 60+ and those living with chronic pain.

Free Exercise Classes: Wednesdays, October 2, 16, and 30 at 2 p.m. in the library

Please note this class will not be held on Wednesday, October 9 or 23. 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.

Blood-Draw Clinic: Thursday, October 10, 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.

Flu Clinic: Friday, October 11, 2 p.m. Founders Great Room. The Wayne Township Health Department will be providing residents with flu vaccines. Please see enclosed flyer, complete registration slip, and place in the special event box. Please bring your Medicare insurance card with you to the clinic.

"Our Senses as We Age": Tuesday, October 22, at 2:15 p.m. in the library

Let's talk about our five senses and what changes may be occurring as we age (Kim Martin will present). Please call Karen Clemente, Service Coordinator, at (201) 897-5404 to register.

Wellness Wednesday Presentation: Wednesday, October 23, at 11 a.m. in the Founders Great Room

Dr. Pruden of St Joseph's Health will be presenting a program regarding polypharmacy (the use of five or more medications, which increases the risk of adverse drug-drug or drug-disease interactions and the risk of a "prescription cascade" (the process whereby side effects of medicines are misdiagnosed as symptoms of another medical event).

Call Karen Clemente, Service Coordinator, at (201) 897-5404 to register for any of the events listed below.

Special Events

Oktoberfest: Friday, October 18, at noon in the Founders Great Room

Catered by World of Food with entertainment by Eric Keerson. Please see the enclosed flyer for details and to register for the event. Please complete the slip on the flyer and place it in the special event box with a \$23 check made payable to "CHCC of Wayne" (no later than October 9).

Armchair Travel – Japan: Thursday, October 31 at 1:30 p.m. in the library

Join us as we explore this land of extremes. The archipelago still bears the scars of the fiery land. Here in the easternmost tip of Asia, men and women pursue their passion in their quest for perfection. This is the land of the marriage of nature and tradition.

Volunteers Needed

I am looking for several volunteers to assist with the setup and cleanup of various special events throughout the year. If you have questions or interest in helping out, please call Karen Clemente, Service Coordinator at (201) 897-5404.

Ongoing Activities

Silver Circle Knitting Club: Mondays at 1 p.m. in the library

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.

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.

Heart to Heart: Tuesday, October 29, at 6:30 p.m. in the Founders Great Room

Afternoon at the Movies

"Cary Grant: The Leading Man" Documentary: Friday, October 4 at 2 p.m. in the library

Cary Grant was the very essence of a movie star, a man every woman loved and every man wanted to be. His deft comic style merged easily with his strength as a romantic leading man.

"Bell, Book & Candle" (NR): Thursday, October 24 at 2 p.m. in the library

A whimsical comedy with hilarity and romance in equal portions. The film stars Kim Novak as a powerful, glamorous sorceress and Jimmy Stewart as her handsome new neighbor.

Call Karen Clemente, Service Coordinator, at (201) 897-5404 to sign up.

Faith Talk

Greetings Siena Village residents! You are cordially invited 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 in the Gospel of Luke and John, discovering how to apply his teachings to our everyday lives.

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

Thursday, October 10, at 1:30 p.m.: Rosary in the Founders Great Room; mass immediately following.

What You Should Know About Flu, COVID-19, and RSV Vaccines

According to the Center for Disease Control, each year millions of people get sick and thousands need hospital care or die from respiratory infections caused by viruses. Vaccines help prevent these outcomes or lessen their severity. You can lower your risk of getting sick with a respiratory infection by staying up-to-date with influenza (flu), COVID-19, and respiratory syncytial virus (RSV) as needed.

You are considered high risk for a severe case of flu or COVID-19 if you are 65 years or older, are pregnant, or have a weakened immune system due to certain medical conditions, such as obesity, asthma, diabetes, or heart disease.

You are considered high risk for severe RSV if you are 75 years or older or if you are age 60 to 74 and live in a long-term care community or have certain medical conditions, such as diabetes, heart disease, obesity, or kidney disease. RSV is a respiratory virus with symptoms similar to flu and COVID-19 that can affect infants' and older adults' ability to breathe.

Infants are also at higher risk for severe RSV disease, which hospitalizes more infants in the United States than any other condition. Pregnant people can pass protection to their babies for their first six months of life by getting an RSV vaccine during pregnancy. A doctor can help you decide if an RSV vaccine is right for you.

Vaccines help you risk less and do more.

Vaccinating against flu and COVID-19 can help keep you from getting sick. Even if you do get sick after getting vaccinated, your symptoms will likely be mild. Vaccines are also a safer, more dependable way to build immunity than catching a virus. If you haven't gotten them yet, you need a 2024–2025 flu vaccine and a 2024–2025 COVID-19 vaccine. The formulas for both flu and COVID-19 vaccines change so they can work better against the virus strains circulating in your community right now.

I'm sick with flu or COVID-19. Now what?

Flu and COVID-19 can cause symptoms like fever, cough, sore throat, runny nose, headaches, and a lack of energy. If you catch flu or COVID-19, talk to your doctor to learn if you can take an antiviral drug to help you recover faster, especially if you're at high risk for severe illness. Stay home and away from others until you feel better. While you're sick, monitor your symptoms and get medical care if you have trouble breathing, pressure or pain in your chest, or extreme sleepiness, confusion, or dizziness.

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 Siena Village – no need to worry about transportation or going out in inclement weather.

Please remember that the Christian Health rehab team offers not only physical therapy but also 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 from any of our therapy services. You can contact Kimberly Martin at (201) 848-5915 with any questions.

Resident Committee

Meeting: Monday, October 7, at 7 p.m. in the Founders Great Room (Coffee and cake will follow.)

Bingo: Thursdays at 7 p.m. in the Founders Great Room

Wind Creek Casino Trip: Wednesday, October 9

Be in lobby by 9:30 a.m., bus leaves promptly **(Trip is sold out.)**




Beefsteak Dinner: Friday, October 25, at 6 p.m. (Doors open at 5:30 p.m.)

Cost is \$26 for residents and \$30 for guests. If you have signed up, make check payable to Siena Village and place in resident event box. Entertainment, gift baskets, and 50/50. **(Event is closed.)**



OCTOBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Faith Talk Communion 1 p.m. library Bodies in Motion 2 p.m. Founders Great Room	2 Sharing Jesus 10 a.m. library Exercise Class 2 p.m. library Men's Club Noon to 3 p.m. Game Room B1, F2	3 Book Club 2 p.m. library Bingo 7 p.m. Founders Great Room	4 "Cary Grant" Documentary 2 p.m. library	
6	7 Silver Circle Knitting 1 p.m. library Story Time 3 p.m. library Resident Committee Meeting 7 p.m. Founders Great Room	8 Faith Talk 1 p.m. library Bodies in Motion 2 p.m. Founders Great Room	9 Wind Creek Casino Main lobby 9:30 a.m. NO Exercise Class Men's Club Noon to 3 p.m. Game Room B1, F2	10 Blood Draw Clinic 10 a.m. Founders Great Room Rosary Mass 1:30 p.m. Founders Great Room Bingo 7 p.m. Founders Great Room	11 Flu Clinic 2 p.m. to 4 p.m. Founders Great Room	12
13	14 Silver Circle Knitting 1 p.m. library Story Time 3 p.m. library	15 Faith Talk 1 p.m. library Bodies in Motion 2 p.m. Founders Great Room	16 Sharing Jesus 10 a.m. library Shred Day 9:30 a.m. to 11 a.m. Main lobby Exercise Class 2 p.m. library Men's Club Noon to 3 p.m. Game Room B1, F2	17 Bingo 7 p.m. Founders Great Room	18 Oktoberfest Noon Founders Great Room	19
20	21 Silver Circle Knitting 1 p.m. library Story Time 3 p.m. library	22 NO BODIES IN MOTION Faith Talk 1 p.m. library "Our Senses as we Age" 2:15 p.m. library	23 NO Exercise Class Wellness Wednesday Noon Founders Great Room Men's Club Noon to 3 p.m. Game Room B1, F2	24 Afternoon at the Movies Bell Book, and Candle 2 p.m. library Bingo 7 p.m. Founders Great Room	25 Resident Committee Beefsteak Dinner 6 p.m. Founders Great Room	26
27 	28 Silver Circle Knitting 1 p.m. library Story Time 3 p.m. library	29 Faith Talk 1 p.m. library Bodies in Motion 2 p.m. Founders Great Room Heart to Heart 6:30 p.m. Founders Great Room	30 Exercise Class 2 p.m. library Men's Club Noon to 3 p.m. Game Room B1, F2	31 Armchair Travel Japan 1:30 p.m. library Bingo 7 p.m. Founders Great Room	