



News & Notes

Main Office

8:30a - 5:00p. M-F
Ph. 215-557-8484
TTY. 215-496-0321

Maintenance Office

8:00a - 4:00p. M-F
Ph. 215-543-0357

When summer temperatures climb, extra care must be taken to stay healthy by avoiding heat stress. Here are some reminders and tips for staying cool and safe.

Drink lots of water.

Drink cool water every 15 to 20 minutes, even if you're not thirsty. The more active you are, the more you should drink. Avoid coffee or alcohol. Caffeine and alcohol cause your body to lose water, which can be a threat to your health in hot weather.



Stay air-conditioned.

Spend more time inside, where it's air-conditioned. If you don't have air conditioning, go somewhere that does: a friend's house, senior center, public library or the mall. If you can't get out, stay on a lower floor where it's cooler and open the windows. Use a fan only if the outside air is cooler than the inside air. Also, keep curtains or blinds closed during daylight hours to block out the sun.

Take a cool shower.

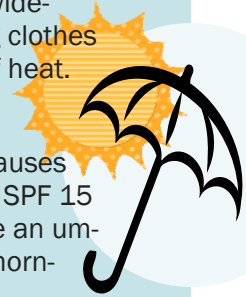
A cool shower or bath can be more effective than using a fan.

Dress cool.

Wear loose, light-colored clothing and a wide-brimmed hat during peak sun. Loose-fitting clothes allow air to circulate and help the body throw off heat.

Avoid the sun.

Sunburn affects your body's ability to cool itself and causes loss of fluids. If you must be outdoors, apply sunblock SPF 15 or greater. Stay in shaded areas when possible, or use an umbrella. Best of all, plan outdoor activities in the early morning or evenings, when temperatures are cooler.



Call a neighbor.

Have a friend or neighbor check on you twice a day during heat waves



Pace yourself.

Rest often in cool or shaded areas. Limit physical activity during periods of high heat and sun.

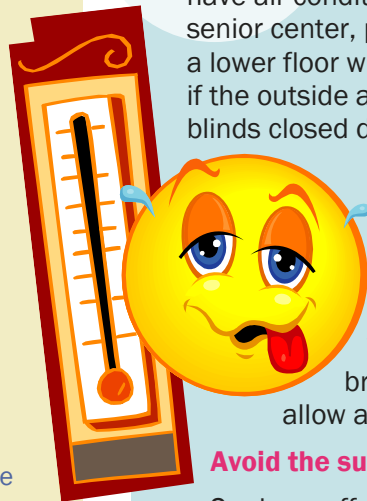
Eat light.

Avoid hot foods and heavy meals, which only add heat to your body. Also, use your stove and oven less to keep room temperatures lower. If you must heat food, use a microwave. Add cool foods like watermelon, cantaloupe, Jell-O™ or other fruits to your summer diet.



Help Your Air Conditioner Keep You Cool!

If you have air conditioner unit(s) through your window or walls, they have removable filters that can be removed and rinsed with warm soapy water. When they are completely dried they can be returned to the unit(s) to ensure that your unit(s) is running at full capacity.



Bonus: Clean filters can also save you money on your electric bill!

Note: This DOES NOT apply to Central Air units. These filters will be changed by professionals.

Extermination Changes

CPM will be making significant changes to the extermination schedule beginning July 1, 2009. Watch for information about these changes in your mailbox!

In the meantime, if you live in a unit that is managed by CPM and have pest control issues, you may schedule extra services by calling CPM's extermination line at 215-543-0357, option #5 and leaving a message including your address and a telephone number where you can be reached.





2042-48 Arch Street
2nd floor
Philadelphia, PA 19103
www.columbuspm.org

Columbus Property Management & Development, Inc.

For more information, visit CPM's website:
www.columbuspm.org, and click on **Resources**



Summer Pet Tips

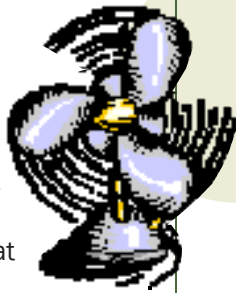
Summer is a time for both you and your pet* (please refer to the terms of your lease for the pet policy that pertains to you) to enjoy the sunshine and outdoors. But along with the fun, the season also brings situations that can endanger your pet. By taking precautions, you can ensure your pet will be safe through the "dog days of summer."

- Always make sure your pet has fresh, cool, clean water available. Animals drink more on hot days and water warms up quickly.
- Provide plenty of shade for your pets so they can stay cool.
- Never leave an animal in the unit without air conditioning or fresh air.
- Warm weather can increase the threat of fleas and ticks. Pets should be protected by flea and tick treatments recommended by your veterinarian. *Please note: If extermination services are required due to flea infestation of the unit, charges will be the responsibility of the tenant and will be billed to the tenant's ledger.*
- Pets can get sunburned too, and your pet may require sunscreen on his or her nose and ear tips. Pets with light-colored noses or light-colored fur on their ears are particularly vulnerable to sunburn and skin cancer.
- Pets can suffer from heat exhaustion or heat stroke. You should be aware of the signs of heat stress, which could include heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting, or a deep red or purple tongue. If these symptoms occur, please seek immediate veterinarian attention.

**Not all tenants are permitted to have pets. Please read the terms of your lease. Breach of your lease could lead to lease termination. If you are permitted to have a pet, please be sure to adhere to the pet policies which can be found in your tenant handbook.*

Window Fans

When the temperature outside is comfortable (especially at night) use a window fan instead of continuing to use the air conditioner. If your air conditioner has an "outside air" control to bring in fresh air, use it without turning on the cooling section. The compressor motor in the unit is the big energy user, not the fan. Be sure to close the "outside air" control when operating the compressor (cooling position) so that the compressor is cooling only room air.



Upcoming Events

Sunoco Welcome America! Festival

June 26–July 5, 2009
americasbirthday.com

Independence Day

July 3, 2009
CPM offices closed

Labor Day

September 7, 2009
CPM offices closed

Columbus Day

October 12, 2009
CPM offices closed

Getting Connected

If you are planning to get cable or phone services, remember that the utility company may need access to the basement or utility room to make the connection or to check ongoing services.

CPM requires tenants living in CPM-managed units to notify the Maintenance Department at least 24 hours in advance of the appointment. The Maintenance Department can be reached at 215-543-0357.



Looking for new things to do?
Summer camps? Summer jobs?
Try www.PhillySOS.org