



# NEWS & NOTES

for our residents



Spring 2011

2042-48 Arch Street, 2nd Floor  
Philadelphia, PA 19103  
Ph. 215-557-8484  
TTY. 215-496-0321  
8:30a - 5:00p. M-F

## Calendar

### Memorial Day

Monday, May 30, 2011

Management offices are closed.

### 4th of July

Monday, July 4, 2011

Management offices are closed.

### Labor Day

Monday, September 5, 2011

Management offices are closed.

## HOT TIPS from your Exterminator

- ▶ If you suspect you may have BEDBUGS, call your PROPERTY MANAGER *immediately!* Do NOT call an independent exterminator directly. Do NOT throw away infested furniture yourself; it must be properly wrapped to prevent an outbreak in the building.
- ▶ Eliminate pest problems before they start! Do not leave open food or food spillage. This feeds mice, roaches, ants, and other pests.
- ▶ Do not store paper or plastic bags. Roaches LOVE to lay eggs in clutter.
- ▶ If Maintenance places a pest control device in your unit, please do not discard it. These are refillable and should only be maintained or removed by our exterminator. If you remove the device, you will be charged for the cost of a replacement.



## BEDBUG ADDENDUM

CPM has a new Bedbug Addendum that you will be required to execute at your annual recertification or prior to any bedbug treatment, whichever is sooner. Please contact your property manager for more information about this addendum.

## Need help paying for GROCERIES?

You may be able to get FOOD STAMPS.

Benefits are put on your EBT Access Card every month and can be used like a debit card at most grocers, farmers' markets, and corner stores.

For more information, call the SNAP Hotline:

**215-430-0556**

Monday through Thursday (8:30am - 7pm) and Friday (9am - 5pm)



Greater Philadelphia Coalition Against Hunger

## Security in Your Home

We all have the potential to be victims of crime. You can reduce the risk of your home being victimized by eliminating the opportunity.

- **CALL 911** if you see an unknown or suspicious persons trying to get into your apartment building. Then call your property manager to report the incident.
- DO NOT allow strangers to enter the building as you are leaving or entering.
- Cooperate with all other tenants in keeping the main building doors locked at all times.
- DO NOT buzz anyone into the building whom you don't know.
- Use only your first initial on the lobby directory, doorbell, mailbox, and phone directory.
- NEVER open your door to a stranger.
- NEVER leave your door unlocked, even while taking out the trash.
- DO NOT leave notes on your apartment door or in the building's common areas.
- If your keys are lost, your locks should be changed.
- If you see a stranger carrying items out of a neighbor's apartment, **CALL 911!**

### \*\* Renter's Insurance \*\*

The Owner/Agent for Landlord of the building where you reside is not insured for your personal property. CPM strongly recommends that you contact an insurance agent to obtain details concerning Apartment Renters' Insurance or Household Goods and Liability Insurance or other similar parties that cover your personal belongings against theft, vandalism, fire, burglary and certain water damage as well as personal liability. CPM's insurance does not cover personal belongings or liability.



# 15 ways to KEEP COOL

(even when it's **HOT** out!)

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips can help you keep cool all summer long.

1. Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.
2. Wear loose-fitting clothing, preferably of a light color.
3. Cotton clothing will keep you cooler than many synthetics.
4. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
5. Fans can help circulate air and make you feel cooler, even in an air-conditioned house.
6. Try storing lotions or cosmetics in the refrigerator to use on hot, overtired feet.
7. Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
8. Take frequent baths or showers with cool or tepid water.
9. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
10. Some people swear by small, portable, battery-powered fans. At an outdoor event I even saw a version that attaches to a water bottle that sprays a cooling mist.
11. I learned this trick from tennis pro: if you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.
12. Avoid caffeine and alcohol as these will promote dehydration.
13. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove. (Summer Recipes Below)
14. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool.
15. Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

## Summer weather will be upon us soon....

- ▶ Remember to check on your elderly neighbors.
- ▶ Please be careful and watch for children when driving into and out of parking lots.
- ▶ Pools are not allowed on company property.
- ▶ Please be considerate of your neighbors, both in your building and around your building. Not everyone will appreciate your music, so keep it at a respectful volume.



# Cool Summer Recipes

## FRUIT SALAD

*a great crowd-pleaser!*

Mix cut up any melons and pineapples in large bowl add seedless grapes and some blueberries and strawberries. Add apples and bananas when you are ready to serve and enjoy.



## FRUIT KABOBS

*great for people who can't grill!*

Cut up all types of fruit slide them onto "skewers," one piece at a time. Grapes or bananas slices make great end-stoppers.

## Berry Delicious Summer Salad



"Sweet, juicy blueberries are the stars of this quick-toss salad, but it's equally good (and even more colorful) served with a mix of summer berries. Creamy gorgonzola cheese and walnuts compliment the perfect mix of leafy greens. Pair with leftover cooked chicken for a simple but elegant menu that's easy enough to serve anytime."

### Ingredients

- 8 cups of mixed salad greens
- 2 cups of fresh blueberries
- 1/2 cup of crumbled Gorgonzola or blue cheese
- 1/4 cup of toasted walnuts or pecans
- Bottled vinaigrette

### Preparation

Toss together first 4 ingredients; drizzle with desired amount of vinaigrette, tossing gently to coat.

*Southern Living - JULY 2005*

## Potato Cobb Salad

- 3 pounds Yukon gold potatoes
- 3/4 teaspoon salt
- 1 (16-ounce) bottle olive oil-and-vinegar dressing, divided
- 8 cups mixed salad greens
- 2 large avocados
- 1 tablespoon fresh lemon juice
- 3 large tomatoes, seeded and diced
- 12 small green onions, sliced
- 2 cups (8 ounces) shredded sharp Cheddar cheese
- 4 ounces crumbled blue cheese
- 6 to 8 slices bacon, cooked and crumbled
- Freshly ground pepper to taste



"Instead of being tossed together in a bowl, the ingredients for this colorful side salad are arranged on a platter. The potatoes can be cooked and marinated overnight - ready assemble just before serving."

Cook potatoes in boiling salted water to cover 30 minutes or until tender. Drain and cool slightly. Peel and cut into cubes. Sprinkle potatoes evenly with 3/4 teaspoon salt. Pour 1 cup dressing over potatoes; gently toss. Set aside remaining dressing. Cover potato mixture; chill at least 2 hours or overnight.

Arrange salad greens evenly on a large serving platter. Peel and chop avocados; toss with lemon juice.

Arrange potatoes, avocados, tomatoes, and next 4 ingredients in rows over salad greens. Sprinkle with pepper. Serve with remaining dressing.

*Southern Living - JUNE 2003*

## PHILLY FOOD BUCKS

HELPING PEOPLE WHO USE FOOD STAMPS/SNAP TO PURCHASE FRESH PRODUCE



Philly Food Bucks are coupons that help you save money on fruits and vegetables. You can use Philly Food Bucks at any participating farmers' market in Philadelphia.

### WHERE CAN I GET PHILLY FOOD BUCKS?

To receive Philly Food Bucks, use your food stamp/SNAP ACCESS card at a participating farmers' market. Receive a \$2 Philly Food Bucks coupon for every \$5 you spend. Philly Food Bucks are also being handed out at WIC offices and health centers.

FOR MORE INFORMATION AND A LIST OF FARMER'S MARKETS, GO TO

[WWW.FOODFITPHILLY.ORG](http://WWW.FOODFITPHILLY.ORG)



2042-48 Arch Street  
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[www.columbuspm.org](http://www.columbuspm.org)

Columbus Property Management & Development, Inc.

## Pleased to meet you...

### Freddrena Singleton

**What is your role at CPM?** As Front Desk Coordinator, my job consists of various duties, but my biggest duty is to get results for our tenants and attend to staff needs.

**What do you enjoy most about your job?** I like to help everyone resolve their problems and make sure at the end of the day that everyone is happy (including me).

**What do you do in your spare time?** In my spare time I roller skate, play tennis, run, sew, take pictures, watch sports and spend lots of time with my family.

**What was your favorite vacation?** My favorite vacation was when I went to the Bahamas.

**What is your favorite song?** "Family Reunion" by the OJAY'S



### Reminder!!

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 to provide us with *at least 24 hours notice* in advance of the appointment in order to gain utility access.



### Sanchia Gomez

**What is your role at CPM?** My role is to lend administrative support to the property managers by keeping paperwork organized and staying in compliance with our regulations. I resolve issues with any errors found by either correcting information or contacting tenants.

**What do you enjoy most about your job?** I always enjoy helping co-workers and clients. I like finding efficient ways of getting things done more quickly.

**What do you do in your spare time?** I like cooking, gardening, reading, being with family and friends.

**What is your favorite season and why?** My favorite season is Spring because the weather is beautiful and the atmosphere is different.

**Do you have a favorite recipe, poem, quote you would like to share with our residents?** I live by Maya Angelou's philosophy. "If you don't like something change it. If you can't change it change your attitude."

