Tips for The Pope’s Visit

- Pre-plan your trip, including a location to park outside the city’s traffic box.
- Allow additional time for travel due to anticipated heavy traffic congestion.
- Ensure you have sufficient fuel and water.
- Listen to news reports for traffic information on area roadways.
- Call 511 or use 511pa.com for traffic information.

For people traveling in suburban counties during the weekend but not attending the Papal event:

- Be prepared to encounter congestion on major roads such as 422, the motorists will be traveling on the reach Philadelphia.
- Be prepared to encounter congestion on major roadways.
- Listen to news reports for traffic information on area.
- Ensure you have sufficient fuel and water.
- Traffic congestion.
- Allow additional time for travel due to anticipated heavy traffic congestion.
- Pre-plan your trip, including a location to park outside the city’s traffic box.

If you’d like to help join the fight against Breast Cancer or want to honor a loved one, you can participate in Philadelphia’s Making Strides Against Breast Cancer walk on October 17th, 2015 at Memorial Hall West Fairmount Philadelphia.

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware to detect the disease in its early stages and encourage others to do the same, we have made a lot of progress but still have a long way to go and need your help!

It is very important that every woman gets her breasts checked annually. Early detection is one of the best defenses against Breast Cancer. Talk to your doctor about mammogram testing!

The Pennsylvania Low Income Home Energy Assistance Program (LIHEAP) offers financial help to eligible households to pay their heating bills. You can apply for assistance starting Nov. 1st through March 29th by going online at http://www.dpw.state.pa.us/documents/form/pdf or simply asking your Resident Services Coordinator for an application.

ATTENTION VETERANS

Veterans Multi-Service Center (VMC) exists solely to “serve those who served” this great nation, our Veterans. They are the only non-profit agency in the Philadelphia and surrounding areas that provides a comprehensive resource center available to all veterans in need.

This center is located at 213-217 N. 4th St. Philadelphia, PA and you can contact them at 215-923-2600.

We now have a Resident Service Coordinator who has three goals and one of them is to assist our Veteran Residents with whatever needs they may have. We know that as a Veteran you may have some unique challenges and needs. There are additional resources and benefits available to you because you’ve served our country. This new RSC is here to help you to connect to any resources you may be in need of, or that you are entitled to. You can get assistance helping to connect you to rental assistance, job training programs, educational programs, support programs in the community, transportation services, healthcare benefits, etc. The RSC is available to you for questions that you may have or any additional support that you might be in need of. You can reach the RSC, Megan Smith at 215-557-8414 ext. 3351 or at msmith@columbuspm.org.

RECYCLING

The more you know about how to recycle — as well as practical information like collection schedules — the easier it is to do your part to keep our city and our environment clean. So get into recycling. Here’s important information that can help:

You can recycle the following items—Plastic, Paper, Cartons, Metals (aluminum, steel and tin cans), Glass and Cardboard. Always remember to empty and rinse out such items and flattened your cardboard. Items you want to keep OUT of your bins because these materials have little or no value as raw materials, damage recycling equipment, and injure workers. Some of these items are plastic bags, Styrofoam, food waste, greasy pizza boxes, light bulbs, porcelain, needles and syringes and electronics.

With the Philadelphia Recycling Rewards program, powered by Recyclebank, the more you and your neighbors recycle right the more rewards points you earn. Use your points to redeem for valuable deals and discounts! Sign up now and be sure to follow the instructions to get rewarded for your curbside recycling. You can also call 888-727-2978 to sign up over the phone.

Once you register, you will receive your Philly Recycling Rewards sticker in the mail. Put your sticker on your bin to start earning points!

What is renters insurance? Renters insurance works much like a home or auto insurance policy. You select a coverage and deductible that fits your budget then make monthly premiums. Should anything ever happen to your belongings, such as theft, fire, or water damage you can file a claim. The insurance company will pay you to replace your belongings after you pay your deductible. Your renters insurance can also cover the cost of a hotel room if you had to move out of your home after a fire. It is important to review your renters insurance policy as coverage differs between companies and may be less comprehensive if you pay a relatively low premium. Renters insurance typically comes with low premiums however that can vary based on the insurance provider, where you live, how much insurance you carry and any additional policies you already have. Companies such as GEICO, Progressive and Nationwide provide free online quotes so it is important to compare coverages as they can be different. It is worth the time and effort to inquire about whether or not renters insurance is something you can afford and if it is something that can benefit your family. For more information you can contact GEICO at 1 (800) 861-8380 or online at GEICO.com, Progressive at 1 (855) 347-3939 or Progressive.com and Nationwide at 1 (888) 889-5721 or online at Nationwide.com.

Bullying Hotline

(215) 400-SAFE

To report bullying, violence, harassment, threats and truancy 24 hours/7 days a week or complete the Bullying & Safety Concern Form at http://webgui.phila.k12.pa.us/offices/safety/bullying-safety-hotline-concerns/.

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Fall Recipe: Butternut Squash Soup

Ingredients
- 1 (2 to 3 pound) butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- Nutmeg
- Salt and freshly ground black pepper

Directions
1. Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes.
2. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.

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Health & Wellness Fair

On July 17th the Resident Services Department along with the University of Pennsylvania’s School of Nursing formed a partnership to sponsor a Health & Wellness Fair for the residents of 8020 Ditman Street. This first time event was a huge success for every resident who attended and the PENN nursing students.

The Health & Wellness Fair consisted of PENN nursing students engaging all participants’ adults and children alike in health screenings, nutrition education and health-related resource information. The PENN nursing students connected well with residents as they were knowledgeable, friendly and welcoming. Based on the positive feedback from residents we know all participants gained new knowledge, learned information about healthy eating and living and are looking forward to more health and wellness programs.

The Resident Services Department looks forward to continuing the relationship with the University of Pennsylvania’s School of Nursing. We anticipate working together to develop more ongoing programs, activities and workshops that will continue to promote and improve health and healthily living among residents.

National Night Out

On August 4th the Resident Services Department hosted a National Night Out community event for our residents in West Philadelphia. This event was geared towards building strong partnerships between neighboring communities while promoting programs that focus on empowering the community.

During the event Philadelphia Police officers from the 16th District and the Philadelphia Fire Department were on hand to answer questions pertaining to public safety and health & wellness while children participated in face painting, balloon art, and arts & crafts. There was plenty of food, fun and refreshments for everyone to enjoy.

Overall the National Night Out event was a success. The Resident Services Department looks forward to planning more of these community events in the future.

Renters Insurance

We request your patience with our response time during this period.

In addition to the office being closed, our maintenance staff will have limited accessibility to navigate the City. We will do our very best to tend to any building situations in a timely manner.

Therefore, CPM’s office at 2042-48 Arch Street will be closed from 1 pm on Thursday, September 24, 2015 through Tuesday, September 29, 2015. Please plan accordingly.

In addition to the office being closed, our maintenance staff will have limited accessibility to navigate the City. We will do our very best to tend to any building situations in a timely manner. We request your patience with our response time during this period. See page 2 for Tips for the Pope’s Visit.

Pope Francis will be visiting Philadelphia at the end of September. Officials expect more than 2 million people to visit our city at that time. The area around Columbus Property Management’s Corporate Office will be restricted.

Therefore, CPM’s office at 2042-48 Arch Street will be closed from 1 pm on Thursday, September 24, 2015 through Tuesday, September 29, 2015. Please plan accordingly.

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