

# HOUSE OF LEBANON NEWSLETTER

Columbus Property Management, a Member of Mission First Housing Group • [www.missionfirsthousing.org](http://www.missionfirsthousing.org) • twitter: @MissionFirstHG

## MESSAGE FROM MANAGEMENT

Please note that concierge service is Monday through Thursday from 4 pm to 12 am and security service on Friday to Sunday from 4 pm to 12 am.

## ARE YOU A VETERAN?

### Columbus Property Management Values its Veterans!

If you are a veteran and you are living within Columbus Property Management, we want to know who you are so that you don't miss out on services and programs offered to you. Please contact your Property Manager today to let them know that you are a veteran and they will make sure to put your name on the list!



Management and Resident Services wish a "Happy Birthday" to all residents born in April!

## COMMUNITY EVENTS & PROGRAMS

**Bible Study Class: Every Wednesday at noon**, please join Pastor Edmonds of Mt. Lebanon Baptist Church for Bible Study in the community room.

**SOME Senior Summer Camp. It's Free!** If you haven't been on a vacation in a while, or if you need to get away for rest and relaxation, sign up for the SOME Senior Summer Camp. This program is held in an air condition facility in rural West Virginia about ninety minutes from D.C. Camp will be held in two sessions (Monday-Friday) July 18-22 and July 25-29. For more information on signing up, please contact (202) 491-4463. There will also be an information meeting on **Tuesday, April 5 at 1 pm** in the community room. Must be 65 and older.

**FRESH FOR YOUR HEALTH:** Fresh produce will be available to the House of Lebanon residents at no charge on **Friday, April 15 at 10 am** in the community room. Please remember to bring your own bag.

**Hanover Area Civic Association:** The Hanover Area Civic Association will meet in the community room on **Wednesday, April 20 from 6:30-8:30 pm**. Come and be informed on community news, safety concerns, community events and updates.

**Cookies and Crafts:** On **Friday, April 22 at 1 pm** in the community room, residents are invited to create holiday themed crafts while enjoying cookies and fresh coffee. Come relax and enjoy with your fellow neighbors.

**Healthy Homes Workshop:** Resident Services would like to invite residents to a Healthy Homes Workshop on **Wednesday, April 27 at 6:30 pm** in the community room. This workshop will educate residents on inexpensive tips in maintaining a clean home. How to de-clutter your home and how to develop a vision for a healthy home. A cleaning care package will be provided for all participants.

**Adult Game and Bingo Night:** On **Thursday, April 28 at 6 pm**, adults are welcome to Bingo Night in the community room. Refreshments and great prizes will be awarded!

**Interested in Participating in a Garden Club?** Residents interested in participating in an onsite Garden Club please contact Anna at (202) 491-4463 to sign up. The Garden Club will consist of a limited amount of residents to garden fruits and vegetables within a container garden located on the deck of the building.

**Canned Food-Drive!** If you have canned food you would like to donate to the Resident Services Department so we can help families in need, please drop the items off in the leasing office.

**Need to Register to Vote or Update Your Address with D.C. Board of Elections?** Please contact the Resident Services so we can provide you information on registering to vote online or to update your information so you are able to vote at the nearest precinct. Please call (202) 491-4463 for assistance.

**Cable/Phone/Internet Bill Reduction Assistance:** Senior that would like to explore options to reduce their cable, internet and phone bills, please contact Resident Services at (202) 491-4463. to set up an appointment. Cable and phone companies may not be willing to tell you of cheaper deals and services and it is your right to explore what is best for you to save money. Anna will sit with you one on one in contacting your cable, internet, phone provider and explore options for reducing your monthly bill. Explore your options and save money!

**Block telemarketing calls and texts today!**

House of Lebanon would like to help protect you from predatory marketing as well as nuisance telemarketing scams. To help you ban unwanted calls and messages from reaching your landline and cellphone we are available to assist you in adding your number to the Federal Trade Commission's Do Not Call Registry ([www.donot-call.gov](http://www.donot-call.gov)). Please contact resident services at (202) 491-4463 to set up an appointment so we can add you to the registry.

**Legal Counsel for the Elderly Program**

For 40 years, Legal Counsel for the Elderly Program (LCE) has championed the dignity and rights of Washington, D.C.'s elderly by providing free legal and social work services to those in need — empowering, defending and protecting vulnerable seniors. If you are in need of legal counsel, please call 202-432-2120. This organization handles most types of civil (not criminal) legal matters. Where they cannot help directly, they will refer individuals to someone who can.

**Free Transportation for Seniors (60+)**

Lebanon Connector provides free transportation for DC residents age 60 years and older to places where they need to go, such as:

- Medical appointments, including dialysis and cancer treatment.
- Social service agencies that can assist with gaining access to public benefits such as Social Security, housing assistance and the Supplement Nutrition Assistance Program (SNAP).
- Group shopping trips for 10 or more persons departing from one site, on Tuesdays and Thursdays between the hours of 10:00 am and 1:00 pm.

Call the Service Center at (202) 727-7771 to register and schedule your trip.

**Health Insurance Counseling**

The George Washington Law School's Health Insurance Counseling Project (HICP) provides free health insurance information, education, and counseling services to Medicare beneficiaries and seniors who live in the District of Columbia. In addition to assistance with health insurance issues, HICP also assists seniors with resolving unpaid medical bills, making appeals for denials of medical services, and obtaining prescription medications. For more information, please call (202) 994-6272.

**Do You Qualify for Energy Assistance?**

Department of Environment and Energy has funding available to assist residents in paying their energy bill. If you have not signed up for the Low Income Energy Assistance Program (LIHEAP) please do, for eligible residents can receive a minimum of \$250.00 towards their energy bill. If you would like assistance with the online application, please contact resident services at (202) 491-4463.

*Income Guidelines for FY 2016*

Household Size	Maximum Annual Income
1	\$26,144
2	\$34,188
3	\$42,232
4	\$50,276

**Cell phone addiction – there's a phobia for that**

Ah, your cell phone. Can't leave home without it. But what would happen if you did? Would you panic? Break into a cold sweat? If so, you could be suffering from nomophobia – no mobile phone phobia.

*Many people have the constant urge to check in*  
Experts have yet to declare it a true medical condition – one they can diagnose and treat. But it may not be long before they do. Researchers at the University of Iowa and elsewhere have found that people display addictive-like behaviors when cut off from their cell phones. As with any addiction, if cell phone use is interfering with your normal, daily activities, then it may pose a problem. Some experts say people aren't addicted to their phones as much as they are to checking in. Whether it be to texts, emails or social media.

*What to do about it*

It doesn't take a rocket scientist to figure out the cure. Experts agree: Turn the phone off. Put it down. Tune it out. Focus on the business at hand. Your job. Your kids. Your friends. You might find you're happier when you do.

*Source: Aetna*

**Financial Saving Tip**

Are you looking for an effective way to establish a budget? Beginning on the first day of a new month, get a receipt for everything you purchase. Stack and review receipts at the end of the month, and you will clearly be able to see where your money is going. [www.americasaves.org](http://www.americasaves.org)

**GRIEVANCE PROCEDURE FOR RESIDENTS**

A resident may ask CPM to reconsider any adverse decision should a dispute not be resolved through normal procedures at the site level. Request for reconsideration must be in writing and must set forth the specific reasons why the resident or prospective resident believes the decision was in error. Any reconsideration request must be limited to the allegation and issues directly related to the alleged adverse action. The complainant must identify all relevant information that he or she believes is incorrect or that was omitted from previous consideration. The request must include all new and material information believed to support the reconsideration request. All grievances will be reviewed by a company officer and will be responded to within 10 business days of receipt. **Please direct all grievances to: Columbus Property Management, Attn: Grievance/Complaint, 2042-48 Arch Street, Philadelphia, PA 19103 or by email to: [corporate@columbuspm.org](mailto:corporate@columbuspm.org)**



Produced by: Patrick Williams, Resident Service Manager, House of Lebanon and Becky Lang Staffieri, Communications Manager, Mission First Housing Group.

