

# HOUSE OF LEBANON NEWSLETTER

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

## COMMUNITY EVENTS & PROGRAMS

In an effort to bring residents together, resident services will be providing monthly social gathering so residents can fellowship with one another.

**Financial Budgeting Workshop:** On **Tuesday, February 9 at 6 pm** in the community room, a representative from the Government Printing Office Federal Credit Union will present a workshop on saving tips and budgets for seniors. Come get a great jumpstart on planning your financial goals!

**Valentine's Day Celebration:** On **Friday, February 12 from 1 pm to 3 pm** in the community room, House of Lebanon residents are invited to a Valentine's Day Celebration. Come enjoy free food, great fellowship and awesome music to celebrate the day of Love.

**Hanover Area Civic Association:** The Hanover Area Civic Association will meet every third Wednesday of each month in the community room from 6:30-8:30 pm. This month's meeting will take place on **Wednesday, February 17**. Come and be informed on community news, safety concerns, community events and updates from the Hanover Area Civic Association.

**Fresh for your Health:** Fresh produce will be available to the House of Lebanon residents at no charge on **Friday, February 19 at 10 am** in the community room. Please remember to provide your own bag.

**Evening Bingo:** On **Thursday, February 25 at 6 pm**, residents are invited to Evening Bingo in the community room. Refreshments and great prizes will be awarded!

**Crafts and Cookies:** On **Friday, February 26 at 2 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.

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

**In Need of Emergency Food?** Resident in need of emergency food contact Patrick Williams at (202) 842-2027. Please leave a message if no answer.

## RECIPE OF THE MONTH: MEDITERRANEAN POTATO SALAD

143 calories | 22 g carbs | 5g fat (1g sat fat) | 3g protein | 150 mg sodium | 2g fiber per serving

### Ingredients

1 pound boiling potatoes, Yukon or Red  
 ¼ cup fresh lemon juice (from 1 to 2 lemons)  
 3 Tbs. olive oil  
 ½ tsp. salt  
 ¼ tsp. ground pepper  
 4 scallions, thinly sliced  
 ¼ cup chopped fresh parsley



### Directions

Place potatoes in a medium pot and cover with cold water. Bring to a boil over high heat and cook until tender, 20 to 25 minutes. Drain and cover with cold water. Let cool for 10 minutes then drain. Cut the cooled potatoes into 1/2-inch pieces. Whisk lemon juice, oil, salt and pepper in a large bowl. Add the potatoes and toss to coat. Add scallions and parsley or mint to the salad and toss together.

*Recipe Tips:* Use the whole scallion, both the white and green parts. Substitute cilantro or parsley.



## MESSAGE FROM MANAGEMENT

Columbus Property Management will be closed in observance of Presidents Day on **Monday, February 15**. We will open 8:30 am on Tuesday, February 16.

### Resident Services Intern: Lateya Akuffo



Lateya Akuffo is a Master's in Social Work student at the National Catholic School of Social Service at the Catholic University of America. As an undergraduate student, Lateya obtained her Bachelor's degree in Psychology from the University of Maryland. She has also earned a certification in Clinical Mental Healthcare as well as a certification in Human Development. As a MSW student, Lateya is currently studying clinical social work with a focus in gerontology.

As an intern for CPM, Lateya's main focus will be working with the geriatric population. Her primary goal is to assist individual's belonging to this special and dynamic population with any issues that may arise in their day-to-day life. Lateya is from Maryland and is a BIG fan of the Baltimore Ravens.

Happy  
Valentine's  
Day



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

## YOUR LIFESTYLE: TIPS & RESOURCES

### 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 with Anna. Cable and phone companies may not willingly tell you of cheaper deals and services and it is your right to explore what is best for you to save money. Lateya will sit with you one on one in contacting your cable, internet, phone provider and explore options on reducing your monthly bill. Explore your options and save money!

### Lifeline Discount Program

Lifeline is a government assistance program that offers telephone discounts to qualified low-disadvantage customers. If you qualify for the Lifeline discount service, you are eligible to receive a reduced rate on your Verizon monthly bill. For more information and/or to sign up, please call 1 (800) 253-0846.

### One on One Benefits Check

Many seniors need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, city and private benefits programs available to help, but many people don't know these programs exist or how they can apply. If you would like to know what type of government benefits and assistance programs you may be eligible to receive, please contact Resident Services at (202) 842-2027 to set up an appointment. Resident Services will conduct a 30 minutes on-line prescreening questionnaire or "Benefits Check" in which the answer to the questionnaire will be used to evaluate your situation and compare it with the eligibility criteria for assistance programs.

### Electric & Water Conservation Tips

Columbus Property Management Cares about the environment as well as your utility costs. To help eliminate waste and keep electric and water bills to a minimum, please follow the following steps. And always report any problems with appliances and plumbing fixture to Management, as soon as possible.

Set your thermostat to 65-68 degrees at night during winter to keep your home comfortable and save on heating costs.

- Even when turned off many electronics can still use power. Computers, cell phone chargers, DVD players, printers and stereos are the most common electronics left plugged in that draw a large amount of currents.
- Shut off lights when you are not using them. No need to illuminate the whole house if you're in one room.
- Raise the temperature slowly to keep bill lower. Quickly raising your temperatures uses tons of energy.
- Heat your home with the sun's help, open the blinds and curtains to let in the sunlight.
- Don't block air vents with curtains or furniture.
- Is the toilet flush handle frequently sticking the flush position, letting in the water in the bowl run constantly, contact management immediately!

- Don't use the toilet as a trash can. Dispose of tissues, insect, extinguished cigarettes and other waste in trash rather than the toilet. You are wasting 5-7 gallons of water when you do this.
- Don't let water run while shaving, brushing teeth or washing your face.
- Operate dishwashers and washing machines only when they are fully loaded or properly set the water level for the size of a load you are using.

### 5 tips to protect against scam phone calls

Don't be fooled by criminals posing as IRS officials to con victims out of money or personal information. The IRS continues to warn consumers against scam phone calls that rip off people in every state. The scammers are targeting more than the elderly, immigrants and those who speak English as a second language, as was their original trick. Everyone is at risk at any time of the year.

Staying alert to scams can keep you from falling prey to criminals who use the IRS as a lure. The IRS has five tips:

- Beware of unsolicited calls. Scammers claiming to be IRS officials call taxpayers demanding the victim pay a bogus tax bill by sending cash through a prepaid debit card or wire transfer. "Urgent" callback requests through phone "robo-calls" should be treated as suspicious.
- Don't be bullied. Callers try to scare their victims with threats and intimidation, even going as far as to threaten to arrest, deport or revoke the license of the victim if they don't get money.
- Scams use caller ID spoofing. Caller ID can be altered to make it look like the IRS or another agency is calling. Callers use IRS titles and fake badge numbers and use the victim's name, address or other personal information to sound legitimate.
- Cons have new tricks up their sleeves. Some provide an actual IRS address where they tell the victim to mail a receipt for the payment they make. Others use emails with a fake IRS document. Official IRS letterhead is often used in emails or regular mail to victims.
- Protect your money. Scams have cost about 4,550 victims more than \$23 million. According to the Treasury Inspector General for Tax Administration, reports of 736,000 scam contacts have been received since October 2013.

Remember, the IRS will not call you demanding immediate payment, call without first sending a bill in the mail or demand you pay taxes and not allow you to question or appeal the amount you own. Additionally, the IRS will not require you pay taxes in a certain way or ask for a credit or debit card number over the phone. If you don't owe taxes or have no reason to think you do, hang up immediately without giving out any information. Report the call by calling (800) 366-4484.

## 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**



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

