

HOUSE OF LEBANON NEWSLETTER

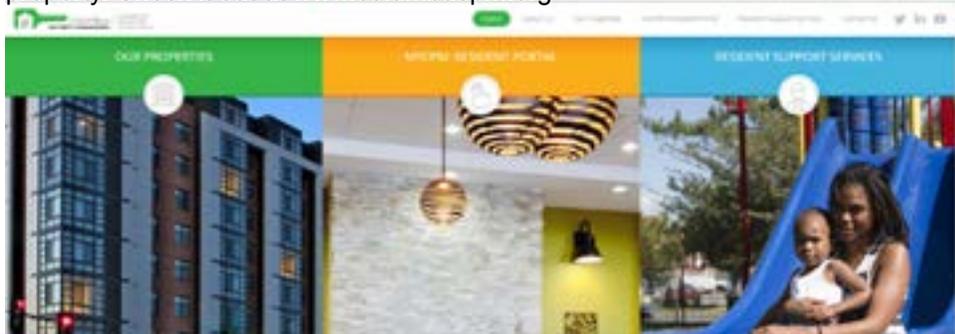
Columbus Property Management, a Member of Mission First Housing Group • www.missionfirsthousing.org • twitter: @MissionFirstHG

MESSAGE FROM MANAGEMENT

Resident Meeting with Property Management will be held on **Wednesday, June 29 at 3 pm**. Come hear property updates and have your questions answered.

NEW COLUMBUS PROPERTY MANAGEMENT WEBSITE!!

The new site includes a MYCPM: A resident portal with information about your property, access to resources in your community and online rent payment portal. Plus, there is a resident services page dedicated to services and events at your property. Check it out at www.columbuspm.org



COMMUNITY EVENTS & PROGRAMS

HEALTHY RELATIONSHIPS WORKSHOP: On **Thursday, June 9 at 2pm** in the community room, there will be a healthy relationship workshop presented by Terrific Inc. Refreshments will be provided.

AFTERNOON KARAOKE: Residents are invited to sing some of your favorite songs of the 70s on **Friday, June 10 at 1 pm** in the community room! Come sing and hear some of your neighbors! Refreshments will be provided.

FRESH FOR YOUR HEALTH: Fresh produce will be available to the House of Lebanon residents at no charge on **Friday, June 17 at 10 am** in the community room. Please remember to provide your own bag.

ICE CREAM SOCIAL: Come to the community room on **Friday, June 24 at 2 pm** to enjoy a variety of ice cream and frozen yogurt with toppings!

BINGO: On **Tuesday, June 28 at 6 pm**, residents are invited to Bingo in the community room. Refreshments provided and great prizes will be awarded!

HOLIDAY COOKOUT: To celebrate the Independence Day holiday, there will a cookout for the residents on **Thursday, June 30th from 12-4 pm** in the community room. Come eat, listen to music, and have a great time with your neighbors!

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

Receive \$10 weekly checks to Farmers' Markets-Distribution starts June

We are happy to bring back the popular Produce Plus Program for the second year in a row! Eligible residents will receive \$10 voucher checks every week to use at select District Farmers' Markets. Distribution for House of Lebanon will be Fridays 10 am-12 pm in the community room. To be eligible, you must be a D.C. resident and must be on one of the following programs: SNAP (Food Stamps), WIC, Grocery Plus (CSFP), Medicaid, Qualified Medicare Beneficiary (QMB), SSI, or TANF.

THINGS TO DO IN DC



Metrorail Closing

Beginning Friday, June 3, Metro will close at midnight every single day for at least a year to address the safety problems that have been occurring on the tracks in the transit system.

Dunbar Aquatic Center - 101 N Street NW, 20001, (202) 724-5328

Mon, Wed & Fri - 6 am to 8 am & 5 pm to 9 pm, Sat & Sun 9 am to 5 pm, Closed Tues & Thurs

Admission to the pools is free to DC Residents. Residents must provide a valid proof of current District of Columbia residency and a photo ID in order to be admitted to any public pool within the District.



6 Summer Safety Tips for Seniors

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Columbus Property Management cares about our seniors and want to ensure their safety. Here are some great tips for seniors to use to make sure they have a fun, safe summer.

Stay Hydrated- Seniors are more susceptible to dehydration because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Drinking water often as well as drinking sweat replacement products (that contain salt and potassium) can address this issue.

Keep Cool-Even small increases in temperature can have a profound impact on seniors. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned. They also afford a great opportunity to get out of the house and get some exercise!

Stay in Touch- High temperatures can be dangerous, so communication plays an important role in ensuring the safety of the elderly. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only walking to the store.

Know Who to Call- Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly prevent any further issues or keep medical problems from getting worse.

Wear the Right Stuff - Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

Exercise Smart-If you enjoy outdoor activities such as walking, make sure to wear the proper clothing and protective gear. Make sure to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also try to exercise earlier in the morning or later in the evening when the sun is not at its peak.

NEVER WRITE A RENT CHECK AGAIN!

It's the beginning of the month-you got things to do, places to be, and bills to pay. We understand how busy you are and how long that 'to-do' list can get. That's why we've made it as easy as possible to mark "pay rent" off the list every month with our convenient and secure, electronic payment and mobile app option! You can make a one-time rent payment online or with our app without purchasing a money order or standing in line. It's fast, easy and can be done when you want, from where you want. Plus it's FREE! That's right, FREE! Save time and money by paying your rent online or with our app! Please contact Susan McMichael at (215) 557-8414 x3211 to sign up today!

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**

Financial Saving Tip: Keep Your Savings Out of Your Checking Account

Here's a universal truth: If you see you have money in your checking account, you will spend it. Period. The fast track to building up savings starts with opening a separate savings account, so it's less possible to accidentally spend your vacation money on another late-night online shopping spree.



Source: www.themuse.com

RECIPE OF THE MONTH: WATERMELON LIME AGUA FRESCA

50 calories | 14g carbs | 0g fat (0g sat fat) |

1g protein | 0mg sodium | 0g fiber per serving



Ingredients

6 cups of chopped watermelon
¼ cup lime juice, about 2 limes
½ tsp. sugar per serving

Direction

1. On high speed, puree all the ingredients in a blender.
2. Taste and add more lime juice if you'd like. You can add approximately ½ teaspoon of sugar per serving.

Recipe Tips: Freeze for a fun summer Popsicle.



Produced by: Patrick Williams, Resident Service Manager, House of Lebanon and Elizabeth Foster, Development & Communications Associate, Mission First Housing Group.

