

# 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

**Daylight Saving Time** begins at 2 am on Sunday, March 13. Don't forget to turn your clocks an hour ahead.

**New Columbus Property Management website** will launch on Thursday, March 3! The new site includes a MYCPM: A resident portal with information about your property, a resident services page with resources for you, and more! Check it out!



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

## 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. These events are geared toward residents only.

**Community Meeting with Resident Services:** Residents are encouraged to attend a meeting with your Resident Services Department on **Tuesday, March 15 at 6pm** in the community room. This meeting is to discuss events that residents would like to see on site. Refreshments will be provided.

**SCAMS: Financial Fraud Workshop:** Residents are encouraged to attend a financial fraud workshop presented by the Office of the Attorney General on **Thursday, March 17 at 2 pm** in the community room. Come learn how to keep your finances safe guarded against various scams.

**FRESH FOR YOUR HEALTH:** Fresh produce will be available to the House of Lebanon residents at no charge on **Friday, March 18 at 10 am** in the community room. Please remember to bring a bag to place your food.

**HIV Screening:** On **Friday, March 25 from 2 pm to 5 pm** in the community room, a representative from Metro Health DC will provide a free and confidential HIV screening. A limited number of gift cards will be awarded to residents who participate.

**Cookies and Crafts:** On **Tuesday, March 29 at 6 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.

**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, March 16**. Come and be informed on community news, safety concerns, community events and updates from the Hanover Area Civic Association.

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

**Free Onsite Beginners Computer Class!** If you would like to learn how to save documents, develop an email address, search the internet and more, please call Anna at (202) 491-4463 to sign up for a free 4-week onsite computer class! Participants will utilize our newly acquired laptops to learn the skills needed to stay in touch with the world and learn new things! Class will be held twice a week.



**Need to Register to Vote or Update Your Address with D.C. Board of Elections?** Please contact 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 voting precinct. Please call (202) 491-4463 for assistance.

**Cable/Phone/Internet Bill Reduction Assistance:** Seniors 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. Anna 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!

**In Need of Emergency Food?** Residents that are in need of emergency food, please contact the Resident Services Department at (202) 842-2027. Our very own food pantry will deliver non-perishable food to you within a few of hours of your call. Please leave a message if no answer.

**Benefits Check:** If you would like to know what type of government benefits and assistance programs you may be eligible to receive, please contact Anna at (202) 491-4463 to set up an appointment. Anna will conduct a 30-minute online 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 more than 1,000 Federally-funded benefit and assistance programs. Each program description will provide you with the next steps to apply for any benefit program of interest.

*There may be programs you may be eligible for that can save you money. Take advantage of this assistance from the Resident Service Department.*

# YOUR LIFESTYLE: TIPS & RESOURCES

## 9 Foods for Better Vision.

What to eat for healthy eyes and clear vision

**Broccoli:** Packed with eye-nourishing antioxidants that protect against cell damage, broccoli is also high in vitamin B2 (riboflavin), which helps your eyes adapt to changes in light.

**Coffee:** A morning cup of coffee may help you get through the day without the itchy, burning, gritty irritation of dry eyes, a problem brought on by lack of tears

**Corn:** This sweet vegetable treat is rich in lutein and zeaxanthin, two micronutrients that guard against harm from sunlight, damaging high-energy blue wavelengths of light (computers, television sets, smartphones), cigarette smoke and air pollution.

**Eggs:** Egg yolks are packed with zinc, a trace mineral that helps keep the retina (the light-sensitive part at the back of the eye) in tip-top shape. A deficiency of zinc has been linked to poor night vision as well as mental sluggishness, according to the American Optometric Association.

**Fish:** Mackerel, salmon, sardines and tuna are rich in omega-3 fatty acids that help protect against both age-related macular degeneration and cataracts. Aim for at least two servings a week.



**Oranges:** Men and women who ate the equivalent of two vitamin C-rich oranges a day had half the risk of developing cataracts as those who ate less than one a day, according to a recent study of nearly 600 adults over age 65 published in BMC Ophthalmology.

**Sunflower seeds:** Rich in vitamin E, a powerful antioxidant, sunflower seeds can help slow the progression of age-related macular degeneration and cataracts.

**Sweet potatoes:** Bright orange fruits and vegetables are a great source of beta-carotene, a nutrient the body uses to make vitamin A.

**Wine:** Drink a toast to healthy eyes with a glass of red wine. According to a five-year study from Iceland that involved more than 800 people, moderate red wine consumption, loosely defined as anywhere from two glasses a month to two or three glasses a day, can reduce the risk of developing cataracts.

## Financial Saving Tips

Aim for short-term savings goals, such as setting aside \$20 a week or month rather than long term savings goals, such as \$200 over a year. People save more successfully when they keep the short-term goal in sight. Source: [www.americasaves.org](http://www.americasaves.org)

## 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

## 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.

## RECIPE OF THE MONTH: BAKED APPLES

230 calories | 1.5g fat (0.5g sat fat) | 0mg sodium | 58g carbs | 6g fiber  
1g protein per serving

### Ingredients:

4 medium apples  
1 teaspoon canola oil  
½ cup raisins  
4 Tablespoons honey  
2 teaspoon cinnamon

### Directions:

Preheat oven to 400F.

Spread oil on a baking dish that has raised edges. Wash the apples and cut out the cores. Remove the core by cutting the bottom of the apple off to create a flat surface. Then cut horizontally to make two halves of the apple, one with the flat bottom and the other with the stem. Core each half of the apple by cutting alongside the core in the center of the apple and rotating the knife around the core. Take out the entire center chunk. Put the two halves back together. Mix the cinnamon, honey and raisins in a small bowl. Place apples on oiled baking dish. Spoon mixture into the center of each apple, about 2 Tablespoons in each apple. Bake for 20 minutes and let cool for 5 minutes before eating.

Source: *Capital Area Food Bank*



## 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)**