

May 2016

# 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

In observance of Memorial Day, Columbus Property Management will be closed beginning Friday, May 27 at 1 pm and will reopen Tuesday, May 31 at 8:30 am.

The deck is now open! Residents now have access to the deck located on the third floor during the business hours of 8:30 am-5 pm. Smoking is prohibited on the deck.

## 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](http://www.columbuspm.org)



## COMMUNITY EVENTS & PROGRAMS

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

**Afternoon Movie:** Afternoon Movie will be held on **Tuesday, May 10 at 2 pm** in the community room. Remember to bring your neighbor!

**Chair Yoga:** Residents are invited to stretch their minds as well as their bodies with Chair Yoga on **Wednesdays, May 11 and 25 at 2 pm** in the community room. Be sure to wear comfortable clothing. Please consult with your doctor to make sure you can participate in this exercise.

**Motown Karaoke:** Residents are invited to sing some of your favorite Motown hits **Friday, May 13 at 1 pm** in the community room! Come sing and hear some of your fellow neighbors sing songs from unforgettable artist such as Marvin Gaye, Stevie Wonder, The Temptations and more! Refreshments will be provided.

**Hanover Area Civic Association:** The Hanover Area Civic Association will meet in the community room on **Wednesday, May 18 from 6:30-8:30 pm**. Come and be informed on community news, safety concerns, community events and updates.

**FRESH FOR YOUR HEALTH:** Fresh produce will be available to the House of Lebanon residents at no charge on **Friday, May 20 at 10 am** in the community room. Please remember to provide your own bag.

**BINGO:** On **Friday, May 20 at 2 pm**, residents are invited to Afternoon Bingo in the community room. Refreshments and great prizes will be awarded!

**HIV Screening:** On **Tuesday, May 24 starting at 2 pm** in the community room, a representative from Metro Health DC will provide a free and confidential HIV screening. Gift cards will be awarded to residents that are screened. This is a first come, first serve event.

**Cookies and Crafts:** Cookies and Crafts will be held on **Tuesday, May 31 at 6 pm** in the community room. We will be painting memory canvasses. Residents will use acrylic paint to create a favorite memory or moment on a canvass. In order to participate you must RSVP no later than Tuesday, May 24 at noon. RSVP to Anna at (202) 491-4463.

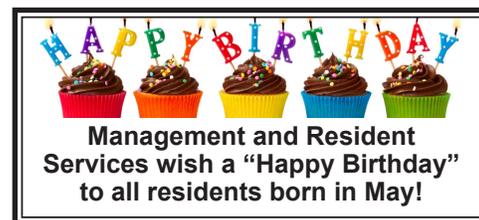
**Interested in Beginners Computer Classes?** This class will take place on Tuesdays and Fridays for 4 weeks. During this class, residents will learn about the parts of the computer, Microsoft Office, Internet and more. If you are interested and have not registered or have not been placed on the waiting list, please contact Anna at (202) 491-4463.

**In Need of Emergency Food?** Resident in need of emergency food contact Anna Bobo at (202) 491-4463. Please leave a message if no answer.

**Produce Plus Program (Vouchers to Farmers' Markets) Coming Soon!** The date for the Produce Plus Program to begin in June will be announced to residents towards the end of May. Eligible D.C. residents will receive \$10 vouchers weekly to use at local Farmers' Markets. Eligibility details will be provided.

**Need to Register to Vote or Update Your Address with D.C. Board of Elections?** For information on registering to vote or to change your voting precinct location, please contact (202) 491-4463. The voter registration deadline for the June 14, 2016 Primary Election is May 16, 2016.

**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. Study in the community room. We thank residents who have already donated.



## 6 Surprising Ways a Few Tablespoons of Peanut Butter Can Make You Healthier

Peanut butter is not just for kids. Adults, too, can reap health benefits from adding it to their diet. Granted, it's not exactly low in calories, but we're only talking about a few tablespoon full in exchange for a pile of nutrients: protein, heart-healthy monounsaturated fat, fiber, bone-building magnesium, and potassium, a mineral important for blood pressure and heart function. For the healthiest choice, pick peanut butter without added sugar, salt or hydrogenated. Here are some ways peanut butter can make you healthier:

**Control Your Cravings:** Eating 3 tablespoons of peanut butter (or 1½ ounces of peanuts) at breakfast helped overweight women feel fuller and have fewer hunger cravings, a 2013 study published in the British Journal of Nutrition showed. Not only did the women report feeling satiated eight to 12 hours after breakfast, but the peanut butter helped keep their blood sugar levels steady in the afternoon.

**Protect Your Heart:** Numerous studies have shown that people who regularly include nuts or peanut butter in their diets are less likely to develop heart disease or type 2 diabetes compared to those who rarely eat nuts, says Walter Willett, professor of nutrition at the Harvard School of Public Health. PB also is a good source of potassium — a mineral crucial to heart function.

**Good for Your Glucose:** Two ounces of nuts (or peanut butter) a day improved both glucose levels and blood fats in those with type 2 diabetes, researchers at the University of Toronto found. Aim for natural peanut butter, which has less sugar. Some PB spreads, including reduced-fat versions, have high amounts of added sugar.

**Build Your Muscles:** We lose muscle mass as we age, which is why older adults need to be sure they get enough muscle-building protein in their diets. In 2015, researchers found that while animal protein helps maintain lean muscle mass throughout the body, those who ate the most plant protein — like that found in peanut butter and nuts — had the strongest thigh muscles, which are important for balance.

## 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**

**Help You Live Longer:** Eating more peanuts or peanut butter — roughly 2 tablespoons of either daily — is linked with 20 percent fewer early deaths from all causes, according to a 2015 study published in JAMA Internal Medicine that looked at the diets of more than 200,000 people in the U.S. and China. Researchers think it may be because peanuts are rich in heart-healthy nutrients.

**Great for Your Granddaughters:** Girls ages 9 to 15 who ate peanut butter and nuts twice a week were 39 percent less likely to develop benign breast disease — lumps, cysts and tender spots — by the age of 30, according to a recent study from Washington University Medical School in St. Louis and Harvard Medical School. More importantly, girls with a family history of breast cancer had a significantly lower risk if they consumed these foods, researchers said. Benign breast disease, although noncancerous, increases the risk of breast cancer later in life.

Source: AARP, Candy Sagon

## Financial Saving Tip: Plan your meals around your grocery store's flyer.

Instead of creating your meal plan out of thin air, plan all your meals around what's on sale in your grocery store's flyer. Look at the biggest sales, then plan recipes based on those ingredients and what you have on hand. Do that for a few months and you'll find yourself with a much smaller food bill than you're used to.

Source: www.thesimpledollar.com

## RECIPE OF THE MONTH: BROWN RICE & RAISIN PUDDING

140 calories | 1.5g fat (0.5g sat fat) | 80mg sodium | 29g carbs | 1g fiber | 4g protein per serving



### Ingredients

- 1 cup uncooked, instant brown rice
- ½ cup raisins
- 1½ cups water
- 3 cups non-fat milk
- ¼ cup brown sugar
- 1½ Tablespoon cornstarch
- ½ teaspoon cinnamon
- a pinch of salt

### Directions

Combine the rice, raisins and 1½ cups of water in a medium pot. Bring to a boil then reduce heat to low, cover the pot. Simmer until water is absorbed, about 10 minutes. While the rice is simmering, mix the remaining ingredients together in a medium bowl. Add the milk mixture to the rice and cook, stirring often, until bubbling and thickened, about 8 minutes.

*Recipe Tips: Add chopped apple or nuts for more flavor and crunch.*