

MESSAGES FROM MANAGEMENT

Columbus Property Management will be closed in observance of Martin Luther King Jr. Day on **Monday, January 18**. We will open 8:30 am on Tuesday, January 19.



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

RECIPE OF THE MONTH: TUNA OR SALMON MELT *Source: Capital Area Food Bank*
 300 calories | 12g fat (4g sat fat) | 450mg sodium | 15g carbs | 2g fiber | 31g protein per serving



Ingredients

2 cans no-salt-added tuna or salmon (5 oz.)
 1 small celery stalk
 ¼ cup onion
 1 Tablespoon olive oil
 1 Tablespoon Dijon mustard
 Juice of ½ lemon
 ¼ teaspoon pepper
 3 slices of whole wheat bread
 ½ cup reduced fat cheddar cheese

Directions

Prepare your ingredients: finely chop celery and onion and drain cans of tuna or salmon. Preheat oven to 500F. Toast 3 slices of bread. Let the pieces of bread cool and place on baking sheet. In a small bowl, mix chopped onion, celery, olive oil, Dijon mustard, lemon juice and pepper. Mix thoroughly with a spoon or whisk. In a large bowl, mix dressing mixture with tuna/salmon. Place 1/3 of the tuna/salmon mixture on top of each piece of bread. Top with cheddar cheese to cover the tuna/salmon. Put the baking sheet into the oven for 3-5 minutes. The tuna/salmon melts are ready when the cheese is completely melted.

Recipe Tip: Use canned salmon or tuna for this dish. Add a big slice of tomato for extra flavor and nutrition.



The 23rd anniversary of the NBC 4 Health & Fitness Expo in Washington, DC will be held January 9 and 10 at the Washington Convention Center! This is the largest, best-attended Consumer Wellness Expo in the country, with 85K+ attendees every year. Mark your calendars for the best healthy living event in the Washington area.

Washington Convention Center - Washington, DC
 Free to the Public

Saturday, January 9, 2016 9:00 am to 5:00 pm
 Sunday, January 10, 2016 9:00 am to 4:00 pm

For more information please visit www.nbcwashington.com

UDC'S WORKFORCE DEVELOPMENT AND LIFELONG LEARNING TRAINING PROGRAM. DEADLINE FOR SPRING REGISTRATION IS JANUARY 15TH!

What is WDLL's mission? To reduce unemployment and underemployment in the District of Columbia by enhancing the skills of its residents.

What is Workforce Development and Lifelong Learning? The UDC Community College Division of Workforce Development and Lifelong Learning (WDLL) provides District of Columbia residents with job skills training leading to employment. The industries focused on are those where jobs are available in the District and in the metropolitan area. The five (5) areas identified by the District of Columbia as most in demand include:

- Construction and Property Management
- Healthcare (Direct Care and Healthcare Administration)
- Hospitality and Tourism
- Information Technology and Office Administration
- Transportation

These form the basis of the training offered by WDLL. Training provided by WDLL is free to residents of the District of Columbia.

WDLL also provides training to improve the literacy and numeracy skills of DC residents so that they have the skills they need to enter specific training programs provided by WDLL. These programs include:

Preparation for the Accuplacer [Accuplacer is the placement test for entrance into the University of the District of Columbia Community College (UDC-CC) and the University of the District of Columbia (UDC)]

Who is eligible? Adult (age 18+) residents of the District of Columbia are eligible to participate in WDLL training.

What does the training cost? Many WDLL course and programs are offered at no cost to DC residents. For information please visit www.udc.edu or contact the UDC-CC Division of Workforce Development and Lifelong Learning at workforce@udc.edu or (202) 274-7181.



YOUR LIFESTYLE: TIPS & RESOURCES

Monthly Health Tip: Eat to beat stress

Source: AARP

What you eat has a lot to do with how you feel. “When you’re under stress, you may crave a doughnut, but it will only make you feel tired and grumpy,” says Tufts University neuropsychologist Tammy Scott. “You’ll feel better if you choose foods that improve your mood and help you feel calm.” Here are 10 foods that have the nutrients that do just that.

Winter squash: Omega-3 fatty acids are important for brain health, as well as heart health. All types of winter squash — including fall favorites such as pumpkin, butternut squash and acorn squash — are rich in the omega-3s that help protect against the devastating affect of chronic stress, which damages the region of the brain responsible for memory.

Almonds: Almonds are packed with variety of nutrients that help the body de-stress, notes the Cleveland Clinic. These include vitamin E to improve immunity, B vitamins that decrease anxiety and omega-3 fatty acids and magnesium to keep levels of the stress hormone cortisol low. Aim for an ounce a day, about 23 nuts.

Avocados: Nutrient-dense avocados are a good source of a family of B vitamins that provide critical nutrients affecting mood and memory.

Red bell peppers: Although oranges are considered the go-to food for vitamin C, red bell peppers contain almost twice as much of this vital nutrient. “Vitamin C supports your immune system and helps to regulate levels of cortisol, the hormone your body releases when you’re under stress.

Black-eyed peas: Eating black-eyed peas on New Year’s Day is said to bring good luck, but they do far more than that. Black-eyed peas are rich in nerve-soothing thiamine, which improves your body’s ability to withstand stress. Too little thiamine contributes to irritability and fatigue, so keep levels topped up year-round with whole grains, peas and beans, poultry and nuts.

Dark leafy greens: Spinach, romaine lettuce, kale and their cousins broccoli and cauliflower contain abundant amounts of folate, aka vitamin B9. Folate stimulates the production of dopamine, a brain chemical that soothes nerves and gives rise to a feeling of calm. High levels are associated with improved mood and alertness.

Salmon: Salmon is a good source of vitamin B12, a nutrient that keeps the nervous system in proper working order. Low levels can cause confusion, weakness, and difficulty thinking and reasoning, making it hard to cope with stress.

Sweet potatoes: Sweet potatoes are rich in complex carbohydrates that stimulate the brain to produce mood-boosting serotonin.

Beets: Feeling anxious? Reach for a serving of magnesium-rich beets. Magnesium helps increase levels of serotonin, a brain chemical that plays a major role in mood and happiness.

Black tea: Sipping a cup of black tea helps people de-stress more quickly than drinking a convincing fake tea substitute, according to University College London research published in the Journal of

Psychopharmacology. Study participants who drank the real thing felt calmer after a stressful event and had lower levels of the stress hormone cortisol circulating in their blood than those served the ersatz brew.

Be Prepared for the Changing Weather: Message from PEPCO

Winter storms are more frequent in a changing world, and it’s essential to be prepared. For all of us at Pepco, that means planning thoroughly before weather threatens, responding quickly when a storm hits and restoring power as safely and quickly as possible in the event of an outage. We want to help you be prepared before, during and after storms.

Before a Storm Strikes

Assemble an emergency storm kit with bottled water, non-perishable foods, blankets, flashlights and extra batteries, a first-aid kit and hand tools. Be sure to stock prescriptions, special medical or infant supplies and other essentials. Then, develop and practice an emergency plan with everyone in your household. Make these ideas part of your routine if severe weather is approaching:

- Charge cell phones and mobile devices.
- Protect and unplug electronics.
- Ensure your Pepco contact information is up to date, by calling (202) 833-7500.
- Download our mobile app at pepco.com/mobileapp or from your app store.

If Power Goes Out

Restoring power safely takes time. Follow these steps to minimize the effect of an outage on your home:

- Keep refrigerator and freezer doors shut
- Let the sun warm rooms during the day and close shades or curtains at night to keep warmth in
- Dress in loose layers for warmth and flexibility
- Important: Never run a generator indoors, including inside a garage or carport -- a generator should always be located outdoors in a well-ventilated area away from doors and windows
- If the indoor temperature drops to 55 degrees Fahrenheit or below, open your faucets slightly so they constantly drip to prevent pipes from freezing
- When conditions are safe, check on elderly or home-bound neighbors

If You Rely on Emergency or Life-Support Equipment

Our Emergency Medical Equipment Notification Program can provide advance notice of scheduled outages and severe storms if you rely on life-support equipment such as respirators or kidney dialysis machines. Call (202) 833-7500 or visit pepco.com/EMENP to learn more.

For other tips and information, visit pepco.com/storm

Energy Assistance Status

Find out your status for the Low-Income Housing Energy Assistance Program (LIHEAP) by contacting 311.



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