



SEVERNA

1300 K STREET
Newsletter

Columbus Property Management, a Member of Mission First Housing Group • 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.

Resident Services Here at SeVerna on K St! Columbus Property Management introduces residents of SeVerna on K St our Resident Services Department! Our Resident Services Department is designed to connect families to quality social, education and employment services to empower residents to achieve individual and family goals. Programs and services offered include onsite health education workshops, social activities, youth activities and more! Let us know what activities you would like to see onsite by completing our survey found in the Leasing Office.

Please contact **Anna Bobo** for assistance in accessing community resources, resume building/editing and more! Phone: (202) 491-4463 • Email: abobo@columbuspm.org • Office location: Conference room in leasing office
Office hours: Thursdays 8:30am-4:30pm/11:30-7:30 pm (Hours will vary depending upon evening program at site)



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.

Office of People's Counsel: Residents are encouraged to attend an educational session presented by the Office of the People's Counsel on **Thursday, March 10 at 6 pm** in the community room. The Office of the People's Counsel serves as an advocate of consumers who receive natural gas, electric and telephone services in the District. Learn how the agency assist individuals in disputes with utility companies about billing or services, how to read your Pepco bill as well as find ways to lower your utility bills. All residents are encouraged to attend. *Refreshments will be provided.*

Financial Budgeting Workshop: On **Thursday, March 17 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 budgeting.

Adult BINGO: On **Thursday, March 24 at 6 pm**, residents are invited to Adult Bingo in the community room. Refreshments and great prizes will be awarded!

Movie Night for Adults: Movie Night for Adults will be held on **Thursday, March 30 at 6 pm** in the community room. Movie Night is an opportunity for residents to come together and watch the latest movies out on DVD. Come enjoy an evening of popcorn, candy and drinks.

Quit Smoking for Life! To assist residents in becoming smoke free, please sign up for the Freedom from Smoking® program from the American Lung Association by calling (202) 842-2027. Learn how to overcome your tobacco addiction so you can enjoy the benefits of better health...extra money in your pocket...and healthier relationships. The Seven-week program will be held at the sister property of Golden Rule Apartments (Across the street at 901 New Jersey Ave. NW). Participants will also receive medication to fight cravings.

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.

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!

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

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) 842-2027.

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!

SeVerna on K 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). Please contact resident services at (202) 491-4463 to set up an appointment so we can add you to the registry.

How to shop for a Competitive Energy Supplier

Many consumers are not aware that they have the choice to purchase electricity and natural gas from companies other than Pepco. Perhaps you have already been contacted by an energy supply company, but have questions? OPC can help. Under DC consumer choice law, consumers who choose to receive service from a competitive energy supplier have the potential to take advantage of various electricity rates, purchase custom services or choose environmentally focused energy products.

You are not required to make a choice. You will still receive electric service at a rate quoted to you by your local distribution company. If you choose another supplier, the same wires will still be used to transmit electricity into your home and the same pipes will deliver your natural gas. In the event of an emergency or if the power goes out you will still contact Pepco. Please remember that if you choose a supplier other than Pepco, you will pay the supplier's rate for the energy you use and you will pay the same distribution charges as customers who do not choose a competitive supplier.

Filing Complaints Regarding Electric Service and Third Party Suppliers

If you are a District resident and you have a problem, concern or complaint involving your electric, or a third party energy supply company, you have the right to file a consumer complaint with the Office of the People's Counsel. Please call 202-727-3071 to file a complaint.

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, The SeVerna on K and Becky Lang Staffieri, Communications Manager, Mission First Housing Group.

