

TRINITY PLAZA NEWSLETTER

April 2016

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

MESSAGE FROM MANAGEMENT

Please note, residents are prohibited from manually operating the switch (located inside the garage) to enter and exit the garage door. If caught, you will be cited for an infraction of your lease agreement. Please see management if you have any questions.

ARE YOU A VETERAN?

Columbus Property Management Values its Veterans!

If you are a veteran and you are living within Columbus Property Management, we want to know who you are so that you don't miss out on services and programs offered to you. Please contact your Property Manager today to let them know that you are a veteran and they will make sure to put your name on the list!



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

RECIPE OF THE MONTH: PASTA PRIMAVERA



Spring is the time of rebirth. And Mother Earth blesses us once more with her bounty. We're talking vegetables so fresh, colorful and full of flavor. Look for tender asparagus, sweet peas and baby carrots, to name just a few. Add them – or your own favorites – to this healthy pasta primavera. Pasta, vegetables, and a sprinkle of cheese make this a child-friendly classic that adults will love too.

Ingredients

8 ounces dry whole-wheat spaghetti
1 tablespoon olive oil 1 teaspoon garlic, minced (about 1/2 clove)
4 cups assorted cooked fresh vegetables — such as red pepper strips, broccoli florets, carrot sticks, or green beans
1 can (15 1/2 ounces) no-salt-added diced tomatoes
1 can (5 1/2 ounces) low-sodium tomato juice
1/4 teaspoon ground black pepper
1/4 cups grated parmesan cheese

Directions

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add spaghetti, and cook according to package directions. Drain.
3. Meanwhile, combine olive oil and garlic in a large sauté pan. Cook until garlic is soft, but not browned (about 30 seconds).
4. Add mixed vegetables, and cook until vegetables are soft, but not browned (about 3-5 minutes).
5. Add diced tomatoes, tomato juice, and pepper. Bring to a boil. Reduce heat, and simmer for 5 minutes.
6. Add spaghetti and parmesan cheese. Toss until the pasta is hot and well mixed, and serve.

Note: Substitute cooking spray for olive oil and save calories and fat.

Prep time: 5 minutes

Cook time: 20 minutes

4 servings

Serving size: 2 cups pasta and vegetables

Each serving provides: 319 calories



3 HOME GAMES LEFT!

Check out the last three home games of the Washington Wizard.

- Wednesday, April 6 starting at 7 pm vs. Brooklyn Nets
- Sunday, April 10 starting at 12 pm vs. Charlotte Hornets
- Wednesday, April 13th at 8 pm vs. Atlanta Hawks

Tickets available on www.stubhub.com and nba.com.



OPENING DAY IS WEDNESDAY, APRIL 4!

The beloved Washington Nationals will open the new season on Wednesday, April 4 at 4:05 pm versus the Miami Marlins. Visit ww.mlb.com for all home tickets. Home games in April include the Atlanta Braves, Minnesota Twins and Philadelphia Phillies.

Source: *Keep The Beat*



6 spring cleaning tips and tricks to make the annual chore easier than ever

1. *Toss your hairbrushes, combs, sponges and plastic toys in the dishwasher for easy cleaning.*

The quickest way to clean these odds and ends is to put them in the dishwasher. Burner grids and knobs, hairbrushes and combs, toothbrushes, plastic utensil organizers, sponges, dish racks, plastic toys can all handle it!

2. *It's best to clean your windows on a cloudy day.*

If it's too sunny, your cleaning solution will dry too quickly and you will have streaks. Cleaning your windows is the top spring cleaning must-do to rid your windows of winter grime and let the sun shine in.

3. *Put lemon oil on shower doors to prevent buildup.*

To keep your shower doors sparkling, try this trick! Rub 1 teaspoon of lemon oil on glass shower doors twice a month, which causes water to bead and roll off. You can also try Rain-X Original Glass Treatment, a car-care product which keeps rainwater off your windshield.

4. *Take off those shoes before walking through the door.*

Stop dirt in its tracks: 85 percent of dirt comes in through your front door. Encourage your kids to take off their shoes the minute they walk in the door and store them in baskets or shoe organizers in closets.

5. *Clean wood furniture with this DIY cleaner.*

Clean your wood furniture with this easy homemade solution. Mix ½ teaspoon olive oil and ½ cup of distilled white vinegar or lemon juice in a plastic spray bottle. Shake well and spray onto a microfiber cloth.

6. *Disinfect your sink with three ingredients.*

Use a product labeled as an EPA-registered disinfectant — or make your own!

To disinfect, clean your sink with soap and water first, then spray a mist of vinegar followed by a mist of hydrogen peroxide and let air dry. (Don't mix the vinegar and hydrogen peroxide together.)

Source: Elizabeth Mayhew. TODAY Show

Download these apps to help organize your apartment

- Cleaning Checklist (IOS)
- Spring Cleaning Checklist (Android)
- Wunderlist (IOS/Android)

Financial Saving Tip:

Are you looking for an effective way to establish a budget? Beginning on the first day of a new month, get a receipt for everything you purchase. Stack and review receipts at the end of the month, and you will clearly be able to see where your money is going.

www.americasaves.org

Cell phone addiction – there's a phobia for that

Ah, your cell phone. Can't leave home without it. But what would happen if you did? Would you panic? Break into a cold sweat? If so, you could be suffering from nomophobia – no mobile phone phobia.

Many people have the constant urge to check in

Experts have yet to declare it a true medical condition – one they can diagnose and treat. But it may not be long before they do. Researchers at the University of Iowa and elsewhere have found that people display addictive-like behaviors when cut off from their cell phones.

As with any addiction, if cell phone use is interfering with your normal, daily activities, then it may pose a problem. Some experts say people aren't addicted to their phones as much as they are to checking in. Whether it be to texts, emails or social media.

What to do about it

It doesn't take a rocket scientist to figure out the cure. Experts agree: Turn the phone off. Put it down. Tune it out. Focus on the business at hand. Your job. Your kids. Your friends. You might find you're happier when you do.

Source: Aetna

Lifeline Discount Program

Lifeline is a government assistance program that offers telephone discounts to qualified low-disadvantage customers. If you qualify for the Lifeline discount service, you are eligible to receive a reduced rate on your Verizon monthly bill. For more information and/or to sign up, please call (800) 253-0846.

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**



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