

TRINITY PLAZA

NEWSLETTER

May 2016

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

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



THINGS TO DO IN DC

Washington DC Funk Parade 2016 (U Street Music Festival): The Funk Parade is a one-of-a-kind street fair, parade and music festival in the U Street neighborhood on **Saturday, May 7 from noon to 7 pm**. Mighty Funk Parade will be 4-5 pm and begins at T Street NW and Florida Avenue NW, in front of the Howard Theatre. The Music Festival will be from 7-10 pm. The free event is designed to bring people together through music, dance and the visual arts, while celebrating the musical heritage of the historic U Street district. The neighborhood will have live performances, artists, vendors, food, workshops and spontaneous acts of soul. The parade will include a variety of dancers, marching bands, drum corps, beat-boxers, junkyard drummers, pot-bangers and more. Several of the area's most popular music venues will open their doors in the evening offering free, live and local funk-inspired bands immediately following the Funk Parade. For more information, please visit www.funkparade.com.

Memorial Day Parade: You can't talk about Memorial Day in DC without mentioning the National Memorial Day Parade. The parade is run by the American Veterans Center and honors those servicemen and servicewomen who put their lives on the line to protect our freedoms. Set on Constitution Avenue, the march wows audiences exceeding 250,000 strong with marching bands, active duty and retired military units, youth groups, floats and hundreds of veterans. This year's parade is set for **Monday, May 25, starting at 2 pm**. For more information, please visit www.americanveteranscenter.org

Washington Nationals: Check out the Washington Nationals this month! Visit ww.mlb.com for all home tickets. Home games in May include the Detroit Tigers, New York Mets, Miami Marlins and the St. Louis Cardinals.

Older Americans Month Activities: Each year, District of Columbia joins the nation to celebrate Older Americans Month in May. Below is a list of activities:

- **Saturday, May 14 from 2-4 pm:** Artists' Reception to celebrate the participants in IONA's Adult Day Health Program for those with memory loss or other dementias, or physical challenges. IONA Wellness & Arts Center, 4125 Albemarle St NW. For more information, call (202) 966-1055.
- **Thursday, May 19 from 11 am-2 pm:** Ward 5 Senior Community Day. Seabury Aging Services, Ward 5, at North Michigan Park Recreation Center, 1331 Emerson Street NW. For more information, call (202) 529-8701.
- **Thursday, May 19 at 5 pm:** East River Family Strengthening Collaborative Annual Senior Prom. For tickets and information, call (202) 534-4880.
- **Friday, May 20 from 10:30 am-2 pm:** TERRIFIC, Inc. Older Americans Month Health & Wellness Fair. Celebrate Older Americans Month, featuring entertainment, fun, health and wellness exhibits, free health screenings and more. The 19th Street Baptist Church, 4606 16th Street NW. For more information, call (202) 882-1383.
- **Friday, May 20 from 1 pm-3 pm:** Congress Heights Senior Wellness Center Anniversary Celebration. Congress Heights Senior Wellness Center is located at 3500 Martin Luther King, Jr. Avenue, SE. Call (202) 563-7225 for more information.
- **Wednesday, May 25 from 9 am-12 pm:** Senior Health and Fitness Day at Bernice Fonteneau, showcasing the activities that take place at the wellness center. Bernice Fonteneau Senior Wellness Center, 3531 Georgia Avenue, NW. Call (202) 727-0338 for more information.
- **Wednesday, May 25 from 10 am-2 pm:** Older Americans Month Senior Health and Wellness Fair hosted by Model Cities Senior Wellness Center and DCOA with free screenings, resources and information exhibits. Model Cities Senior Wellness Center is located at 1901 Everts Street, NE. For more information, call (202) 635-1900.
- **Wednesday, May 25 from 10 am-2 pm:** Celebrate Older Americans Month with Hayes Senior Wellness Center. Hayes Senior Wellness Center is located at 500 K Street, NE. For more information call (202) 727-0357.

For complete listing of events, please visit www.dcoa.dc.gov.

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.