

Local Activities and Community Events

Properties with resident services, please see bulletin board/flyer holders for upcoming programs and services.



Energy Assistance-Online Registration

The online registration for energy assistance has begun. Eligible residents will receive a minimum \$250.00 credit towards their PEPCO bill in 2017. Please visit <http://doee.dc.gov/liheap/> to register. Residents who completed the paper format or are not able to register online, please call 311 to check your application status or to make an appointment the nearest location near you.

Income guidelines:

Household size	Max annual income
1	30,778
2	40,245
3	49,715
4	59,184

- Households of 5 or more please refer to website for max annual income.

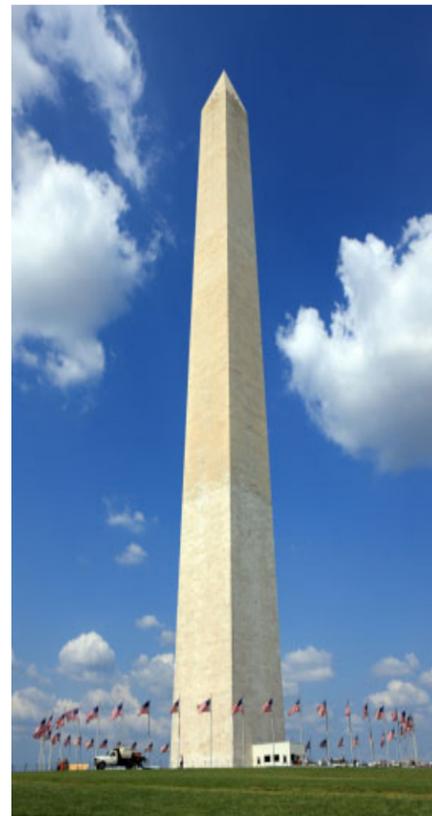
Your Washington Redskins



Watch the beloved Redskins at the following games in the month of November:

NOVEMBER'S GAMES

Sunday, November 13 at 1 pm. Fox. Home versus Minnesota Vikings
 Sunday, November 20 at 8:30 Pm. NBC. Home versus Greenbay Packers
 Thursday, November 24 at 4:30 pm. Fox. Away at Dallas Cowboys



FINANCIAL SAVING TIPS

Financial Savings Tip: Evaluate Purchases by Cost Per Use

It may seem more financially responsible to buy a trendy \$5 shirt than a basic \$30 shirt—but only if you ignore the quality factor! When deciding if the latest tech toy, kitchen gadget, or apparel item is worth it, factor in how many times you'll use it or wear it. For that matter, you can even consider cost per hour for experiences!



Source: www.themuse.com

TIPS FOR SENIORS

Medicare Open Enrollment

Medicare Open Enrollment-Deadline is Dec. 7. Call 1-800-MEDICARE or visit Medicare.gov for plan information or to compare plans.

Health Tip: Know Your Family Health History

Thanksgiving Day is National Family History Day. Take a few minutes to know your family health history. A family health history helps to identify if you, or other family members, may be at a higher risk for certain diseases or conditions. It reflects risk factors that family members share, like genes, environment, and lifestyle. A useful family health history shows three generations of your biological relatives, the age at diagnosis, and the age and cause of death of deceased family members. Family health history is a useful tool for understanding health risks and preventing disease in individuals and their close relatives.

For a great tool in creating a family history, check out the Surgeon General's tool My Family Health Portrait by visiting www.familyhistory.hhs.gov. This tool will allow you to:

- Enter your family health history.
- Learn about your risk for conditions that can run in families.
- Print your family health history to share with family or your health care provider.
- Save your family health history so you can update it over time.

Talking with your health care provider about your family health history can help you stay healthy!

Source: Centers for Disease Control and Prevention

Don't forget to set your clocks back on Sunday November 6th!

Source: www.timeanddate.com

RECIPE



November Recipe: Shepard's Pie

Ingredients:

- 1 pound ground beef
- 1 medium onion, chopped (about 1/2 cup)
- 1 can (10 1/2 ounces) Campbell's® Condensed Cream of Mushroom Soup or (10 1/2 ounces) Campbell's® Condensed 98% Fat Free Cream of Mushroom Soup
- 1 tablespoon ketchup
- 1/8 teaspoon ground black pepper
- 1 cup frozen peas and carrots
- 2 1/2 cups reduced fat (2%) milk
- 1/4 cup (1/2 stick) butter
- 2 cups instant mashed potato flakes or buds

Directions:

1. Heat the oven to 400°F.
2. Cook the beef and onion in a 10-inch skillet over medium-high heat until the beef is well browned, stirring often to separate meat. Pour off any fat.
3. Stir the soup, ketchup, black pepper and peas and carrots in the skillet. Spoon the beef mixture into a 9-inch pie plate.
4. Heat milk and butter in 2-quart saucepan over medium-high heat to a boil. Remove the saucepan from the heat. Stir in the potatoes. The potatoes will be stiff. Spoon the potatoes over the beef mixture.
5. Bake for 15 minutes or until the potatoes are lightly browned

Source: www.campbellskitchen.com



Housekeeping Tips

These mix-it-yourself cleaners use environmentally friendly ingredients and are quite inexpensive. If you've run out of your favorite cleaning solution, don't run to the store; try one of these standbys instead.

GLASS CLEANER

Great for: Windows and mirrors

Ingredients: 2 cups water • 1/2 cup white or cider vinegar • 1/4 cup rubbing alcohol (70% concentration) • 1 to 2 drops of orange essential oil, which gives the solution a lovely smell (optional)

How to use: Combine ingredients and store in a spray bottle. Spray on a paper towel or soft cloth first, then on the glass.

HEAVY-DUTY SCRUB

Great for: Rust stains on porcelain or enamel sinks and tubs

Ingredients: Half a lemon • 1/2 cup borax (a laundry booster; find it in the detergent aisle)

How to use: Dip the lemon into the borax and scrub surface; rinse.

Not safe for marble or granite.

GREASE CLEANER

Great for: Oven hoods, grills

Ingredients: 1/2 cup sudsy ammonia mixed with enough water to fill a one-gallon container.

How to use: Dip sponge or mop in solution and wipe over surface, then rinse area with clear water.

ALL-PURPOSE CLEANER AND DEODORIZER

Great for: Counters, appliances, and inside the refrigerator

Ingredients:

4 tablespoons baking soda • 1 quart warm water

How to use: Pour solution on a clean sponge and wipe.

LAST-RESORT CLOTHING STAIN REMOVER

Great for: Badly stained washable or bleachable garments

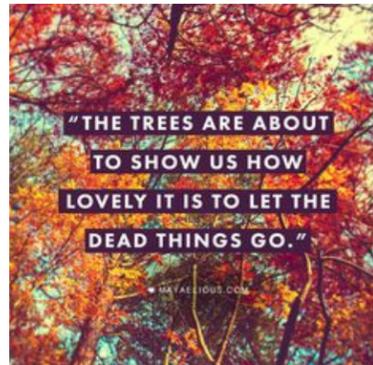
Ingredients: 1 gallon hot water • 1 cup powdered dishwasher detergent • 1 cup regular liquid chlorine bleach (not ultra or concentrate)

How to use: Mix and pour ingredients into a stainless steel, plastic, or enamel bowl (not aluminum). Soak garment for 15 to 20 minutes. If stain is still there, let it soak a bit longer, then wash garment as usual.

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

Brought to you by Columbus Property Management, a member of Mission First Housing Group



CPM Connections

Columbus Property Management Newsletter

November 2016

Volume 1, Issue 2

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Thanksgiving is almost here and across the country, Americans are gearing up for one of the most spectacular feasts of the year. In the midst of all this festive activity, it's important to remember that there are health hazards associated with the holiday, including an increased chance of food poisoning and kitchen fires. Taking just a few minutes to read these Thanksgiving safety tips could mean the difference between enjoying the holiday and having a turkey dinner end in disaster.

Food Poisoning

Following these food safety tips can keep any Thanksgiving meal safe from bacteria and keep your family and friends from getting sick:

- Safely cooking a turkey starts with correctly defrosting it; place your bird on a tray or pan to catch any juices and keep it refrigerated until it's ready to cook.
- A 20-pound frozen turkey can take up to five days to thaw out so plan ahead.
- Turkeys need to be cooked to an internal temperature of 165 °F.
- Leftovers need to be refrigerated within two hours after serving.

Fire Safety

The average number of cooking fires on Thanksgiving is triple that of a normal day. Here are a few simple ways to avoid fires:

- "Stand by your pan" when cooking. Never leave food, grease, or oils cooking on the stovetop unattended.
- Pot holders, oven mitts, food wrappers, and other things that can catch fire should be kept away from the stove.
- Children should also be kept away from hot stoves and paid particular attention to when they are in the kitchen.
- Facing pot handles towards the rear of the stove can save them from being knocked over and scalding people nearby.
- Long sleeves and loose clothing should be avoided while cooking as it can easily catch fire.

Courtesy: The Official Blog of the Website of the Commonwealth of Massachusetts; mass.gov



Office Closings

Property Management and Resident Services will be closed in observance of Veterans Day on Friday, November 11th and in observance of Thanksgiving beginning at 1 pm on Wednesday, November 23rd. Offices will reopen on Monday, November 28.

Thank you to all Veterans who served to protect this country!



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