

Local Activities and Community Events

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



Health Insurance Counseling



The George Washington Law School's Health Insurance Counseling Project provides free health insurance information, education, and counseling services to Medicare beneficiaries and seniors who live in the District of Columbia.

Please call (202) 994-6272 for health insurance questions.

Your Washington Redskins



Check out the Washington Redskins in the month of October for a great time with the family!

OCTOBER'S GAMES

- Sunday, October 2nd at 1 pm. Home vs Cleveland Browns. CBS
- Sunday, October 9th at 1 pm. Away vs Baltimore Ravens. FOX
- Sunday, October 16th at 1 pm. Home vs Philadelphia Eagles. FOX
- Sunday, October 23rd at 1pm. Away vs Detroit Lions. FOX
- Sunday, October 30th at 9:30 am. Away vs Cincinnati Bengals. FOX



FINANCIAL SAVING TIPS

Financial Savings Tip: Develop a Budget

Be realistic. Time spent developing a budget is time well spent.

A common error people make when they're planning their household budget is to list unrealistic dollar amounts. If you spend \$500 at the grocery store each month, then it isn't reasonable to list \$300 in your budget. Keep a spending journal for at least two weeks prior to creating a budget for your family and yourself. This will help you establish realistic numbers. A comprehensive budget will not only tell you where the money is going, it can give you a map to tightening expenses. Also, it will allow you to put more money away for your short-term and long-term goals.

Source: www.themuse.com



TIPS FOR SENIORS

Medicare Open Enrollment

Now that summer is winding down, many people are wondering: when is Medicare Open Enrollment for 2016?

When's the Medicare Open Enrollment Period?

Every year, Medicare's open enrollment period is October 15 - December 7.

What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

When can people get information about next year's Medicare plans?

Information for next year's plans will be available beginning in October.

Where can people find Medicare plan information or compare plans?

1-800-MEDICARE or Medicare.gov.

Source: Centers for Medicaid and Medicare Services - CMS.gov

OCTOBER RECIPE



October Recipe: Baked Ziti

Ingredients

- 1-pound dry ziti pasta
- 1 ½ tablespoons olive oil
- 1 onion, sliced
- 1 teaspoon minced fresh rosemary
- 4 cloves garlic, chopped
- 1/2 ground beef or 1/2-pound ground sausage
- 1 ½ (26 ounce) jars spaghetti sauce
- Salt to taste
- 1 (6 ounce) package provolone cheese, sliced
- ¾ cup sour cream
- ¾ cup cottage cheese
- 1 (6 ounce) package mozzarella cheese, shredded
- 2 tablespoons freshly grated Parmesan cheese

Directions

Prep: 30 min.

Cook: 1 hr.

Ready in: 1 hr. 30 min.

1. Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.
2. Meanwhile, heat olive oil in large, heavy skillet over medium heat. Cook onion in oil until tender. Stir in rosemary and garlic. Transfer to a small bowl.
3. Place ground beef or sausage in the skillet. Cook over medium-high heat until evenly brown. Stir in the onion mixture and the spaghetti sauce. Season with salt. Reduce heat to low, and simmer for 10 minutes.
4. Preheat oven to 350 degrees F. Grease a 9x13 inch baking dish. In the prepared dish, layer ½ of the cooked pasta, provolone cheese, sour cream, cottage cheese, and a little less than ½ of the meat mixture. Then layer the rest of the pasta, mozzarella cheese, remaining meat mixture, and Parmesan cheese.
5. Bake in the preheated oven for 20 to 30 minutes, or until heated through and cheeses are melted.

Source: [Pinterest](https://www.pinterest.com)

October is Fire Prevention Month-10 Home Fire Safety Tips

1. Smoke Alarms – Smoke alarms are widely available and inexpensive. Install a smoke alarm on every level of your home and test it monthly.
2. Prevent Electrical Fires – Don't overload circuits or extension cords. Cords and wires should never be placed under rugs or in high traffic areas. Avoid loose electrical connections by checking the fit of the plug in the wall outlet. If the plug loosely fits, inspect the outlet right away. A poor connection between the plug and the outlet can cause overheating and can start a fire in minutes.
3. Keep Plugs Safe – Unplug all appliances when not in use. Follow the manufacturer's safety precautions and use your senses to spot any potential disasters. If a plug is overheating, smells strange, shorts out or sparks – the appliance should be shut off immediately, then replaced or repaired.
4. Alternate Heaters – Make sure there is ample space around any portable heating unit. Anything that could catch fire should be at least three feet away. Inspect your chimney annually and use fire screens to help keep any fires in the fireplace.
5. Fire Safety Sprinklers – When combined with working smoke alarms, home fire sprinklers greatly increase your chance of surviving a fire. Sprinklers are affordable and they can increase property value and lower insurance rates.
6. Create An Escape Route – Create and practice your escape plan with your family from every room in the house. Practice staying low to the floor and checking for hot doors using the back of your hand. It's just like a routine school fire drill – but in your home.
7. Position Appliances Carefully – Try to keep TV sets, kitchen and other appliances away from windows with curtains. If there is a wiring problem, curtains can spread a fire quickly. Additionally, keeping your appliances away from water sources (like rain coming in from windows) can help prevent wiring damage which can lead to a fire.
8. Clean Dryer Vents – Clothes dryers often start fires in residential areas. Clean the lint filter every time you start a load of clothes to dry or after the drying cycle is complete. Make sure your exhaust duct is made of metal tubing and not plastic or foil. Clean the exhaust duct with a good quality dryer vent brush to prevent blockage & check for lint build up behind the dryer at least twice a year.
9. Be Careful Around the Holidays – If you fill your home with lights during the holiday season, keep them away from anything that can easily catch fire. Check all of your lights prior to stringing them up and dispose of anything with frayed or exposed wires.
- 10) Conduct Regular Inspections – Check all of your electronic equipment and wiring at least once a month. Taking a little time to do this each month can really pay off.

Source: Courtesy of ZING by QuickenLoans

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!

**DO SOMETHING
TODAY THAT
YOUR FUTURE
SELF WILL
THANK YOU FOR.**

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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Housekeeping Tips

Many people aspire to maintain their homes to a level of perfection worthy of gracing the pages of Good Housekeeping magazine. When jobs, activities, children and pets are juggled, however, keeping a neat home can become more of a tedious chore than work performed through the pride of keeping a tidy house. By following a few simple tips, even homes that are consistently messy can become less cluttered and more organized and clean in the future.

Clean and Straighten Every Day - Clean the areas of the house that you use most often every day. Upon rising, make your bed and wash a load of clothes. After work or in the afternoon, dry and put away the washed load of clothes.

Set a Timer for Cleaning - Set a timer before tackling a tough cleaning or straightening task, or to keep you on track when you are performing light cleaning in multiple rooms. A timer allows you to stay on track instead of becoming distracted by areas not a part of what you are currently addressing. Because many people also work better under deadlines, a timer can help you to perform more chores in less time.

Deep Clean by Zones - Split your house into multiple zones and attack one zone per week by addressing areas specific to the zone on a daily basis. By rotating between multiple zones to deep clean, you can ensure that your entire home is always at a higher level of organization and cleanliness.

Declutter Once Per Season - Every time the season changes, spend a block of time addressing the clutter that has accumulated in the home over the prior three months. Sort into four piles: unnecessary items to donate, recycle or toss; seasonal items to store away until they are needed; "test" items to put away until your next decluttering session to determine if you actually need them or not; and keeper pieces for which you need to find a more-permanent place in your home.

Source: Courtesy of Good Housekeeping: Control Clutter 30 Minute Clutter Solution and Do-It-All Cleaning Guide

Office Closings

CPM's 2042-48 Arch Street office and Resident Services will be closed in observance of Columbus Day, on Monday October 10th and will re-open Tuesday, October 11th at 8:30am.

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

