

# HOUSE OF LEBANON NEWSLETTER

Columbus Property Management, a Member of Mission First Housing Group • [www.missionfirsthousing.org](http://www.missionfirsthousing.org) • twitter: @MissionFirstHG

## MESSAGES FROM MANAGEMENT

Columbus Property Management will be closed in observance of Veteran's Day **Wednesday, November 11**. We will open 8:30 am on Thursday, November 12. THANK YOU to all of our veteran residents for serving our country and protecting our freedom.

Columbus Property Management will be closed in observance of Thanksgiving beginning **Wednesday, November 25** at 1 pm. We will open 8:30 am on Monday, November 30.

The community room is available for residents to use during regular business hours and weekends while security is present. Please enter the community room from the rear (near library room). Residents who mistreat the facility will have their fob inactive for the community room and be held responsible for any damages. Community room use is not available for general use during programs from the Resident Services Department.

## THANKSGIVING MEAL FOR RESIDENTS

Management invites residents to a Thanksgiving Lunch on **Tuesday, November 24** at 1 pm in the community room.



## DC EVENTS IN NOVEMBER

### The Concert for Valor: Wednesday, November 11

On Veteran's Day, pop music (and pop culture) superstars will take to the National Mall to honor America's servicemen, past and present, as part of an HBO live broadcast special. Celebs Tom Hanks, Will Smith and Oprah Winfrey will be on hand to honor vets. As for performers, Bruce Springsteen, The Black Keys, Carrie Underwood and Rihanna are all scheduled to perform. Concert begins at 7 pm and it is FREE. Location: National Mall between the Capitol and the Washington Monument

### The Silver Spring Thanksgiving Parade: Saturday, November 21

Celebrate Thanksgiving with a parade in the heart of Silver Spring, Maryland. The parade will include 50-foot balloons, The Washington Redskins Marching Band, fire engines, antique cars and more! Parade starts at 10 a.m. Location: The parade begins at Ellsworth Drive and Veterans Place and proceeds South on Georgia Avenue, ending at Silver Spring Avenue.

### Washington Wizards Basketball

The NBA is back! Off of a thrilling playoff run last season, come watch the Washington Wizards in action beginning this fall. To purchase tickets, please call (800) 745-3000 or visit [stubhub.com](http://stubhub.com).

### Highlighted home games in November:

San Antonio Spurs: Wednesday, November 4 at 7 pm  
Oklahoma Thunder: Tuesday, November 10 at 7 pm  
Indiana Pacers: Tuesday, November 24 at 7 pm  
Toronto Raptors: Saturday, November 28 at 7 pm



WIZARDS

## HANOVER AREA CIVIC ASSOCIATION MEETING

The Hanover Area Civic Association will meet every third Wednesday of each month in the community room from 6:30-8:30 pm. This month's meeting will take place on **Wednesday, November 18**. Come and be informed on community news, safety concerns, community events and updates from the Hanover Area Civic Association.

## SPECIAL COMMUNITY PROGRAMS

*In an effort to bring residents together, resident services will be providing monthly social gathering so residents can fellowship with one another.*

**Movie:** On **Tuesday, November 3** at 2 pm, residents are invited to an Afternoon Movie. Refreshments will be provided.

**Afternoon Bingo:** On **Friday, November 13** at 2 pm, residents are invited to participate in Afternoon Bingo. Refreshments and great prizes will be awarded.

**Afternoon Social:** On **Monday, November 16**, residents are invited to our Afternoon Social Hour event in the community room from 2-4 pm. During this event, residents can play different card games, enjoy puzzles to exercise your brain and more while listening to great music. Light refreshments will be provided.

**Crafts and Cookies:** On **Thursday, November 19** at 6 pm in the community room, residents are invited to create Fall themed crafts while enjoying cookies and fresh coffee. Come relax and enjoy with your fellow neighbors.

**Fresh For Your Health Program:** Residents are invited to pick up fresh produce in the community room on **Friday, November 20** from 10 am to 4 pm. *This is a first come first served service.*

**Evening Bingo:** On **Monday, November 30**, residents are invited to Evening Bingo at 6 pm in the community room. Refreshments and great prizes will be awarded!

### Health and Wellness Events:

**Nutrition Workshop Presented by Giant Food:** As ambassadors to good health, Giant Food's nutritionists are here to help you stay well and make good food choices. On **Thursday, November 5** at 2 pm in the community room, Giant Food Nutritionist, Ms. Roxana Ehsani, will conduct a workshop discussing how to make healthier eating choices. She will also conduct a food demonstration. Don't miss out on information to better your health!

**Wellness Educational Event:** On **Thursday, November 12** at 2:45 pm in the community room, there will be a Wellness Educational Event hosted by CVS Health Workforce Initiatives. During this event there will be information about Medicare insurance, free flu shots, raffle prizes, lunch and much more. Residents are strongly encouraged to attend this free event.

## YOUR LIFESTYLE: TIPS & RESOURCES

### 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 on-line 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.

### SHARE Food Network

Thousands of families count on SHARE each month for affordable, nutritious groceries that are sold through volunteer-run locations throughout the Washington metropolitan area.

Monthly value packages cost just \$21 and include \$40-\$50 worth of basic and healthy groceries, typically made up of 4-5 pounds of frozen protein products, 1-3 grocery items, and 8-9 pounds of fresh produce.

Anyone and everyone may buy as many SHARE packages as they'd like by registering through a location convenient to their office or home neighborhood.

Please call Anna at (202) 491-4463 for locations nearest you.

### Call-in Talk Line

If you're feeling isolated and lonely, you can now call into our office to talk with caring individuals are willing to listen to you and provide friendship.

Call (202) 724-5626 during normal business hours.

### Emergency Medical Equipment Notification Program

If you or someone you know uses life-support equipment that requires electricity to operate, identify a location with emergency power capabilities and make plans to go there or to a hospital during a prolonged outage. If you have not done so previously, please call PEPC Customer Care at (202) 833-7500 to enroll in the Emergency Medical Equipment Notification Program. Once you are enrolled, PEPCO will provide you with:

- Notification of scheduled outages in your area
- Notification of severe storms such as hurricane warnings that could lead to extended outages on our electric system
- An information package sent annually to help you prepare for emergencies

### Aging and Disability Resource Center Information and Assistance

Are you looking to access services available to seniors, persons with disabilities and caregivers throughout the District of Columbia? Are you having trouble negotiating through long-term care support services with the District of Columbia Government and other organizations?

You may reach DC ADRC's Information and Assistance unit Monday through Friday between 8:30 am and 4:45 pm, by telephone at (202) 724-5626, or in person at the following address:

DC Office on Aging, 500 K Street, NE  
Washington, DC 20002

### 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!

If you would like assistance in setting up online registration, please call Anna at (202) 491-4463.

### ATTENTION FEDERAL EMPLOYEES:



Columbus Property Management and Mission First Housing Group make it possible to help vulnerable populations find a safe, affordable place to call home. You can make it possible, too, by designating us through the CFC. The Combined Federal Campaign

(CFC) is the largest and most successful workplace fundraising campaign in the world. Over the past fifty years, the CFC has raised \$7 billion to help neighbors in need around the corner, across the nation and throughout the world. The money raised through the CFC helps Mission First provide services to families and seniors in Washington, DC. Donate at <http://www.cfcna.org>. Our CFC designation number is 75714.



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

### 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](mailto:corporate@columbuspm.org)**



Produced by: Patrick Williams, Resident Service Manager, House of Lebanon and Becky Lang Staffieri, Communications Manager, Mission First Housing Group.

