



# 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 Columbus Day, **Monday, October 12**. We will re-open at 8:30 am on Tuesday, October 13.

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.

Please do not exit out the emergency alarm doors. If identified, this may result to a fine.

As always, please report any maintenance issues. Not reporting it can make the maintenance issue worse over time.

Don't let people you don't know follow you into the building. This is known as tailgating. Make sure no one follows you into the building without swiping their fob.

## 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 **Thursday, October 8** at 2 pm, residents are invited to an afternoon movie. Refreshments will be provided.

**Line Dancing:** Residents are encouraged to dance their way to good health by attending a line dance class on **Wednesday, October 14** from 1:30-2:30 pm in the community room. Be sure to check with your physician before participating.

**Fresh For Your Health Program:** Residents are invited to pick up fresh produce in the community room on **Friday, October 16** from 10 am to 4 pm. This is a first come first served service. If you would like to receive monthly non-parishable food from We Are Family please contact Patrick at 202-842-2027.

**Crafts and Cookies:** On **Thursday, October 22** at 6 pm in the community room, residents are invited to create summer themed centerpieces while enjoying cookies and fresh coffee. Come relax and enjoy with your fellow neighbors.

**Afternoon Bingo:** On **Friday, October 23** at 2 pm, residents are invited to participate in Afternoon Bingo. Refreshments and great prizes will be awarded.

**Evening Bingo:** On **Thursday, October 29**, residents are invited to Evening Bingo at 6 pm in the community room. Refreshments and great prizes will be awarded!



## HAIL TO THE REDSKINS!

Redskins games will be available for view in the community room. Below are this month's regular season games for the Redskins:

- Sunday, Oct. 11 at Atlanta Falcons (FOX) 1 pm
- Sunday, Oct. 18 at New York Jets (FOX) 1 pm
- Sunday, Oct. 25 vs. Tampa Bay Buccaneers (FOX) 1 pm

## GET HELP WITH YOUR UTILITY BILLS

District Department of Environment assists eligible



**LIHEAP**

District households with energy costs associated with heating and cooling through the Low Income Home Energy Assistance Program (LIHEAP). Eligible households may receive assistance towards their energy bill between \$250 and \$1,500 as a one-time Regular Energy Assistance benefit. The Regular Energy Assistance benefit is based on household size, total household income, heating source, and type of dwelling. Beginning October 1, District residents may apply for energy assistance through an online application at <http://doee.dc.gov/liheap>. Appointments are now required for in-person assistance. Call 311 on or after November 1, for appointments beginning November 9.

*Income Guidelines for FY 2016  
(Beginning October 1, 2015)*

Household Size	Max. Annual Income
1	\$26,144
2	\$34,188
3	\$42,232
4	\$50,276

\*Emergency Energy Assistance is available to eligible District residents who are currently disconnected from electric or gas service, or have a depleted supply of home heating oil. Please contact 311 for more information.

## FIRE SAFETY TIPS

In observance of Fire Prevention Week (Oct. 4-10), here are some tips to keep in mind during a fire emergency:

- If in the bed, roll out of bed and stay low. One breath of smoke or gases may be enough to kill.
- Know the locations of all available exit stairs from your floor in case the nearest one is blocked by fire or smoke.
- If the fire alarm sounds, feel the door before opening and close all doors behind you as you leave. If it is hot, use another way out. If it is cool, leave by the nearest way out.
- Use Daylight Savings Time (Nov. 1) as a reminder to check your smoke alarms.

\*\*\* If you have a disability or a special need and you would like management to provide the DC Fire Department your information in case of a fire or building emergency, please call 202-627-8360.

## HANOVER AREA CIVIC ASSOCIATION

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, October 14**. Come and be informed on community news, safety concerns, community events and updates from the Hanover Area Civic Association.



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

## SMARTRIP® CARDS FOR SENIOR CITIZENS



Senior SmarTrip® card for citizens age 65 and older enables seniors to get the discounted fare on Metrobus and Metrorail.

To purchase the card, seniors need to show a valid government issued photo ID with proof of age at Metro sales offices, commuter stores. The Senior SmarTrip® card costs \$2. Seniors should not purchase the new Senior SmarTrip® card unless their current SmarTrip card is lost, stolen or damaged. Seniors can exchange their non-working, non-damaged SmarTrip® cards for a new one at the Metro Center or Pentagon stations for free. For more information on purchasing a Senior SmarTrip® card, please call 888-762-7874.

# YOUR LIFESTYLE: TIPS & RESOURCES

## Health and Wellness Tip

Do you tend to look on the sunny side, or do you see a future filled with dark, stormy skies? A growing body of research suggests that having a positive outlook can benefit your physical health. Here are some tips to keep in mind when developing a positive mindset:

- Remember your good deeds. Give yourself credit for the good things you do for others each day.
- Forgive yourself. Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.
- Spend more time with your friends. Surround yourself with positive, healthy people.
- Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles that are important to you.
- Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

*Adapted from U.S. Health Resources and Services Administration.*

## Raising Holiday Cash

If you're trying to come up with some Holiday cash for December, here are a few suggestions.

- Check your cell plan: If you're not using minutes that you're paying for, switch to a cheaper plan that could save you \$20 a month. Consider dropping your landline for another \$25 to \$50.
- Drop your gym membership: Stay in shape by jogging outdoors or weight lifting or following fitness videos. You'll get leaner while fattening your wallet by \$35 (or more) a month.
- Raise your insurance deductible: Change your car or home policy from a \$250 deductible to, say, \$1,000 and pocket as much as \$200 right now.
- Curtail cable: Drop premium movie channels to save \$25 a month. Or cut cable altogether and save a lot more.
- Layaway: Some of your favorite department stores offer in-store and online layaway opportunities. You can't pick up the item until it's paid off, and there will be a service fee of \$5 or \$10, depending on the contract
- Shop early: It's not too soon to look for bargains for people on your list. Look for end-of-summer clearance sales or online specials with free shipping. This is the time of year for deals on clothes, bikes and outdoor gear. Now is when you have time to ponder and shop relaxed instead of emotionally. Just don't lose track of where you stash the gifts you buy now.

If you get started now instead of waiting until you're in the middle of the frenzied holiday season, you could give yourself the gift of less stress and more Holiday joy.

*Source: Stacy Johnson, Money Talks News*

## Organizing Tip of the Month: Start in One Place

If you have several areas in your home you want to get under control, start with just one. You decide which one to start with — is it the area that gives you the biggest headache, or the area that guests to your home most easily see? Whatever your priorities, select one area and stick to it. Many attempts at organization fail when the task of cleaning up the entire house seems daunting and folks give up. When you complete one area, celebrate and then move on to the next.

*Source: The Container Store*

## RECIPE OF THE MONTH: PUMPKIN BREAD

*Craving something sweet? Whip up this healthy dessert!*

### Ingredients

- 2 cups whole wheat flour
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- 1 15-oz. can unsweetened pumpkin puree
- ½ teaspoon salt
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground allspice
- ¾ cup sugar
- ¾ cup packed light brown sugar
- ½ cup vegetable oil
- 4 ounces reduced-fat cream cheese, cut into pieces
- 4 large eggs
- ¼ cup non-fat milk



### Directions

Preheat oven to 350 degrees. Oil two 8 1/2 by 4 1/2-inch loaf pans. Whisk flour, baking powder, and baking soda together in bowl. Combine pumpkin puree, salt, cinnamon and allspice in large saucepan over medium heat. Cook mixture, stirring constantly, until reduced to 1½ cups, 6 to 8 minutes. Remove pot from heat; stir in sugar, brown sugar, oil, and cream cheese until combined. Let mixture stand for 5 minutes. Whisk until no visible pieces of cream cheese remain and mixture is homogeneous. Whisk together eggs and milk. Add egg mixture to pumpkin mixture and whisk to combine. Fold flour mixture into pumpkin mixture until combined (some small lumps of flour are okay). Scrape batter into prepared pans. Bake until skewer inserted in center of loaf comes out clean, 45 to 50 minutes. Let breads cool in pans on wire rack for 20 minutes. Remove breads from pans and let cool for at least 30 minutes. Serve warm or at room temperature. Makes 24 1½-inch slices.

250 calories | 37g carbs | 10g fat (1.5g sat fat) | 5g protein | 290mg sodium | 3g fiber

## 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)**



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