

HOUSE OF LEBANON NEWSLETTER

Columbus Property Management, a Member of Mission First Housing Group • www.missionfirsthousing.org • twitter: @MissionFirstHG

MESSAGE FROM MANAGEMENT

Property Manager Latisha Marshall would like to thank residents for their warm welcome to House of Lebanon. Ms. Marshall encourages all residents to participate in resident services.

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 Day: On **Tuesday, September 8** at 2 pm, residents are invited to a movie. Refreshments will be provided.



Line Dancing: Residents are encouraged to dance their way to good health by attending line dancing classes on **Thursday, September 10** at 2 pm and **Thursday, September 24** at 2 pm in the community room. Be sure to check with your physician prior to attending.



Afternoon Bingo: On **Friday, September 11** at 2 pm, residents are invited to participate in Afternoon Bingo. Refreshments and great prizes will be awarded.

Crafts and Cookies: On **Tuesday, September 15** 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.



Hanover Area Civic Association: The Hanover Area Civic Association will meet in the community room on **Wednesday, September 16** from 6:30-8:30 pm. Come and be informed on community news, safety concerns, community events and updates.

Financial Empowerment Workshop: In partnership with the Government Printing Office Federal Credit Union (GPO-FCU), a rep. from the credit union will conduct a financial literacy workshop on **Thursday, September 17** at 6 pm in the community room. This workshop will discuss topics of how to create a budget, different ways to save and much more. Come get financially fit!

Fresh For Your Health Program Is HERE!!! What is the Fresh For Your Health Program? The Fresh For Your Health Program will allow House of Lebanon residents to receive fresh vegetables and fruits, free of charge. This will supplement a large grocery bag of non-perishable items that residents receive from We Are Family. The Fresh For Your Health Program is in partnership with the Capital Area Food Bank. Residents are invited to pick up their produce in the community room on **Friday, September 18** from 10 am to 4 pm. This is a first come, first served service. If you would like to receive monthly non-perishable food from We Are Family please contact Patrick at 202-842-2027.



Afternoon Social Hour: On **Tuesday, September 22**, residents are invited to our Afternoon Social Hour event in the community room from 2 pm to 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.



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

Interested in a FREE Onsite CPR/First Aid Class? Statistics show that the earlier CPR is initiated, the greater the chance of survival. The American Heart Association estimates that 100,000 to 200,000 lives of adults and children could be saved each year if CPR was performed early enough. Senior residents who would like to participate in a FREE onsite CPR class at House of Lebanon, please contact Anna at (202) 491-4463. Limited slots are available. First come, first serve. 1 day class will take place on an announced Saturday. Lunch will be provided. Class will be instructed by American Red Cross. Learn how to save a neighbor, a friend or a loved one with CPR/First Aid training.

Receive \$10 Weekly to a Local Farmers' Markets (Last Month): In partnership with D.C. Department of Health, House of Lebanon is a distributor for the Produce Plus Program! Eligible residents can receive \$10.00 weekly at D.C Farmers Markets (Nearest is 5th and K St.). To receive free checks, residents must present one of the items below plus their D.C. ID: SNAP/TANF Card, Medicaid Card, Medicare Card and SSI Statement. District funds for the program are running low and September is the last month for the citywide program. Receive your check every Fridays from 10 am-1 pm in the community room. Questions contact Patrick at (202) 842-2027.

YOUR LIFESTYLE: TIPS & RESOURCES

In Need Of Emergency Food? Residents that are in need of emergency food, please contact the Resident Services Department at (202) 842-2027. Our very own food pantry will deliver non-perishable food to you within a few of hours of your call. Please leave a message if no answer.

Low Cost Desktop Computers: If you are interested in purchasing a refurbish desktop computer for as low as \$65.00, please call Byte Back at (202) 803-2704 to see if you meet income eligibility and to make an appointment. Byte Back also provides computer repair service. Please call for pricing.

START PAYING YOUR RENT ONLINE OR WITH OUR APP!

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 ext. 3211 to sign up today!



QUOTE OF THE MONTH

There are many wonderful things that will never be done if you don't do them.
~ Charles D. Gill



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

THANKS FOR SUPPORTING OUR YOUTH

CPM thanks the residents of House of Lebanon for supporting our youth by donating school supplies!



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**

Information Senior Drivers Should Know

If you are 70 years or older you must renew your driver's license in person at a DC DMV Service Center:

Georgetown Service Center, 3222 M St. NW Canal Level, Washington, DC 20007

Penn Branch Service Center, Penn Branch Shopping Center, 3220 Pennsylvania Ave. SE, Washington, DC 20019

Rhode Island Service Center, 2350 Washington Pl. NE, Suite 112N Washington, DC 20018

Southwest Service Center, 95 M St. SW, Washington, DC 20024

To register, have your physician complete the certification on the driver's license application, and pass the eye test. If necessary, you may be issued a 45-day temporary license to allow time to obtain your physician's certification on the driver license application. We understand that mobility and independence are crucial to all District residents. Therefore, it is our goal to work with you to ensure you can continue to drive safely. In many cases, it may be necessary to restrict driving to daylight hours or to require special equipment on your vehicle. In other cases, your physician may make recommendations to us about ways in which you can continue to drive. Many of you self-regulate by electing to stop driving when you believe you are no longer able to safely operate a vehicle.

For more information, please visit www.dmv.dc.gov or call 311.

Fighting Elder Abuse and Exploitation: If you are a victim of elder abuse, help is available! Call the Adult Protective Services 24-hour hotline at (202) 541-3950.

Common forms of elder abuse: physical, sexual, neglect, emotional or psychological abuse, abandonment, self neglect, financial abuse or exploitation

Warning signs:

- Frequent arguments or tension between the caregiver and the elderly person
- Sudden changes in the elder's financial condition
- Changes in the elder's personality or behavior
- Visible injuries such as broken bones, cuts, scars and bed sores
- Neglect may be indicated by the elder's lack of food, water, and personal grooming

How you can help: Listen to elders and their caregivers; intervene by reporting suspected abuse; and educate others about how to recognize the signs of abuse.



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

