



# SEVERNA

431 K STREET

## Newsletter

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

### MESSAGES FROM MANAGEMENT

**Resident Meeting:** Management invites residents to a Resident Meeting **Friday, October 16** 5:30-7 pm from in the community room. New Community Manager Yvonne Queen will be present to formally introduce herself to residents and answer questions you may have.

**Halloween Party:** Residents are welcome to a special Halloween Party **Friday, October 30** from 6-8 pm in the community room and on the rooftop. Fellowship with neighbors while eating light refreshments and enter to win cool raffle prizes. Youth games and activities will also be present.

**Office Closed:** Columbus Property Management will be closed in observance of Columbus Day, **Monday, October 12**. We will open 8:30 am, Tuesday, October 13.

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.

### GET HELP WITH YOUR UTILITY BILLS

District Department of Environment assists eligible 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>. If you need assistance with online registration, please call Anna at (202) 491-4463.

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.

### ASSISTANCE WITH HOLIDAY GIFTS

#### Angel Tree: October 2-30, 2015

Sherman Avenue Corps  
768 Morton Street, NW  
Doors open at 9:00 AM; Monday – Friday

Please bring the following items with you to registration:

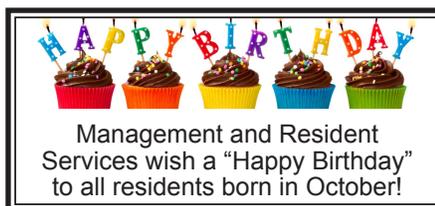
- Picture ID (District Residents only)
- Birth Certificates for all children 12 years and younger
- Proof of Household Income (income should be current within the last 30 days)
- Proof of Residency (Current Lease or rent receipts)
- Proof of Household expenses/bills (most current bills including rent, utilities, child support, etc.)

Only the first 100 families will be processed each day, on a first come first served basis. At this time only children 12 years old and under are able to receive gifts.

#### Toys for Tots

Online registration for toys begins on October 1

For more information, please visit: <http://anacostia-dc.toysfortots.org/local-coordinator-sites/lco-sites/Default.aspx> or Google Toys for Tots DC.



### SPECIAL COMMUNITY PROGRAMS

Residents of SeVerna on K are cordially welcome to attend monthly events held on the sister property of The SeVerna (apartment building next door).

**Flu Shots:** CVS will be present **Wednesday, October 14** beginning at 4 pm to provide flu shots in the community room of The SeVerna. Most insurance will have a \$0 copay, including Medicare. Medicaid not accepted. Individuals over 65 need to RSVP due to different dosage amount. For questions or to RSVP if over 65, please call Patrick Williams at 202-842-2027.

Some people should make sure it's OK to take the vaccine. Ask your doctor first if:

- You've had an allergic reaction to a flu shot in the past.
- You've had Guillain-Barre syndrome that happened after you got the flu vaccine. That's a disorder in which the body's immune system attacks part of the nervous system.
- You're very ill. If you have a mild illness, it's OK to get vaccinated. Otherwise, talk to your doctor first.

**Line Dancing:** Residents are encouraged to dance their way to good health by attending a line dance class on **Wednesday, October 21** from 1:30 to 2:30 pm in the community room. Be sure to check with your physician before participating.

**Adult Movie Night:** Movie Night for Adults will be held **Thursday, October 22** at 6 pm in the community room. Movie Night is an opportunity for residents to come together and watch the latest movies out on DVD. Come enjoy an evening of popcorn, candy and drinks.

**Youth Arts and Crafts:** On **Tuesday, October 27** at 6 pm in the community room, the youth are invited to come celebrate National Honey Month by making a bee craft while enjoying delicious cookies!!

### 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 bed, roll out of bed and stay low. One breath of smoke/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.

## 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 1/2-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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