

MESSAGE FROM PROPERTY MANAGEMENT

Columbus Property Management will be closed in observance of Labor Day, on Monday, September 5 and will re-open Tuesday, September 6 at 8:30 am.

Properties with Residents Service, please check the bulletin board/weekly flyer holder for this month's activities and programs.

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



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

H STREET FESTIVAL

Check out the H Street Festival, Saturday, September 17. The festival includes musical and dance performances, children's activities, crafts, international foods and more. For more information, please visit <http://hstreet.org/events/festival/>.

INTERNET ESSENTIALS FROM COMCAST- INTERNET FOR \$9.95 A MONTH

Affordable Internet at Home for Eligible Households from Comcast. \$9.95 a month. No credit check. No term contract. No installation fee. Start your application online or over the phone (1-855-8-INTERNET or 1-855-846-8376).

ELIGIBLE FAMILIES:

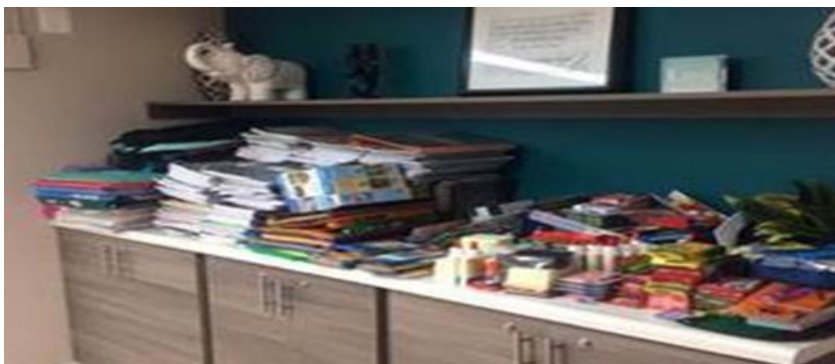
- Have at least one child who qualifies for the National School Lunch Program.
- Do not have outstanding debt to Comcast that is less than a year old. Families with outstanding debt more than one year old may still be eligible.
- Live in an area where Comcast Internet Service is available but have not subscribed to it within the last 90 days.

SENIOR RESOURCE: CLUB MEMORY

Club Memory is a stigma-free social club for people with early-stage Alzheimer's, Mild Cognitive Impairment or other forms of dementia, and their spouses, partners and caregivers. Please contact DC Office on Aging at (202) 724-5622 for locations.

ANOTHER SUCCESSFUL SCHOOL SUPPLY DRIVE!

We would like to thank staff, PChange Protective Services, Albright Enterprise, residents and volunteers for another fantastic School Supply Drive! This year over 80 youth residents received supplies to help them start the school year! Thanks for your support!



WASHINGTON REDSKINS- (SEPTEMBER'S GAMES)

The NFL is Back!

Check out your Washington Redskins in September.

- Thursday, September 1 at 7:30 pm. Away vs. Tampa Bay Buccaneers. NBC/CSN. (Preseason)
- Monday, September 12 at 7:10 pm. Home vs. Pittsburgh Steelers. ESPN. (Regular)
- Sunday, September 18 at 1 pm. Home vs. Dallas Cowboys. Fox. (Regular)
- Sunday, September 25 at 1 pm. Away vs. New York Giants. Fox. (Regular)



YOUR LIFESTYLE: TIPS & RESOURCES

Can You Afford to Lose Everything You Own?

Please be mindful that management's insurance does not protect your personal property and it only protects the building. Renters insurance can cover fire and smoke damage, theft, vandalism, damage from windstorms and hail, damage from explosions, water damage from plumbing problems, and many other hazards. Renters insurance may also pay your temporary living expenses if an emergency forces you to leave your home. Shop around for the policy that meets your needs at the best price. Insurance can be as low as \$10 a month.

ASIAN CABBAGE SLAW

Ingredients

- Half a head of cabbage
- 1 red bell pepper
- 3 green onions
- 2 large carrots
- ¼ cup cilantro
- 3 Tablespoons white vinegar
- 3 Tablespoons vegetable oil
- 2 ½ Tablespoons crunchy natural peanut butter
- 2 Tablespoons reduced-sodium soy sauce
- 2 teaspoons sugar



Directions

1. Prepare your ingredients: cut cabbage and red bell pepper into thin strips, chop green onion (see cutting tip below), peel and grate carrots, and chop cilantro.
2. In a large bowl, whisk together vinegar, oil, peanut butter, soy sauce, and sugar.
3. Toss the cabbage, red bell pepper, carrots, green onions, and cilantro with the dressing.

Cooking tip: when cutting green onions, use all of the onion except for the last 2 inches of the dark green portion. Make sure to cut off the small root at the white tip of the onion.

Source: Capital Area Food Bank

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!

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**

7 Health Boosts You Need in Your Life

Forget the excuses for a minute. It's time to do a quick health check. Are you using these 7 health boosts in your life? If not, you totally should.

1. Add Meditation to Your Daily Routine

Meditation is growing in popularity and with good reason. Research suggests that meditation may lead to reduced blood pressure, symptoms of irritable bowel syndrome, anxiety and depression, insomnia, and the incidence, duration, and severity of acute respiratory illnesses (such as influenza). Meditation is also known for stress reduction and physical relaxation.

2. Hug It Out — Literally

Are you a hugger? If not, maybe you should start embracing it. Hugs have been shown to increase the production of oxytocin (the "love" hormone). According to the National Institutes of Health (NIH), "oxytocin lowers the levels of stress hormones in the body, reducing blood pressure, improving mood, increasing tolerance for pain and perhaps even speeding how fast wounds heal. It also seems to play an important role in our relationships. It's been linked, for example, to how much we trust others."

3. Laugh ... A Lot

Laughter has many health benefits. For example, did you know that laughing decreases stress hormones, increases your immunity, and triggers the release of "feel good" endorphins? And that's just the beginning. So laugh, giggle, chuckle — it's good for you!

4. Embrace Tea Time

Green and black teas offer many health benefits. Did you know that sipping tea can lower cholesterol, cortisol (stress hormone) levels, and risk for heart disease? It also can increase memory, focus, and concentration. Not bad for a simple cup of tea, right?

5. Limit Added Sugars, You're Sweet Enough

Not all sugar is created equal. Although your body is designed to digest natural sugars found in fruits and vegetables, it is not equipped to handle all of those added sugars found in soft drinks, candies, desserts, and many processed foods. Added sugar has been linked to increased risk of high blood pressure, diabetes, and cardiovascular disease.

6. Strike A Pose ... A Yoga Pose, That Is

Yoga is a great way to increase strength, flexibility, and your mood. Plus, yoga has been shown to ease pain intensity, functional disability, and depression in adults with chronic lower back pain. Feel the Zen.

7. Make a Date with Your Doctor

When we were children, yearly visits to the doctor for a check-up were just a part of our routine. Then, for many of us, those yearly appointments fell to the wayside and we only went to the doctor when we fell ill. Renewing your commitment to annual check-ups with your primary care physician will allow you to catch problems early and keep you feeling your best.

Source: Aetna



Produced by: Patrick Williams, Resident Service Manager, The SeVerna on K and Elizabeth Foster, Development/Communications Associate, Mission First Housing Group.

