

December 2015

# HOUSE OF LEBANON NEWSLETTER

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

## MESSAGES FROM MANAGEMENT

Columbus Property Management will be closed in observance of the Holidays beginning **Wednesday, December 24 at 1 pm**. We will open 8:30 am on Monday, December 28.

Cigarette smoking is prohibited on the premises of House of Lebanon, especially the court yard. If you feel the need to smoke, please do so off the property.

If you see something, say something. If you suspect suspicious activity within and around the property, please do not hesitate to call 911.

## 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 DC. Donate at <http://www.cfcnc.org>. Our CFC designation number is 75714.



## COMMUNITY EVENTS & PROGRAMS

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

**Crafts and Cookies:** On **Tuesday, December 8 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.

**Afternoon Movie:** On **Friday, December 11** at 2pm, residents are invited to an afternoon movie. Refreshments will be provided.

**Free Arundel Mills Mall Trip for Residents:** Residents who would like to travel to Arundel Mills Mall on **Monday, December 14** leaving at 10am and returning by 3 pm, please contact Anna at (202) 491-4463 no later than December 8 at 5 pm.

**Community Holiday Dinner:** On **Tuesday, December 15 from 1 pm-4 pm** in the community room, House of Lebanon residents are invited to a catered Holiday Dinner Celebration. Come enjoy free food, great fellowship and music to bring in the holiday season.

**Fresh For Your Health Program:** Residents are invited to pick up fresh produce in the community room on **Friday, December 18 from 10 am to 4 pm**. This is a first come first served service.

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

**Bible Study Class: Every Wednesday at noon**, please join Pastor Edmonds of Mt. Lebanon Baptist Church for Bible Study in the community room.

**Program and Services Ideas for 2016:** Resident Services is planning ahead to 2016 and we would like your input on what programs and events you would like to see onsite. Please contact (202) 491-4463 with your idea! If you would like to serve on a committee made up of residents to develop programs and activities, please contact (202) 491-4463.

**CPM Writing Contest: Essay Topic:** How might you or your household benefit from a home computer? 4 refurbish desktop computers from Byte Back with Microsoft Office and Windows will be provided to residents with the best essay. Deadline to submit essay is Monday, December 14 to Anna (202-491-4463). Essays must be a minimum of 1 page. Only 1 essay per household.

**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 online 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.

**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, December 16. 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 December!

## Highlighted DC Office on Aging Svcs:

Healthcare/In-Home Support: Healthcare and in-home support services are provided to help seniors in the community maintain their independence and avoid premature institutionalization. Call for further information.

AL-CARE: 1234 Massachusetts Ave. NW, Suite C, D.C. 20005  
(202) 638-2382 | Fax: 202-638-3169

DC Caregivers' Institute: 1234 Massachusetts Ave. NW,  
Suite C-1002, D.C. 20005 | (202) 464-1513 | Fax: 202-638-3169

East River Family Strengthening, Collaborative Heavy  
Housecleaning: 3917 Minnesota Ave. NE, D.C. 20019  
(202) 534-4880 | Fax: 202-388-7691

George Washington University, Health Insurance Counseling  
650 20th St. NW, D.C. 20052 | (202) 994-6272

Home Care Partners: 234 Massachusetts Ave. NW, Suite C-1002  
D.C. 20005 | (202) 638-2382

Interfaith Caregivers Program (S.O.M.E.):  
1667 Good Hope Rd. SE, D.C. 20020 | (202) 797-8806 Ext. 1304

UDC - Institute of Gerontology, Respite Aide Program: 4200 Connecticut  
Ave. NW, Building 32, Rm. 203, D.C. 20008 | (202) 274-6623

## Free 2-day Customer Service Training by National Retail Federation

Residents who are interested in being trained in Customer Service by National Retail Federation please contact Resident Service Manager Patrick Williams at (202) 842-2027. Why get certified? This professional certification shows not just retail employers but those that you may come in contact with as an employee that you know how to learn about products or services; shows employers you are committed to continued learning and professional development; assess customer needs; educate customers and meet customer needs and provide ongoing support.

Most participants in the training are job seekers or current employee looking to take their careers to the next level. The certification is appropriate for anyone interested in a job or pursuing a career in retail and other industries that value customer service and sales skills. The retail industry is changing. If you haven't taken customer service training in 5 or more years this will be good to do. Plus this will make you more marketable in gaining employment by placing it on your resume. \*\*\*Limited slots. Free for residents. Training will be held onsite or at one of the sister properties. Residents only. Serious residents only.

## RECIPE: SKILLET SAUSAGE, RICE AND ZUCCHINI

### Ingredients

2 tbs. of olive oil  
½ lb. turkey sausage, casings removed and broken into small pieces  
3 cloves garlic, minced or 1 t garlic powder  
1 lb. zucchini, shredded and squeezed to remove some water  
1 cup instant brown rice  
1 pint cherry tomatoes, quartered  
5 sprigs basil or 1 tsp. dried basil  
¼ cup grated parmesan cheese



### Directions

In a large skillet, heat the oil over medium-high heat. Cook the sausage until browned and cooked through, 3-5 minutes. Remove from the skillet with a slotted spoon and set aside. Sauté the garlic and zucchini for 3 minutes. Stir in the rice and 1 cup of water. Bring to a boil over high heat then reduce heat to low and simmer, covered, until rice is cooked, 5 minutes. Stir in the sausage, tomatoes, salt, basil and cheese. Serves 4.

Source: Capital Area Food Bank

## 5 Drugs That May Cause Memory Loss

For a long time doctors dismissed forgetfulness and mental confusion as a normal part of aging. But scientists now know that memory loss as you get older is by no means inevitable. Indeed, the brain can grow new brain cells and reshape their connections throughout life.

What many people don't realize is that many commonly prescribed drugs also can interfere with memory. Here are 5 of the top types of offenders.

### 1. Antianxiety drugs (Benzodiazepines)

Why they are prescribed: Benzodiazepines are used to treat a variety of anxiety disorders, agitation, delirium and muscle spasms, and to prevent seizures.

Examples: Alprazolam (Xanax), chlordiazepoxide (Librium), clonazepam (Klonopin), diazepam (Valium), flurazepam (Dalmane), lorazepam (Ativan), midazolam (Versed), quazepam (Doral), temazepam (Restoril) and triazolam (Halcion).

### 2. Cholesterol-lowering drugs (Statins)

Why they are prescribed: Statins are used to treat high cholesterol.

Examples: Atorvastatin (Lipitor), fluvastatin (Lescol), lovastatin (Mevacor), pravastatin (Pravachol), rosuvastatin (Crestor) and simvastatin (Zocor).

### 3. Antiseizure drugs

Why they are prescribed: Long used to treat seizures, these medications are increasingly prescribed for nerve pain, bipolar disorder, mood disorders and mania.

Examples: Acetazolamide (Diamox), carbamazepine (Tegretol), ezogabine (Potiga), gabapentin (Neurontin), lamotrigine (Lamictal), levetiracetam (Keppra), oxcarbazepine (Trileptal), pregabalin (Lyrica), rufinamide (Banzel), topiramate (Topamax), valproic acid (Depakote) and zonisamide (Zonegran).

### 4. Antidepressant drugs (Tricyclic antidepressants)

Why they are prescribed: TCAs are prescribed for depression and, increasingly, anxiety disorders, eating disorders, obsessive-compulsive disorder, chronic pain, smoking cessation and some hormone-mediated disorders, such as severe menstrual cramps and hot flashes.

Examples: Amitriptyline (Elavil), clomipramine (Anaf-ranil), desipramine (Norpramin), doxepin (Sinequan), imipramine (Tofranil), nortriptyline (Pamelor), protriptyline (Vivactil) and trimipramine (Surmontil).

### 5. Narcotic painkillers

Why they are prescribed: Also called opioid analgesics, these medications are used to relieve moderate to severe chronic pain, such as the pain caused by rheumatoid arthritis.

Examples: Fentanyl (Duragesic), hydrocodone (Norco, Vicodin), hydromorphone (Dilaudid, Exalgo), morphine (Astramorph, Avinza) and oxycodone (OxyContin, Percocet). These drugs come in many different forms, including tablets, solutions for injection, transdermal patches and suppositories.

For more listing of drugs that can cause memory loss, please visit [www.AARP.com](http://www.AARP.com).

Source: [www.AARP.com](http://www.AARP.com)