

CPM Connections

Newsletter for Columbus Property Management Residents

July 2020

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Important Hotline Numbers:

NJ continues the Covid-19 resource HUB:

<https://covid19.nj.gov/faqs/nj-information>. To reach an info specialist call-1-800-222-1222 or 1-800-962-1253.

NJ Mental Health Cares: 877-294-4357

Crisis Services: 1-855-515-5700 or dial 911

Suicide Prevention/NJ Hope line: 1-855-654-6735

Perform Care (Children's Crisis Response and referrals for Family Support Services) 1-877- 652-7624

Addictions: 1-844-276-2777

Peer Recovery: 1-833-422-2765

General Resources and Referrals :call NJ 211 to speak to a resource and referral specialist or go to www.nj211.org to self search

The **Mental Health Association of NJ** is offering a new support group for parents/ caregivers seeking support and connections during the pandemic. Please see information below.



Brought to you by



columbus
PROPERTY MANAGEMENT

a member of
Mission First Housing Group

Amanda Crossing & Imani Park are permanent supportive housing developments in Edison, New Jersey.

www.columbuspm.org
www.missionfirsthousing.org
twitter: @MissionFirstHG

CPM Connections is written by CPM's Resident Services Department.




WEEKLY PARENTS GROUP

PARENTING THROUGH THE PANDEMIC CREATING WORK/LIFE BALANCE AT HOME DURING THIS NEW "NORMAL"

*Connect with other parents, find support,
discuss solutions, talk about difficulties
(Yep, it's hard!)*

*Parents of children of any age are welcome
Virtual call-in or video via zoom*

**WEDNESDAY 7PM
JOIN ZOOM MEETING:
[HTTPS://ZOOM.US/J/894890678](https://zoom.us/j/894890678)
PWD=SWTSNPFVWWMXYMSTJBNFQ2TIVYOTFYUT09
MEMBER ID 894890678
PASSWORD 707190**

 This group is brought to you by NJ Hope and Healing- OCP program. The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, is offering a Crisis Counseling Program (OCP) through a (TEMA) grant.

July Calendar of Resident Programming

• Participate in 5 programs this month and your household will receive a free take-out meal. •

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
10:30 am - 11:30 am <i>Guided Meditation</i> —	11:00 am - 12:00 pm <i>Virtual Check-In</i> —	1:00 pm - 2:00 pm <i>Virtual Check-In</i>	11:00 am - 12:00 pm <i>Eat Well</i> —	11:00 am - 12:00 pm <i>Virtual Check-In</i>
11:00 am - 12:00 pm <i>Ask the Nurse</i> <i>See description for contact information.</i>	1:00 pm - 2:00 pm <i>Virtual Community Forum</i> —		1:00 pm - 2:00 pm <i>Finance & Budgeting</i> —	
	2:30 pm - 3:30 pm <i>Recovery Support</i>		2:00 pm - 3:00 pm <i>Job Readiness</i>	

Directions For Using Zoom To Access These Programs:

- Zoom is a video chat tool that can be used on a computer or a phone that allows users to meet online with, or without, video. Some of our remote programs may be offered on ZOOM. Here's how to access those meetings.
- **From a laptop or desktop computer:** Go to www.Zoom.us. Click the "Join a Meeting" tab at the top right corner of the ZOOM homepage. When prompted, add your designated **Meeting ID: 186 645 483**. This code is the same for all programs. You can also go directly to <https://zoom.us/j/186645483>.
- **From a smart phone:** Go to Playstore or wherever you download apps onto your phone. Type in Zoom in the search bar. When "ZOOM Cloud Meetings" comes up, click install. It is FREE to install this app. Click on this app to join scheduled meetings or programming. When prompted, add your designated **Meeting ID: 186 645 483**. This code is the same for all programs.
- **From a landline/phone:** dial (929) 436-2866. When prompted, enter the **Meeting ID: 186 645 483**, followed by the pound (#) sign. You will then be entered into the meeting. This code is the same for all programs.

Program Descriptions:

- **Ask the Nurse:** The Nurse can be reached via phone at (610) 983-1021. Leave your name and number and she will return your call during the hours of 11 am to 12 pm on Mondays.
- **Eat Well:** Eating healthy during stressful times! Class focuses on healthy choices, hidden sugars, hydration, and emotional eating. Cooking demonstrations each week. Zoom meeting, see access information above.
- **Finance & Budgeting:** How to budget during a crisis. What can I do? Zoom meeting, see access information above.
- **Guided Meditation:** This group aims to promote emotional, mental and physical wellbeing by using Guided Meditation activities. Zoom meeting, see access information above.
- **Job Readiness:** This program provides assistance to job seekers to find employment, through intensive support, networking, resume review/development, cover letters, mock interviews and job leads. Zoom meeting, see access information above.
- **Recovery Support:** Individuals can get the support and or direction they need to maintain or start their sobriety process. Resources and direct support will be provided. Zoom meeting, see access information above.
- **Virtual Check-In:** Residents can call in to speak with team members and connect with peers to share how we are coping with our new normal. Zoom meeting, see access information above.
- **Virtual Community Forum:** Guest speakers from community partner agencies, staff and residents will share information and community resources and health/wellness topics. Zoom meeting, see access information above.

*Please consult your physician or healthcare provider before beginning our offered nutrition or exercise programs.




Having trouble navigating / accessing technology?

Resident Services, interns and CSS staff can help with online Zoom and website navigation. Most service providers are only conducting online groups, meetings/tele-health. In addition, updating and obtaining information needed for housing re-certification and benefits continues to be done online. Please reach out to Melissa or to your CSS worker for more information.

Have a question about your Medicare benefits?

- To learn about Medicare Savings programs visit **NJ Save**. NJ Save is an online application overseen by the NJ Dept. of Human Services to help low-income seniors and individuals with disabilities save money on Medicare premiums, prescriptions costs, and other living expenses. To learn more visit NJ Save at <https://njdoas-ua.force.com/njsave/quickstart>



NJ Save
Your One-Stop Application for Benefits and Savings in New Jersey

You May Qualify for Programs If:

- You are a resident of the State of New Jersey
- You are age 65 or older
- You are between the ages of 18 and 64 and receiving Social Security Disability benefits
- You meet certain income requirements

Benefits and Programs:

- Pharmaceutical Assistance to the Aged and Disabled (PAAD)
- Hearing Aid Assistance to the Aged and Disabled (HAAAD)
- Lifeline Utility Assistance
- Medicare Savings Programs
- Senior Gold Prescription Discount Program

Additional Savings Programs:

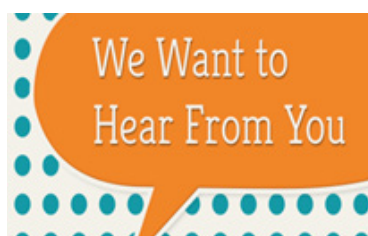
- Universal Service Fund (USF)
- Low-Income Heating and Energy Assistance Program (LIHEAP)
- Supplemental Nutrition Assistance (SNAP)
- Property Tax Freeze
- Reduced Motor Vehicle Fees
- Low-Cost Spaying/Neutering

Get Help Now and Save Today!
NJ Department of Human Services, Division of Aging Services
1-800-792-9745 www.aging.nj.gov

Scan Barcode With Your Smartphone

- The **Jewish Family Services of Middlesex County** operates a "Senior Medicare Patrol" (SMPNJ) program where legal advocates educate and advocate about Medicare Fraud and Covid-19 related fraud. They have been offering increased info meetings on Zoom and will also work individually with NJ residents who are on Medicare. For more info, SMPNJ staff can be reached at 1-877-SMP-4359 or (732)-777-1940.
- For general assistance with plan changes/selections contact the **State Health Insurance Assistance Program** (SHIP) 1-800-792-8820

Rutgers School of Public Health will be conducting annual health/wellness and feedback surveys for individuals and families residing in PSH through the months of July/August. Surveys will be available from July to August. You can choose to do an online survey, paper survey or phone survey. More details to follow!



Cash Assistance/SNAP/Medicaid

The Middlesex County Board of Social Services is now providing services outside of the back second-floor door parking area from 11-1 pm on Monday, Tuesday, Thursday, and Friday. Staff will set appointments for more in-depth assistance, intake, documentation, notary, etc. Social Services will also collaborate with the Farmer's market on Wednesdays at the Kilmer Park location from 11-3 pm. They will be providing SNAP benefit education, application assistance, and additional resources. Services continue to be offered on the online portal at NJhelps.com (screen and or apply for benefits).

Trouble getting groceries?

- Retailers including but not limited to: **Stop and Shop, Walmart, Shop Rite and Amazon** now allowing customers to order groceries and other items on-line using their EBT cards. Each store has specific rules about purchases/ delivery charges. Check out the stores site for more details. Please feel free to out to your resident services team if you need assistance navigating the sites or getting groceries delivered to your home.
- Logistic-Care** continues to offer assistance to Middlesex County residents in need of emergency food pick up from local pantries and or stores. Please reach out to the local pantry where you are connected to link up with this service. You do not need to be receiving Medicaid to qualify.



CRISIS COUNSELING SERVICES

For those affected by the COVID-19 pandemic

With our statewide partners, Catholic Charities, Diocese of Trenton is providing crisis counseling to those impacted by the COVID-19 pandemic. If you or anyone you know needs to speak with someone, call:

609-414-6967 (English)
609-414-6659 (Spanish)



This program is a Crisis Counseling Program (CCP) brought to you by NJ Hope and Healing, Catholic Charities Community Services in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, through a FEMA grant.