

CPM Connections

Newsletter for Columbus Property Management Residents

July 2020

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Local Resources

- **Medicare** 800.772.1213
- **Medicaid** 800.356.1561
- **Burlington County Area Agency** 609.265.5069
- **Crisis Hotline/Listening Services** 856.234.8888 or *Talk 800.234.5006
- **Department Of Human Services** 609.292.3717
- **Bordentown City Police Department** 609.298.0103
- **Mental Health Help** 866.202.4357
- **Disaster Mental Health Line** 877.294.4357 - For those needing someone to talk to because of feelings of stress, loneliness, or anxiety by COVID-19
- **PSEG** 800.436.7734 - All shut offs will be suspended until further notice. However you should make an effort to pay or call customer service to make payment arrangements.

Special Needs Registry

“Register Ready – New Jersey’s Special Needs Registry for Disasters” allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency. The information collected here is confidential and will not be available to the public. The information will be held securely and only used for emergency response and planning. For Registry Assistance, dial 211 (toll-free) and an operator will assist you in registering

Food Pantries

- **St. Raphael - Holy Angels Food Pantry:** Service hours: 2 Saturdays a month (usually first and third): 9:00 am-11:00 am*. Located in Hamilton, NJ 08610. Phone number: (609) 585-3848
- **Hamilton Neighborhood Service Center:** Service hours: Monday and Wednesdays: 10:00 am-12:00 pm, 1:00 pm -3:00 pm*. Located in Hamilton, NJ 08610. Phone number: (609) 393-6480
- **Faith Baptist Church:** Service hours: 3rd Saturday of the month: 9:00 am-1:00 pm*. Located in Hamilton, NJ 08610. Phone number: (609) 585-9186
- **Burlington Township Food Pantry:** Service hours: Wednesday 9:00 am-11:00 am*. Located in Burlington Township, NJ 08016. Phone number: (888) 847-3278. Only servicing Bordentown residents during Covid-19 crisis. Photo ID is required.
- **St. Mary Roman Catholic Church: Service hours:** Monday, Wednesday, and Friday 2:00 pm-3:00 pm*; Tuesday and Thursday 9:00 am-10:00 am*. Located at 45 Crosswick Street. Phone number: (609) 298-0158. Must have photo ID or bill with address on it.



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Mission First Housing Group

Union Eagle Senior Apartments is a permanent, supportive and affordable senior housing development in Bordentown, NJ.

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

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



*Make sure you check by calling the food pantry to confirm that they still are in operation and the hours as the hours have not changed.

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.

Pharmacies

- **Rite Aid Pharmacy** 108 E. Route 130 S, Burlington, NJ 08016 • 609.387.4998
Hours: 9am-9pm Mon-Fri; Saturday: 9am-6pm; Sunday: 10am-6pm
- **Acme Market Pharmacy** 260 Dunns Mills Road, Bordentown, NJ 08505 • 609.324.2820
Hours: 9am-9pm Mon-Fri; Saturday: 9am-7pm; Sunday 9am-5pm

The COVID-19 Emergency Rental Assistance Program

Open Enrollment Period: Monday, July 6, 2020, at 9:00 through Friday, July 17, 2020, at 5:00 pm

The COVID-19 Emergency Rental Assistance Program (CVERAP) will provide temporary rental assistance to low- and moderate-income households that have had a substantial reduction in income or became unemployed due to the COVID-19 pandemic. Applicants may be eligible for a maximum of up to 6 months of emergency rental assistance. The assistance will be capped at DCA's fair market rent standard or the total of the rent, whichever is lesser. All participants will be reviewed at the 3-month interval to see if they are still in need of assistance. Persons applying must meet all applicable CVERAP income and eligibility requirements. You must be eighteen (18) years of age or older to apply or be an emancipated minor. Only one (1) pre-application per household will be accepted. The Department of Community Affairs (DCA) will extend reasonable accommodations to disabled individuals, and persons who have limited English proficiency on a case-by-case basis and will take into consideration the disability and the need(s) of the individual(s) or those households without internet access. Please call DCA's Applicant Service Unit at 609-292-4080, Option 1 or 8, to request an accommodation.



All participants will be selected through an online lottery process. You do not have to be diagnosed with COVID-19 to be eligible.

Anyone selected for the program must meet the following requirements:

- Have a gross, annual household income that is at or below the maximum income limits for the county where they will be residing
- Be a New Jersey resident and have a valid lease for a unit in New Jersey signed by landlord
- Rent must be current as of March 2020; this program will not assist with arrears
- Have a substantial reduction in income or be unemployed due to the COVID-19 pandemic
- Lack of assets or savings to pay rent • Will pay a minimum of 30% of their income towards the rent

Applicants must have an email address to apply online at: <https://www.waitlistcheck.com/NJ559-2809> beginning July 6, 2020 at 9:00 a.m. through July 10, 2020 at 5 p.m.

For more information, dial 609-292-4080 or 551-249-2687. You can also visit our website at: <https://www.nj.gov/dca/vouchers.html>, which includes information on the Maximum Income Limits and Frequently Asked Questions (FAQs) for this Program.

During the Open Enrollment Period persons who would require a reasonable accommodation, including persons with limited English proficiency or do not have internet access, can call 609-292-4080, Option 1 or 8 for assistance. Completion of the COVID-19 Emergency Rental Assistance Pre-application does not guarantee placement in the Program.



ONLINE RESOURCES

Free Online Things to Do Resources for Individuals and Families:

We are in this together. In support of residents of Columbus Property Management, the Resident Services Department has compiled a list of free or low-cost resources available for individuals and families. The list includes educational material for youth, virtual field trips, exercise/meditation and More! Visit our website at <https://www.columbuspm.org/blog/> for our one-stop listing of over 30 resources!