

CPM Connections

Newsletter for Columbus Property Management Residents

July 2020

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



We're All In This Together

In response to COVID-19, all Resident Services team members will continue to work remotely until further notice. As this is a rapidly evolving situation, please maintain flexibility and patience as we continue to respond. Please contact one of you Resident Services Team members with any questions or further assistance:

- **Christian Hobson**, Resident Services Manager, (215) 557-8484 ext. 3350 or (267) 632-3807, Chobson@columbuspm.org
- **Kimberly Wilkinson**, Resident Services Coordinator, (215) 557-8484 ext. 3381 or (215)-433-2350, Kwilkinson@columbuspm.org
- **Deneen Rose**, Resident Services Coordinator, (215) 557-8484 ext. 8829 or (267)-977-1277, DRose@columbuspm.org

In an effort to stay engaged while we are away from the building, Resident Services has created a virtual programming schedule, listed on the next page of this newsletter with program descriptions, that you may access from your computer, laptop, smart phone or telephone.



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!

Find a COVID-19 community test center near you at:

<https://get-tested-covid19.org/>

**GET TESTED
COVID-19**

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:

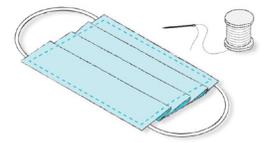
- **Ask the Nurse:** The Nurse can be reached via phone at (610) 983-1021. Leave your name and number and she will return your call during the hours of 11 am to 12 pm on Mondays.
- **Eat Well:** Eating healthy during stressful times! Class focuses on healthy choices, hidden sugars, hydration, and emotional 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 locating a Mask?

The CDC has step by step instructions with images and suggested materials on <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

To view a video tutorial by the US Surgeon General you can go to CDC's YouTube <https://www.youtube.com/watch?v=tPx1yqvJg4>.

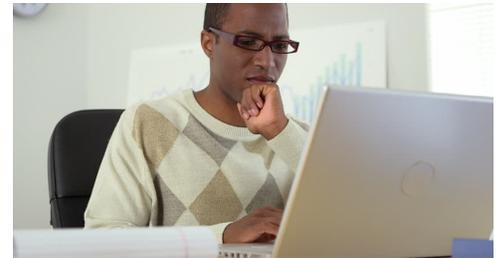


Friendship Line (800-971-0016)

The Friendship Line is a 24/7, toll-free phone line for people aged 60 years and up. Offered by the Institute on Aging (IOA), the phone line is a friendly chat with trained volunteers who specialize in conversations with seniors with depression. They're always looking for new volunteers.

Unemployment Benefits During the COVID-19 Crisis:

For all Pennsylvania Unemployment information and how to apply online, go to www.UC.PA.GOV or call 1-888-313-7284.



Local Information Resources

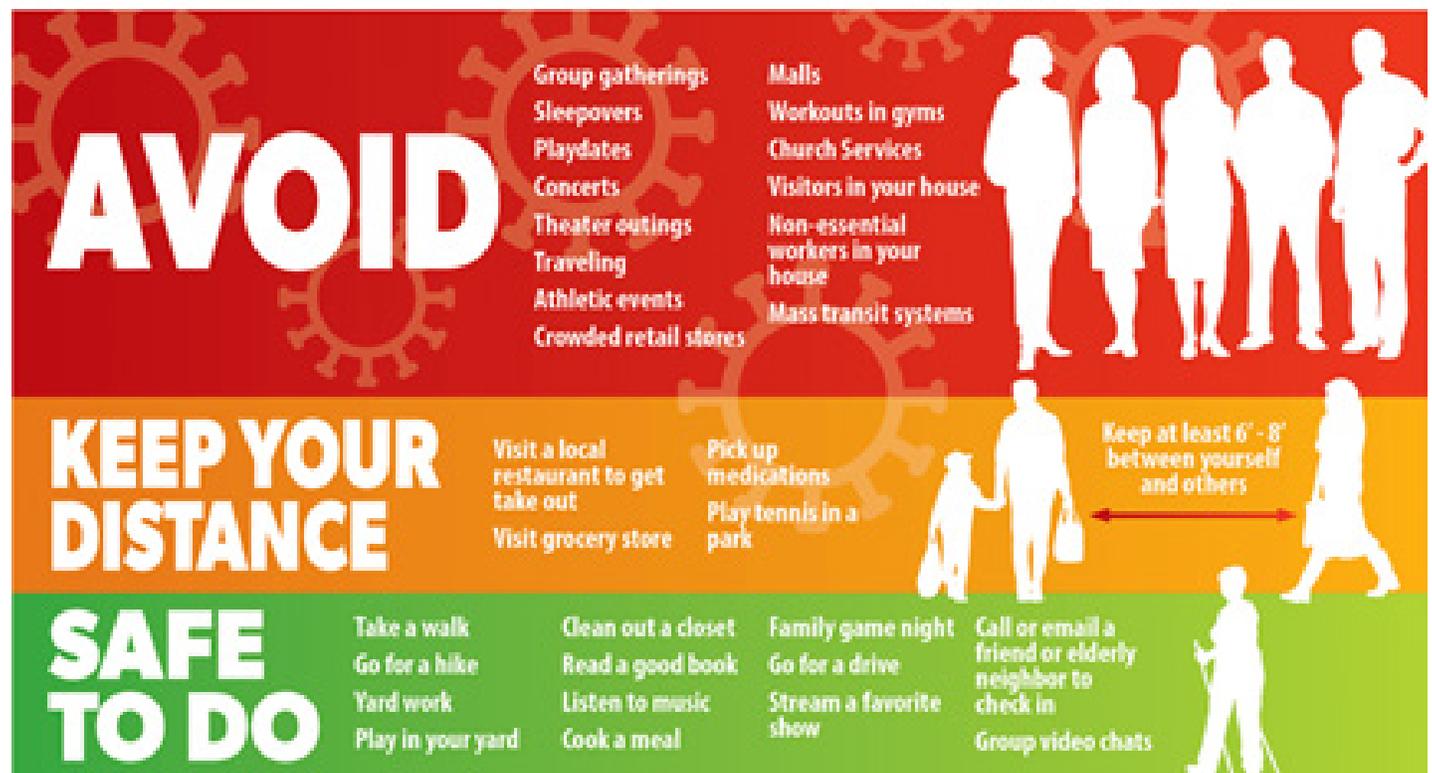
- **www.Phila.gov/COVID-19:** This page compiles updates, information, and guidance related to the COVID-19 coronavirus in Philadelphia. Residents, business owners, event producers, and healthcare providers can use it to stay up to date on the evolving public health situation. COVID-19 Text Alerts: Text COVIDPHL to 888-777 to receive updates to your phone.
- **www.governor.PA.gov:** Learn more about the COVID-19 outbreak from a state level while staying connecting to resources for all Pennsylvanians.
- ***Crisis Services Hotline*:** Text HOME to 741741 to reach a Crisis Counselor. Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support especially during this pandemic via text.

SOCIAL DISTANCING

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases.

What does it mean?

Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.



AVOID

- Group gatherings
- Sleepovers
- Playdates
- Concerts
- Theater outings
- Traveling
- Athletic events
- Crowded retail stores
- Malls
- Workouts in gyms
- Church Services
- Visitors in your house
- Non-essential workers in your house
- Mass transit systems

KEEP YOUR DISTANCE

- Visit a local restaurant to get take out
- Visit grocery store
- Pick up medications
- Play tennis in a park

Keep at least 6' - 8' between yourself and others

SAFE TO DO

- Take a walk
- Go for a hike
- Yard work
- Play in your yard
- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Stream a favorite show
- Call or email a friend or elderly neighbor to check in
- Group video chats