

CPM Connections

Newsletter for Columbus Property Management Residents

July 2020

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We are here for you!

The Resident Services Department is here to support you and your family's needs during the COVID-19 crisis. If you need any support, whether a need for food or navigation local government resources, please contact a member from our team for assistance.

- Pamela Graves-202-855-0245. pgraves@columbuspm.org. Available daily between the hours of 1 pm-3 pm

Public Health Order Face Coverings

Face coverings must be worn in:

- ▶ Grocery stores
- ▶ Retail businesses
- ▶ Religious services
- ▶ Restaurants
- ▶ Pools
- ▶ Hair salons & barbershops
- ▶ Gyms & fitness centers
- ▶ All open businesses & services



Our Road to Reopening



How Do I Get a Covid-19 Test in Montgomery County?

Montgomery County offers testing to county residents who think they may have been exposed to COVID-19 but do not have symptoms. The county also offers testing to residents who need testing to meet work requirements. Testing is free but appointments are needed. If you have insurance, county representative will ask for your information but there are no co-pays or deductibles.

1. Contact your health care provider to ask for a test.
2. If your health care provider thinks you need a test, they will order one for you and help you schedule an appointment at a site convenient for you.

Test sites in Montgomery County

Location	Testing days	Address
Germantown	Mondays	Parking garage behind the Regal Theaters, 20010 Century Blvd.
Wheaton	Wednesdays and Fridays	Wheaton Community Recreation Center, 11701 Georgia Ave.
White Oak	Tuesdays and Thursdays	Vehicle Emissions Inspection Program (VEIP) site 2121 Industrial Parkway

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



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.

Stay Informed

- <https://montgomerycountymd.gov/HHS/RightNav/Coronavirus.html>
- <https://coronavirus.maryland.gov/>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.aarp.org/health/?cmp=CON-HEALTH-COVID19-031220>

COVID 19 Resources for older adults without access to online

- Aging and Disability Services 240-777-3000
- The Crisis Center: 240-777-4000



MC311 Customer Service Center is Montgomery County's source for non-emergency government information and services. You can reach MC311 by calling 311 in the County or 240-777-0311, 711 for MD Relay TTY, from anywhere, Monday-Friday from 7 am-7 pm.



Senior Call Check
CALL 1-866-50-CHECK
or Register Online
aging.maryland.gov

for MD Residents 65+

FREE



We recommend all seniors use the program as a resource during the COVID-19 global pandemic. Senior Call Check phone lines are open M-F 8 am-5 pm and Sat. 9 am-3 pm. During these hours, seniors can call toll-free.

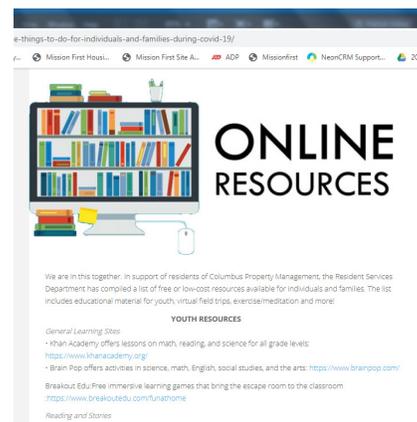
HOW DOES IT WORK?

Every day a telephone call will be placed to a participant at a regularly scheduled time. These calls will take place between 8 a.m. and 4 p.m. as close as possible to the one-hour time block pre-selected by the participant.

Food Resources

Food Access Call Center: Call 311 (or 240-777-0311) and ask for the Food Access Call Center. Within 24 hours, you will get a return phone call in the language of your choice. No personal identifying information is needed to get help. A trained resource specialist will help you with information about free meal and grocery delivery, SNAP (Food Stamps), local food providers, and other resources in Montgomery County. Get help with your SNAP application

- Montgomery County Department of Health and Human Services - Call 240-777-1003
- Maryland Hunger Solutions - Call 866-821-5552



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 trips, exercise, meditation and More! Visit our website at <https://www.columbuspm.org/blog/> for our one-stop listing of over 30 resources!

