

CPM Connections

Newsletter for Columbus Property Management Residents

November 2020

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Program Updates

Office closure: Offices will close on Tuesday, November 3 and Wednesday, November 25 at 1pm, and are closed November 26 and 27.

Thanksgiving Announcements

- While we cannot be with you in person to celebrate this year, we still want to take time to celebrate with our community. Amandla and Imani will be offering a virtual Thanksgiving meet up on Zoom on Tuesday 11/24 from 4pm to 5:30pm. We will play games and do a craft activity. Sign up will be required to ensure that all materials are distributed ahead of the event. Please join us!



- FPC is organizing a Thanksgiving Basket delivery event for Amandla and Imani.

Sign-up sheets for Thanksgiving Zoom meet up and Baskets will be posted in the lobby as of 11/2/20-11/13/20. Please sign up if you are interested, reach out to Melissa at mmascolo@missionfirsthousing.org with any questions or concerns.

FP Food Packages Delivery Fall Schedule!

Food Package Delivery will continue on alternating Fridays at 10am at each site. If you are interested in assisting with distribution or have questions, please feel free to reach out to staff. Remember to practice physical distancing and wear a face covering when interacting with volunteers/staff.

- Amandla Crossing: November 5 and 19, December 10
- Imani Park: November 12, December 3 and 17



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PROPERTY MANAGEMENT

a member of
Mission First Housing Group

Amandla 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 Case Management Hours

Set and measure goals, problem solve, connect to community resources, re-engage in services, assistance with housing concerns and applications/renewals. *If you are working with a Supportive Housing Provider such as Penn Reach, Volunteers of America or Rutgers, please reach out to those programs directly for scheduling.*

Feel free to reach out to Melissa at (609) 373-8550 or email mmascolo@missionfirsthousing.org with any questions/ concerns or if you need to arrange a meeting outside of the established hours.

Site	In Person Appointments	Call in or Zoom (Remote)
Amandla Crossing	Tuesdays 9 am to 2 pm	Wednesdays 3 pm to 5 pm
Imani Park	Thursdays 9 am to 2 pm	Mondays 3 pm to 5 pm



**Don't Forget to Vote:
Election Day is
Tuesday, November 3.**

November Calendar of Resident Programming

• Participate in 5 programs this month and your household will receive a \$50 Gift Card •

No Programs on the following dates due to the Holiday schedule: November 11, 25, 26, 27

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:00 am - 10:00 am YMCA Morning Stretch & Relaxation See description for access information. —	11:00 am - 12:00 pm YMCA Kung Fu, Self Defense 4 Seniors See description for access information. —	1:00 pm - 2:00 pm Virtual Check-In — 2:00 pm - 3:00 pm Funday Wednesdays —	9:00 am - 10:00 am YMCA Zumba Gold w/ Walter Smith See description for access information. —	9:00 am - 10:00 am YMCA Morning Stretch & Relaxation See description for access information. —
10:30 am - 11:30 am Guided Meditation —	11:00 am - 12:00 pm Virtual Check-In —	3:00 pm to 5:00 pm Amandla Crossing Case Management	11:00 am - 12:00 pm YMCA Kung Fu, Self Defense 4 Seniors See description for access information. —	11:00 am - 12:00 pm Virtual Check-In —
3:00 pm to 5:00 pm Imani Park Case Management	1:00 pm - 2:00 pm Virtual Community Forum		1:00 pm - 2:00 pm Virtual Parent Networking —	11:00 am - 12:00 pm Bible Study See description for access information.
			2:00 pm - 3:00 pm Job Readiness	

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:

- **Bible Study:** Join a one hour bible study on a phone conference. Uber Conference, call Ms. Pam at 202-855-0245 to be added to the call.
- **Case Management:** Set and measure goals, problem solve, connect to community resources, re-engage in services, assistance with housing concerns and applications/renewals. Zoom or call in meeting, see access information above.
- **Funday Wednesdays:** Join us each week for games with staff and neighbors. This is a great time is to relax, unwind and have fun each other. 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.
- **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.
- **Virtual Parent Networking:** Residents can call in to speak with team members and connect with peers to share how they're dealing with challenges of childcare, remote schooling, seeking resources, and get or give advice. Resources and direct support will be provided. Zoom meeting, see access information above.
- **YMCA Kung Fu, Self Defense 4 Seniors:** Zoom: Meeting ID: 771 7174 3467 Passcode: YMCA
- **YMCA Morning Stretch & Relaxation:** Zoom: Meeting ID: 771 7174 3467 Passcode: YMCA
- **YMCA Zumba Gold w/Walter Smith:** Zoom: Meeting ID: 771 7174 3467 Passcode: YMCA

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

If you have questions, concerns or would like to volunteer to share a skill during our virtual community forum, please reach out to your CRS support team member. Please join us!

Around Town

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 Text NJCOVID to 898-211 to receive alerts

NJ Mental Health Cares: 877-294-4357

Safe & Sound (Managing Grief and Loss During COVID-19) Call or Text - 24-hour hotline 1-866-685-1122

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

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

NJ Perform Care for Family Support Services/Mobile Response: 1-877- 652-7624

Central NJ Family Health Consortium (Central Intake referral): 1-888-551-6217

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

Logisticare for Medical & Emergency Food Pantry Transportation: 866-288-3133



What's GOING ON?

The Edison Public Library posts weekly events on their website. They also have online links to websites and apps focused on children and adult learning activities. All you need is a Library Card to participate! Sites such as Rosetta Stone (learning new language), Adult Education, Employment and Resume Writing, Tutoring for grades K-12, Arts, Social Media Marketing, and much more! You can find more information by visiting: <https://edisonpubliclibrary.org/online-learning/>

Do you need assistance navigating public transportation, local shuttles and RU campus buses? Reach out to The NJTIP Program. This program assists individuals and small groups with travel independence. Check them out at: <http://vtc.rutgers.edu/njtip/>. You can also contact the staff directly by Phone: 848-932-4499 Email: njtip_info@njtip.rutgers.edu

Reminders!

- If you have an issue to report about your unit, please remember to call the maintenance line: 848-200-3034. This number should be used 24/7 to report apartment issues. All calls are logged and tracked for response. Please do not send after hours emails or calls to Property Management or Resident Services.
- Extermination services have been moved to the 3rd Monday of every month. All residents should have received letters and schedules are posted in common areas.
- Many residents are currently working on annual renewals. Please remember to keep your appointment and turn in all forms on time. If you need assistance obtaining documents or completing renewals feel free to reach out o Resident Services. Apartment inspections are also included in the annual renewal process so please look out for notices and be ready for your scheduled inspection.



Shout out!



We would like to give a big shout out to all of the parents and students at Amandla Crossing and Imani Park who are working hard every day engaged in remote and hybrid learning activities. These are challenging times and you are trying your best every day. We see you and we are proud of you. Do you have a neighbor or family member who you would like to see recognized in our monthly newsletter? Reach out to Melissa at mmascolo@missionfirsthousing.org with your nominations.

Fall Bucket List Challenge!

Below are 30 days of fall bucket list suggestions to cover the remaining days of the season. Check off as many items as you can, then write a story/draw or share a picture of your favorite activity by 11/13/20. Submit your work to Melissa at mmascolo@missionfirsthousing.org for a chance to win a fall themed prize. Submissions will also be shared on our community board.



Healthy Harvest Recipe: Crustless Baked Cinnamon Apples



Ingredients

- 6-7 medium to large apples (2 tart like granny smith, 4 sweet like honeycrisp)
- 2 Tbsp lemon juice
- 1 Tbsp coconut oil (optional)
- 2/3 cup coconut sugar (or sub organic cane sugar // sub up to half with stevia to taste*)
- 1 1/2 tsp ground cinnamon
- 3/4 tsp fresh grated ginger*
- 1 pinch nutmeg
- 3 Tbsp cornstarch or arrowroot starch (for thickening the sauce)
- 3 Tbsp fresh apple juice or water
- 1 pinch sea salt

Instructions

1. Preheat oven to 350 degrees F (176 C) and set out a 9x13-inch (or similar size) baking dish.
2. Peel and core apples, quarter, and use a paring knife to thinly slice lengthwise (see photo). The thinner the better! Just try to be consistent so they cook evenly.
3. Add to baking dish and top with lemon juice, coconut oil (optional), coconut sugar, cinnamon, ginger, nutmeg, cornstarch (or arrowroot), apple juice (or water), and a healthy pinch of salt. Toss to combine. Then loosely cover with foil.
4. Bake for 45 minutes (covered). Then carefully remove foil and bake for an additional 10-15 minutes or until the apples are very fork tender (especially in the center of the dish) and slightly caramelized (see photo).
5. Enjoy as is or with whipped cream or ice cream! Best when fresh, though leftovers keep covered in the refrigerator up to 3-4 days or in the freezer up to 1 month. Reheat in the microwave or in a 350-degree F (176 C) oven (covered) until warmed through. Add a bit of water if the "caramel" sauce is too thick.

**November is
Gratitude
Month!**

Gratitude
makes sense of our past, brings
peace for today, and creates a
vision for tomorrow.
- Melody Beattie

30 Days of Gratitude Challenge

Day 1 Write down three things that you are thankful for.	Day 2 Express gratitude to at least one important person in your life.	Day 3 Go one full day without complaining.	Day 4 Meditate for 10 minutes.	Day 5 Make an effort to smile more throughout the day.
Day 6 Engage in a random act of kindness.	Day 7 Spend 30 minutes practicing self-care.	Day 8 Send flowers to someone you care about.	Day 9 Write thank-you notes to five people in your life.	Day 10 Go outside and appreciate the beauty of nature.
Day 11 Do something nice for a co-worker.	Day 12 Recognize today as a gift.	Day 13 List three things that you like about your job.	Day 14 Spend the day being an optimist.	Day 15 Write down five things that you like about yourself.
Day 16 Recognize three things that you usually take for granted.	Day 17 Write about your favorite part of the workday.	Day 18 Think of what you're grateful for before going to bed.	Day 19 Sign up to volunteer for a day in your community.	Day 20 Catch a co-worker doing a good job and thank them for it.
Day 21 Think of a way that someone helped you today.	Day 22 Write down three things that you appreciate about your boss.	Day 23 Notice positive traits about your colleagues.	Day 24 Spend time with loved ones.	Day 25 Think of something great that has happened to you in the last year.
Day 26 Write a thank-you note to a colleague.	Day 27 Refrain from gossip or speaking negatively about others.	Day 28 Compliment a stranger.	Day 29 Express your thankfulness for life's hardships.	Day 30 Start a gratitude journal.