

# CPM Connections

Newsletter for Columbus Property Management Residents

November 2020

## We are here for you!

Deneen Rose, Resident Service Coordinator will be on site every Wednesday from 1:30 pm-5:00 pm by appointment only. Residents will be prescreened prior to meeting, before admission into community room, mask must be worn, and adhere to social distancing. To schedule an appointment please call (267) 977-1277.

In an effort to stay engaged while we are offsite the Resident Services Team 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. **Residents who attend 5 or more sessions in a month will receive a \$50 gift card.**

## Columbus Property Management Office closure

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



## Thanksgiving Meal Distribution Update

Due to the ever changing times with COVID-19 upcoming events such as the Thanksgiving food box distribution will be limited to maintain socially distancing standards. A notice will be provided with additional information by November 2020.



## Local Information Resources

- **[www.Phila.gov/COVID-19](http://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](http://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.

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[www.columbuspm.org](http://www.columbuspm.org)  
[www.missionfirsthousing.org](http://www.missionfirsthousing.org)  
twitter: @MissionFirstHG

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



### Election Day

Tuesday, November 3  
Information on voting in  
PA go to [Votespa.com](http://Votespa.com).



### Veterans Day

Wednesday, November 11  
Thank you to our veterans  
for their service!



### Thanksgiving

Thursday, November 26  
We give thanks for our  
many blessings!

# 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
<p>9:00 am - 10:00 am YMCA Morning Stretch &amp; Relaxation See description for access information.</p> <p>—</p> <p>10:30 am - 11:30 am Guided Meditation</p>	<p>11:00 am - 12:00 pm YMCA Kung Fu, Self Defense 4 Seniors See description for access information.</p> <p>—</p> <p>11:00 am - 12:00 pm Virtual Check-In</p>	<p>1:00 pm - 2:00 pm Virtual Check-In</p> <p>—</p> <p>2:00 pm - 3:00 pm Funday Wednesdays</p>	<p>9:00 am - 10:00 am YMCA Zumba Gold w/Walter Smith See description for access information.</p> <p>—</p> <p>11:00 am - 12:00 pm YMCA Kung Fu, Self Defense 4 Seniors See description for access information.</p> <p>—</p> <p>1:00 pm - 2:00 pm Virtual Parent Networking</p> <p>—</p> <p>2:00 pm - 3:00 pm Job Readiness</p>	<p>9:00 am - 10:00 am YMCA Morning Stretch &amp; Relaxation See description for access information.</p> <p>—</p> <p>11:00 am - 12:00 pm Virtual Check-In</p> <p>—</p> <p>11:00 am - 12:00 pm Bible Study See description for access information.</p>

## 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](http://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.
- **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 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!**

# Recipe: Chicken and Rice Soup



Prep: 15 mins • Cook: 1 hr 30 mins

## Ingredients

- 2 chicken leg quarters
- 10 cups water
- 1 cup chicken stock
- 2 carrots
- 2 onions
- 1 can 15 ounces tomato sauce
- 1 tsp salt
- 1 tsp black pepper
- ¼ cup rice
- 4 eggs room temperature
- 3 lemons room temperature
- 1-2 rosemary stems optional

## Instructions

1. Peel carrots and onions.
2. Chop carrots into bite-size pieces
3. Add water, chicken legs, carrots, tomato sauce, onions, chicken stock and salt and pepper into a large pot.
4. Bring to boil, then simmer for 1 hour.
5. Add rice and boil for 20 minutes until cooked.
6. Remove chicken, carrots and onions from the soup and set aside.
7. Bring soup to boil.
8. Juice lemons and pour the lemon juice in a glass.
9. In a large bowl, add eggs.
10. Use a hand mixer to beat the eggs for 2-3 minutes on high speed.
11. Change hand mixer speed to low and very slowly add lemon juice to the eggs.
12. Bring the egg/lemon mixture bowl close to the boiling soup.
13. Using a soup ladle, carefully and slowly pour the boiling soup into the egg/lemon mixture. Stir the egg/lemon mixture continuously throughout this process using a whisk (this will cook the egg without solidifying it). Continue adding the boiling soup into the egg/lemon mixture until  $\frac{2}{3}$  of the boiling soup has been combined with the egg/lemon mixture.
14. Using the soup ladle, slowly add egg/lemon-soup mixture back into the pot with remaining  $\frac{1}{3}$  of the boiling soup.
15. Bring to a very soft boil. Once little bubbles begin forming remove pot from heat immediately.
16. Remove bones from chicken, shred it and add back into the soup.
17. Add carrot pieces and onions
18. Add rosemary on top (to taste)
19. Serve while warm!

# US Presidents Word Search

Find and circle all of the United States Presidents that are hidden in the grid. The remaining letters spell an Abraham Lincoln quote.

*Note: Although Cleveland appears twice in the list, he is only in the puzzle once.*

W F N O X I N O S I R R A H W W E S  
 I O J Q A D A M S N C O O L I D G E  
 L R H G W B U S H O O U L L D H R B  
 S D E T O P I E R C E S I O B A E T  
 O N O S N H O J A I G T N O T Y V N  
 N M P A K G N I D R A H C H E E O A  
 T R O O S E V E L T O F O T O S O R  
 F E L N T E A N Y P J S L E I J H G  
 A N K Y R R R D J E M E N R W D B T  
 N M L E T O E O F A V U R O A D O L  
 E E A H I N E F M E D A R G S N B N  
 R H U D N S E M S L H A A T H A U O  
 U R S E I R E O C B L R M J I L C T  
 B R K U S S O N R K F I A S N E H N  
 N N E O B R O O H I I C F O G V A I  
 A O N A D W L N E O K N B B T E N L  
 V L E F G Y H L T S W A L O O L A C  
 T A F T A A D G O G M E I E N C N V  
 C A R T E R N N N A M U R T Y E I T

- |               |                 |                   |
|---------------|-----------------|-------------------|
| 1. WASHINGTON | 16. LINCOLN     | 31. HOOVER        |
| 2. J ADAMS    | 17. A JOHNSON   | 32. F D ROOSEVELT |
| 3. JEFFERSON  | 18. GRANT       | 33. TRUMAN        |
| 4. MADISON    | 19. HAYES       | 34. EISENHOWER    |
| 5. MONROE     | 20. GARFIELD    | 35. KENNEDY       |
| 6. J Q ADAMS  | 21. ARTHUR      | 36. L B JOHNSON   |
| 7. JACKSON    | 22. CLEVELAND   | 37. NIXON         |
| 8. VAN BUREN  | 23. B HARRISON  | 38. FORD          |
| 9. W HARRISON | 24. Cleveland   | 39. CARTER        |
| 10. TYLER     | 25. MCKINLEY    | 40. REAGAN        |
| 11. POLK      | 26. T ROOSEVELT | 41. G H W BUSH    |
| 12. TAYLOR    | 27. TAFT        | 42. CLINTON       |
| 13. FILLMORE  | 28. WILSON      | 43. G W BUSH      |
| 14. PIERCE    | 29. HARDING     | 44. OBAMA         |
| 16. BUCHANAN  | 30. COOLIDGE    | 45. TRUMP         |