

CPM Connections

Newsletter for Columbus Property Management Residents

November 2020

We are here for you!

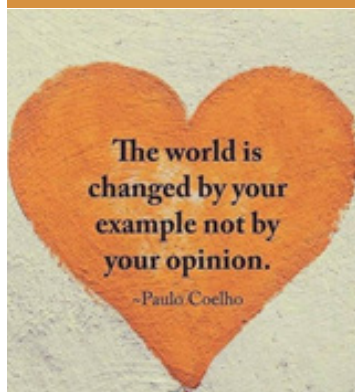
In response to COVID-19, all Resident Services team members will continue to work remotely until further notice. As this is a rapidly evolving situation, please maintain flexibility and patience as we continue to respond. Please contact:

- Christian Hobson, Resident Services Manager, (215) 557-8484 ext. 3350 or (267) 632-3807, Chobson@columbuspm.org, onsite Tuesday and Thursday from 10 am-5 pm

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**: 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.

Brought to you by



columbus
PROPERTY MANAGEMENT
a member of
Mission First Housing Group

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

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



Election Day

Tuesday, November 3
Get out an Vote! Make
Your Voices Heard.



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
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 YMCA Kung Fu, Self Defense 4 Seniors See description for access information. — 11:00 am - 12:00 pm Virtual Check-In	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. — 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 Parent Networking — 2:00 pm - 3:00 pm Job Readiness	9:00 am - 10:00 am YMCA Morning Stretch & Relaxation See description for access information. — 11:00 am - 12:00 pm Virtual Check-In — 11:00 am - 12:00 pm Bible Study See description for access information.

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.
- **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!