

CPM Connections

Newsletter for Columbus Property Management Residents

December 2020

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Program Updates

Office closure: Offices are closed on Thursday, December 24 and Friday, December 25.

Announcements

- Please join us for **Zoom Holiday Party** for staff and residents to take place on Tuesday, December 15 from 4:00 to 5:30pm. We will play games, listen to music and decorate cookies.



Sign up will be required to ensure that all materials are distributed to your apartment ahead of the event. Sign-up sheets are on the community boards. All residents interested must sign up no later than Monday 12/7/20. Please join us!

- Holiday Wishes and baskets** will be distributed between December 15th-22nd. You will receive a flyer with dates and instructions.

Please reach out to Melissa at mascalom@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/concerns, please feel free to reach out to staff. Remember to practice physical distancing and wear a face covering when interacting with volunteers/staff. Schedule subject to change based on weather.

- Amandla Crossing: December 11th and December 28th
- Imani Park: December 4th and December 18th



Brought to you by



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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 mascalom@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

December 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: December 24th, 25th, and 31st

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 — 3:00 pm to 5:00 pm Imani Park 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	1:00 pm - 2:00 pm Virtual Check-In — 2:00 pm - 3:00 pm Funday Wednesdays — 3:00 pm to 5:00 pm Amandla Crossing Case Management	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 — 4:00 pm - 5:30 pm Zoom Holiday Party See description for access information.	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.
- **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 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 programs:** Zoom: Meeting ID: 771 7174 3467 Passcode: YMCA
- **Zoom Holiday Party:** We will play games, listen to music and decorate cookies. Sign-up required by 12/7/20. Sign-up sheets are on the community boards.

*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!

Reminders from Property Management

- 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 resident received letters and schedules are posted in common areas. If you choose to be present for the inspection, please be ready for the staff to enter your apartment.
- 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 for help. Apartment inspections are also included in the annual renewal process so please look out for notices and be ready for all scheduled inspection.
- Children must be supervised at all times in the common areas of the building.



Shout out!



We would like to give a big shout out to **Cheryl from Amandla** who is celebrating her graduation from the NJ Garden State Leaders Program! This program is run by the Anti-Poverty Network of NJ in partnership with the NJ Coalition to End Homelessness. Cheryl spent several months working with her team members to learn about systems advocacy, hearing and sharing stories. For more information about this group please visit:

<http://www.antipovertynetwork.org/GSL>

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.

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



1 DECEMBER
WORLD
AIDS
DAY

Have you ever been tested?

If you have not or if you need to be tested again, your primary care doctor can order a test for you. There are also free and confidential HIV counseling, testing, and referrals provided by the Middlesex County Department of Health. Services are offered in conjunction with the STD clinic. The clinic is located at 596 Jersey Avenue, Suite B, New Brunswick, NJ, provides a variety of services. For more information, call 732-565-3788.

RECIPE: Overnight French Toast Casserole



Casserole Ingredients

- 1 tablespoon of butter
- 16 ounces of bread (french, italian, or whole wheat) cut into 1 inch cubes
- 2 cups of milk
- 6 eggs
- ¼ cup maple syrup
- ¼ teaspoon of salt
- 2 teaspoons of cinnamon
- ½ teaspoon of freshly grated nutmeg
- 2 teaspoons of vanilla extract

Vanilla Glaze (optional)

- 1 cup powdered sugar sifted
- 2 tablespoons of milk
- 1 teaspoon of vanilla extract
- Dash of salt

Instructions

- Cube up bread into 1 inch cubes. If time permits, spread the bread out on baking sheets and let dry out for several hours. If time does not permit, dry bread out in a 300 degree oven for 15-20 minutes.
- Grease a 9x13 baking dish with 1 tablespoon butter.
- Place cubed bread in the prepared casserole dish.
- Mix together eggs, maple syrup, milk, vanilla, salt, cinnamon and nutmeg.
- Pour custard over bread, lightly tapping bread down to be fully submerged in the custard.
- Cover casserole with plastic wrap and refrigerate for 8 hours or overnight.
- To Bake, preheat oven to 350 degrees. Remove plastic wrap and cover with foil. Bake covered for 30 minutes. Remove foil and bake for additional 15 minutes. Serve warm with glaze and/or additional maple syrup.
- Store leftover casserole in air tight container in the fridge for up to 3 days

For Glaze

- Whisk together milk, salt and vanilla. Add in powdered sugar and whisk until thin glaze forms. Add in more milk 1 teaspoon at a time, if needed to thin out.
- Drizzle over cooked French Toast Casserole and serve

WINTER WORD SEARCH

E T C G B W T B X E S S Y H I
T N A H Q L W I K Q E N T O J
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WORDS TO FIND:

BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

Every
Accomplishment
starts with the
decision to try.