

CPM Connections

Newsletter for Columbus Property Management Residents

December 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.

- **Deneen Rose**, Resident Services Coordinator, (215) 557-8484 ext. 8829 or (267) 977-1277, DRose@columbuspm.org
- **Change in schedule:** Due to the renewed surge in Covid-19 case numbers and ongoing safety precautions taken by Columbus Property Management, Resident Services will no longer be on site Tuesdays 10 am-3 pm until further notice. However, Deneen is available remotely through the information above.
- **Virtual Programming:** In an effort to stay engaged while we are away from the building, Resident Services 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.

Columbus Property Management Office closure

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

Local Resources

- **Medicare** 800.772.1213
- **Medicaid** 800.356.1561
- **Burlington County Area Agency** 609.265.5069
- **Crisis Hotline/Listening Services** 856.234.8888 or *Talk 800.234.5006
- **Department Of Human Services** 609.292.3717
- **Bordentown City Police Department** 609.298.0103
- **Mental Health Help** 866.202.4357
- **Disaster Mental Health Line** 877.294.4357 - For those needing someone to talk to because of feelings of stress, loneliness, or anxiety by COVID-19.

Special Needs Registry

"Register Ready – New Jersey's Special Needs Registry for Disasters" allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency. The information collected here is confidential and will not be available to the public. The information will be held securely and only used for emergency response and planning. For Registry Assistance, dial 211 (toll-free) and an operator will assist you in registering.

Pharmacies

- **Rite Aid Pharmacy** 108 E. Route 130 S, Burlington, NJ 08016 • 609.387.4998 • Hours: 9am-9pm Mon-Fri; Sat: 9am-6pm; Sun: 10am-6pm
- **ACME Market Pharmacy** 260 Dunns Mills Road, Bordentown, NJ 08505 • 609.324.2820 • Hours: 9am-9pm Mon-Fri; Sat: 9am-7pm; Sun 9am-5pm

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PROPERTY MANAGEMENT

a member of
Mission First Housing Group

Union Eagle Senior Apartments is a permanent, supportive and affordable senior housing development in Bordentown, NJ.

www.UnionEagleApartments.org
www.columbuspm.org
www.missionfirshousing.org
twitter: @MissionFirstHG

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



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. —	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. — 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: 7717174 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: Sweet Potato Marshmallow Bars



INGREDIENTS

Crust

- 2 sleeves graham crackers
- 1/4 c. granulated sugar
- 1 tsp. kosher salt
- 10 tbsp. melted butter

Filling

- 1 (15-oz.) can sweet potato puree
- 3 tbsp. granulated sugar
- 3 large eggs
- 1 tsp. pure vanilla extract
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1 1/2 c. heavy cream

Topping

- mini marshmallows

DIRECTIONS

1. Make crust: Preheat oven to 350°. Line an 8"-x-8" baking pan with parchment paper. In a food processor, pulse graham crackers, sugar, and salt until fine crumbs. Add melted butter and pulse until texture resembles wet sand. Press into pan and bake until golden, 10 minutes.
2. Make filling: Mix together all filling ingredients until evenly combined.
3. Add filling to crust and bake until set (no longer jiggle in the middle), 48 to 50 minutes. Let cool slightly.
4. Heat broiler. Cover top of bars with mini marshmallows and broil until golden, 1 to 2 minutes. Let cool completely before slicing and serving.

Movie Actors Word Search

Find and circle all of the Movie Actors that are hidden in the grid.

The remaining letters spell the name of a movie for which Forest Whitaker won an Oscar.

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

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|---------------------|------------------|---------------------|
| ARKIN, Alan | GLOVER, Danny | PACINO, Al |
| BALE, Christian | GOODING JR, Cuba | PAXTON, Bill |
| BANDERAS, Antonio | HARRIS, Ed | PITT, Brad |
| BROADBENT, Jim | HAWKE, Ethan | QUAID, Dennis |
| BRODERICK, Matthew | KINGSLEY, Ben | RADCLIFFE, Daniel |
| BRODY, Adrien | MACY, William H. | SINISE, Gary |
| BYRNE, Gabriel | MALKOVICH, John | SLATER, Christian |
| CRAIG, Daniel | MCGREGOR, Ewan | STRATHAIRN, David |
| DAY-LEWIS, Daniel | MURPHY, Eddie | THORNTON, Billy Bob |
| EASTWOOD, Clint | MURRAY, Bill | WALKEN, Christopher |
| FIRTH, Colin | NICHOLSON, Jack | WASHINGTON, Denzel |
| FISHBURNE, Laurence | NORTON, Edward | WHITAKER, Forest |
| FRASER, Brendan | OLDMAN, Gary | WILLIS, Bruce |

DECEMBER

*the month of joy, happiness and
 to finish what you started.*