

CPM Connections

Newsletter for Columbus Property Management Residents

December 2020

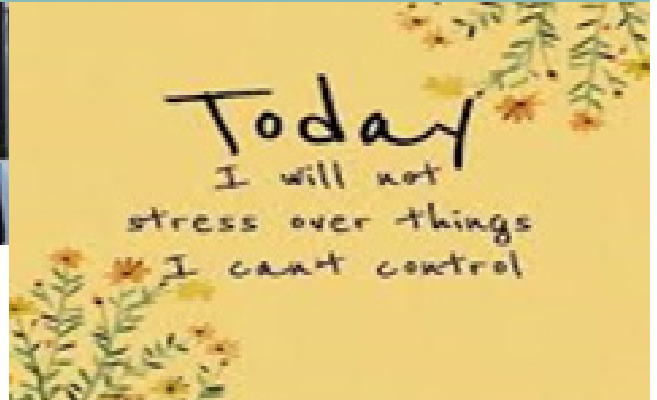
We are here for you!

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 Wednesdays 9 am-12:30 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.



Ice Skating at City Hall

One of two seasonal ice rinks in Philadelphia, the Rothman Orthopedics Ice Rink and its accompanying Cabin will open for the season on November 6 and run through February 28.

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PROPERTY MANAGEMENT

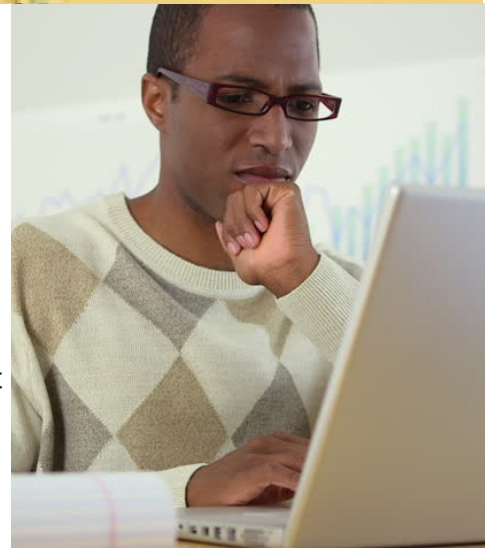
a member of
Mission First Housing Group

www.columbuspm.org
www.missionfirsthousing.org
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CPM Connections is written
by CPM's Resident Services
Department.

Local Information Resources

- **Food Assistance:** Contact Philabundance at (800) 319-3663 and press 1 for assistance
- **www.Phila.gov/COVID-19** for updates, information and guidance related to the COVID-19 in Philadelphia.
- Stay up to date on the evolving public health situation by texting **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.



December Calendar of Resident Programming

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>9:00 am - 10:00 am YMCA Morning Stretch & Relaxation See description for access information.</p> <p style="text-align: center;">—</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 style="text-align: center;">—</p> <p>11:00 am - 12:00 pm Virtual Check-In</p>	<p>1:00 pm - 2:00 pm Virtual Check-In</p> <p style="text-align: center;">—</p> <p>2:00 pm - 3:00 pm Funday Wednesdays</p>	<p>Office Closed/No Programs 12/24</p> <p style="text-align: center;">—</p> <p>No Programs 12/31</p> <p style="text-align: center;">—</p> <p>9:00 am - 10:00 am YMCA Zumba Gold w/Walter Smith See description for access information.</p> <p style="text-align: center;">—</p> <p>11:00 am - 12:00 pm YMCA Kung Fu, Self Defense 4 Seniors See description for access information.</p> <p style="text-align: center;">—</p> <p>1:00 pm - 2:00 pm Virtual Parent Networking</p> <p style="text-align: center;">—</p> <p>2:00 pm - 3:00 pm Job Readiness</p>	<p>Office Closed/No Programs 12/25</p> <p style="text-align: center;">—</p> <p>9:00 am - 10:00 am YMCA Morning Stretch & Relaxation See description for access information.</p> <p style="text-align: center;">—</p> <p>11:00 am - 12:00 pm Virtual Check-In</p> <p style="text-align: center;">—</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. 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 programs:** 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!