

# CPM Connections

Newsletter for Columbus Property Management Residents

August 2021

## We are here for you!

Family Support Coach is available to meet with residents Every Tuesday and Thursday to assist with:

- Eviction Prevention
- Food / Nutrition / Health
- Financial Stability
- Education / Employment
- Referrals to other Service Providers

If you need additional assistance you may schedule an appointment with Lee Goode at (667) 701-2019 or by email at [Lgoode@humanim.org](mailto:Lgoode@humanim.org) for assistance.

## August Events and Workshops

August 5th (2pm-4pm)  
Understanding My Mental Health Workshop

August 12th (2pm-4pm)  
Farewell Celebration for Ms. LeNae

August 26th (2pm-4pm)  
Community Day Planning Meeting

## Career Resources:

**Baltimore Virtual Job Fair, Thursday September 30th, 11am-2pm.**

Each year, JobFairX helps thousands of seekers find their next career move. Past employers in Baltimore have included Amazon, Apple, and TSA. These and other great employers have hired seekers full-time across a swathe of industries ranging from accounting, to IT, to HR, to sales. For more details visit:

<https://www.jobfairx.com/index.php/seeker/Baltimore-career-fair/1713>



## Become nationally certified in administrative skills and receive job placement assistance for free!

CAREER-TRAINING@HUMANIM.ORG

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HUMAN PURPOSE. HUMAN IMPACT.

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[www.columbuspm.org](http://www.columbuspm.org)  
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*CPM Connections is written by Humanim, Inc. in partnership with CPM's Resident Services Department.*



Increase your value to potential employers and start earning more than minimum wage by attending Humanim's Administrative Assistant Career Training.

Training will provide advanced computer skills, professional administrative training, and will lead to a national certification as a Front Office Admin Assistant. You will also receive job placement assistance.

### Eligibility

- Must be a Baltimore County or Baltimore City resident and US citizen
- Must be at least 18-35 years of age
- High school diploma/ GED; College degree preferred
- Prior administrative or clerical experience required
- Basic computer skills required; Experience with Microsoft Word, Excel, and Outlook
- Ability to pass drug test and background check
- Ability to pass written, reading and basic computer skill assessment

To get notified of our next Admin Training, email us at: [career-training@humanim.org](mailto:career-training@humanim.org)

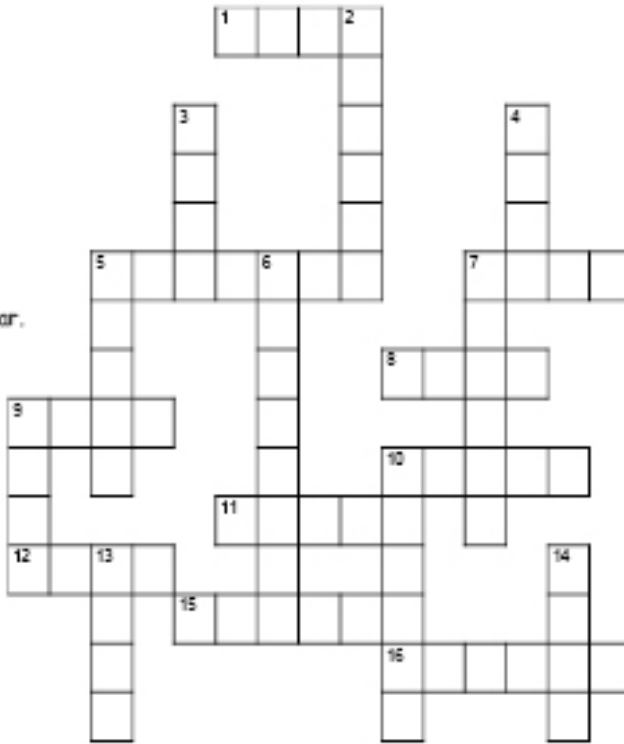


**Across**

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

**Down**

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



**Word Bank**

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE, LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM

**RECIPE: Simple Summer Smoothie**



Prep Time: 10 mins  
 Servings: 4 • Yield: 4 cups

*Ingredients*

- 1 banana
- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 1 cup frozen cherries
- 4 ice cubes
- ½ cup orange juice
- ¾ cup vanilla yogurt
- ½ teaspoon honey (Optional)

*Directions:*

Place the banana, strawberries, blueberries, cherries, and ice cubes into a blender. Pour in the orange juice, vanilla yogurt, and honey. Puree until smooth and enjoy!

**Emergency Mental Health Services**



**Baltimore Crisis Response, Inc. Information and Referral Hotline is available 24 hours a day, 7 days a week.** Trained counselors provide

mental health and substance use information and referrals, supportive counseling, suicide crisis intervention and adolescent crisis intervention. They also dispatch emergency assistance and link callers with more intensive BCRI and community services. The Hotline operates as the gateway to BCRI's Mobile Crisis Team.

BCRI mobile crisis teams include mental health professionals--psychiatrists, social workers and nurses--who are dispatched to any Baltimore City location and provide immediate assessment, intervention and treatment. If residential treatment is necessary the team immediately transports the client to our facility.

If you or someone you know is in crisis and needs immediate assistance call our Crisis Hotline at 410-433-5175. 24 hours a day 7 days a week.

