

CPM Connections

Newsletter for Columbus Property Management Residents

August 2021

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Notes from Property Management

- Rent is due by the 5th of each month. Money orders should be made out to MIPH. Please be sure to pay your rent on time. You may leave your rent in the secure rent box. If you need assistance with completing a money order or online rental payment, reach out to staff
- Please do not leave any donations, food or personal belongings in the indoor and outdoor common areas or in hallways. This can cause health and safety issues. Property Management staff will discard of any property left in common areas
- Be sure to complete your annual recertification with CPM and your subsidy provider. Reach out to the Property Management or Resident Services Team if you need help or have questions about this process.

Program and Systems Level Feedback



YOUR FEEDBACK MATTERS

- We want to hear from you! Please look for annual program surveys this month. Be sure to complete and return your survey. Surveys will be available online or in with a paper option.
- Middlesex County CoC has implemented a Consumer Participation Committee. The purpose of this group is to ensure a meaningful pathway for feedback and leadership opportunities for individuals and families with lived experience of homelessness. Mission First is proud to be a part of this important work. Please look out for flyers and information for upcoming opportunities to participate in focus groups.

YOU CAN

QUIT SMOKING!

Need help to quit smoking?

RWJ Barnabas Health Institute for Prevention and Recovery continues to offer FREE tobacco and nicotine treatment services. Participants can work with a Certified Tobacco Treatment Specialist and obtain free nicotine replacement therapies including patches, gum and lozenges (no insurance required). Call 833-795-QUIT to learn more.



Access NJ 211

24/7 link to search and identify important community resources and hotline numbers. This up to date directly is maintained throughout the State and also acts as the Single Point of Entry for Homeless Programs and Services. Free, confidential and multi-lingual.

Brought to you by
a member of
Mission First Housing Group



columbus
PROPERTY MANAGEMENT

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.



August Calendar of Resident Programming

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
2 Individual Case Management <i>Amandla Crossing</i> 11am to 4pm	3 Individual Case Management <i>Imani Park</i> 11am to 4pm	4 Housing Supports & Resource Sharing <i>Amandla Crossing</i> 2pm to 3pm	5 Housing Supports & Resource Sharing <i>Imani Park</i> 2pm to 3pm	6 Friday Food & Pop Up Shop <i>Amandla Crossing</i> 12pm to 1:30pm Artist Circle <i>Amandla Crossing</i> 2:30pm to 3:30pm
9 Individual Case Management <i>Amandla Crossing</i> 11am to 4pm	10 Individual Case Management <i>Imani Park</i> 11am to 4pm	11 Housing Supports & Resource Sharing <i>Amandla Crossing</i> 2pm to 3pm	12 Housing Supports & Resource Sharing <i>Imani Park</i> 2pm to 3pm	13 Friday Food & Pop Up Shop <i>Imani Park</i> 12pm to 1:30pm
16 Individual Case Management <i>Amandla Crossing</i> 11am to 4pm	17 Individual Case Management <i>Imani Park</i> 11am to 4pm	18 Housing Supports & Resource Sharing <i>Amandla Crossing</i> 2pm to 3pm Community Meeting <i>Amandla Crossing</i> 4pm to 5pm	19 Housing Supports & Resource Sharing <i>Imani Park</i> 2pm to 3pm	20 Friday Food & Pop Up Shop <i>Amandla Crossing</i> 12pm to 1:30pm
23 Individual Case Management <i>Amandla Crossing</i> 11am to 4pm	24 Individual Case Management <i>Imani Park</i> 11am to 4pm	25 Housing Supports & Resource Sharing <i>Amandla Crossing</i> 2pm to 3pm Community Meeting <i>Imani Park</i> 4pm to 5pm	26 Housing Supports & Resource Sharing <i>Imani Park</i> 2pm to 3pm	27 Friday Food & Pop Up Shop <i>Imani Park</i> 12pm to 1:30pm Artist Circle <i>Imani Park</i> 2:30pm to 3:30pm
30 Individual Case Management <i>Amandla Crossing</i> 11am to 4pm	31 Individual Case Management <i>Imani Park</i> 11am to 4pm			

Program Descriptions:

- **Artist Circle:** Use mix media techniques to design and create original art projects with your neighbors.
- **Community Meeting:** Meet with Property Management, Resident Services and your neighbors to discuss program and property related information, concerns and updates.
- **Friday Food & Pop-Up Shop:** Drop in to see us every other Friday to select food and other household items including hygiene items, cleaning products and household goods available.
- **Housing Supports & Resource Sharing:** Meet with resident services, community partner guests and your neighbors each week to connect, share, and discuss housing concerns & community resources.
- **Individual Case Management:** Set and measure goals, problem solve and connect with benefits/community resources and Community Support Service Providers.

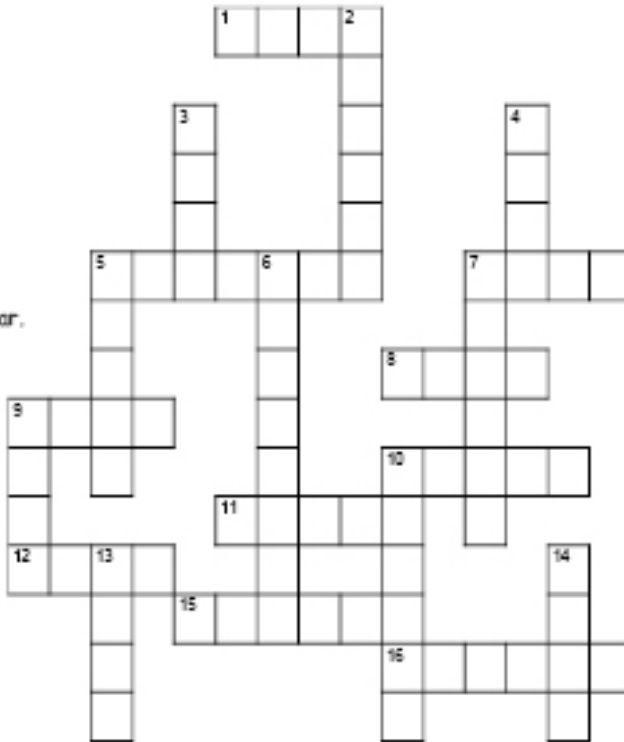


Across

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!



Resident Shout Out
 to Jamie from Amandla.

Congratulations for registering with MCC for the upcoming Semester. We are so proud of all that you have accomplished and cannot wait to see what comes next!



COVID-19 Vaccine Assistance

Call NJ Health Source for information on vaccine questions, concerns, access and transportation. A live agent is available 24/7.

