

**SPECIAL  
POINTS OF  
INTEREST:**

- January's Health Issue
- Upcoming Events



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# "THE VIEW FROM 524"



## From the Senior Manager, Joan Campbell, CPM



Dear Residents,

I hope everyone had a great Holiday and Happy New Year!

We have a lot to be thankful for this January 2019. We have completed our renovation and we have 52 new residents that have moved into the building during the months of November and December! So welcome everyone. We hope everyone is enjoying our new lobby and library and that you have enjoyed all the holiday decorations!

### Some things that you should know:

We now have cameras in the elevators and on every floor, along with all of the common areas. We have the capability to go back and look; if you have a problem with someone knocking on your door unannounced, or have heard something that you would like us to look into. This will help to increase security in our building and we are excited to have these new features.

We now have 3 computers on the 18<sup>th</sup> Floor Penthouse and 3 in the library. We currently have not set up printing for the computers in the library- we will be working on that this month. Please do not abuse the paper for the printer. We have a counter check on them and will be able to see who the person is using too much paper. Please let us know if you like having the computers on the 18th floor, I haven't noticed much activity in that area.

We also have a TV on the 18<sup>th</sup> floor for your use. You will need to sign out the remotes from the front desk.

The carts have been moved to their new location next to the front desk. You must sign them in and out when you use them. Do not leave them in your apartment, or hallway. Anyone that does this will lose the privilege of using them. We will be able to check that on the cameras now.

The reception sitting area across from the front desk is for visitors waiting to see someone in the office or for residents waiting for transportation. Please do not sit in that area, we have the library available for you to enjoy!

Guest – when someone comes to visit you, they must sign in and show ID. They will not be permitted to leave the front desk area without having their ID, and they cannot come up to your apartment if you are not there. No guest is allowed to use the common area, including the TV and computers, without you being with them.

No resident (or guest) is allowed in the common area in slippers or pajamas, you must be dressed for the day.

Pets are not allowed in the common area, only to enter and leave the building.

No food is allowed in the library, reception area or the outside sitting area.

Please do not feed the birds outside, it creates a mess and is unsanitary.

We are looking forward to a much more peaceful and calmer new year!



Joan

## REMEMBRANCE



## MARY'S CORNER

Eating Together was so happy to welcome five new residents to our roster. To those of you who do not know the secrets of Eating Together. We serve a delicious catered hot meal Monday thru Thursday from 12:00 noon to 12:30 PM. The donation is \$1.25 for a six course lunch. We supply menus on the beginning of each month. This is also a good way to meet new people. All you need to do is come up and register. I hope to see you soon. WE

WILL BE CLOSED ON MONDAY JANUARY 21 TO CELEBRATE MARTIN LUTHER KING DAY.

On January 11<sup>th</sup> we will be going to the outlet mall at Arundel Mills. Because we are welcoming so many new residents, we are limiting our trips to Westminster House residents and their aides. In February we will be going to Eastpoint and Geresbechs. Most trips are \$10 for at least two stops. Trips are limited to 33 people. It is a good idea to

sign up and pay early. The bus, which is scheduled for the 2<sup>nd</sup> Friday of each month, is equipped with a lift and rollator accommodations.

Let's make this a good year to have fun at Eating Together and on the trips. Again if you have any questions, I am on the 18<sup>th</sup> floor Mon-Thurs. Have a good month and welcome to new friends.

Mary



## JANUARY'S HEALTH ISSUE

### JANUARY IS GLAUCOMA AWARENESS MONTH

Glaucoma is an eye disease that can damage your optic nerve. The optic nerve supplies visual information to your brain from your eyes.

Glaucoma is usually, but not always, the result of abnormally high pressure inside your eye. Over time, the increased pressure can erode your optic nerve tissue, which may lead to vision loss or even blindness. If it's caught early, you may be able to prevent additional vision loss. The most common type of glaucoma

is primary open-angle glaucoma. It has no signs or symptom except gradual vision loss. For that reason, it's important that you go to yearly comprehensive eye exams so your ophthalmologist, or eye specialist, can monitor any changes in your vision.

Acute-angle closure glaucoma, which is also

known as narrow-angle glaucoma, is a medical emergency. See your doctor immediately if you experience any of the following symptoms:

- severe eye pain
- nausea
- Vomiting
- redness in your eye
- sudden vision disturbances
- seeing colored rings around lights
- sudden blurred vision

## Maintenance News Robert Pattison Supervisor

January is here and the winter cold is upon us. The heat system is working well. Issues with individual thermostats are being resolved as they arise. If you have any questions or concerns about the system in your apartment, ask Bob Pattison.



Of course the renovation has been completed. Further improvements will continue to be made as we gain more experience with the new equipment. Your patience is greatly appreciated.

For those of you that may want to get rid of any unwanted items in your apartment, please contact maintenance for assistance. We will haul these items directly out of the building for disposal without obstructing the trash rooms.

Remember, if you need a repair within your apartment, please contact the front desk personnel to have a maintenance request filled out.

We'll do our best to take care of these issues as soon as possible. Once again, thank you for your patience during the past year of the building renovation.

Bob



## Resident Services, Sheila P. Alderman, Resident Services Coordinator

I trust that everyone had a happy holiday and I hope that you have a very prosperous New Year.

The year 2018 was a blessed year for many. We were blessed to have our building fully renovated with new furniture, cameras, lightening, etc. Kudos to Joan Campbell for a job well done. We were also blessed to have a long term resident, Ada Hammock to reach the milestone age of 99. She is the oldest resident of Westminster House and still going strong. But, not only are we fortunate enough to have Mrs. Ada, we have 7 other residents that are in their 90s: Mary Hayes, Kuniko Takumi, Eleanor Hill, Jordan Crosby, Katherine Greene, Mabel Howell, and Coila Seiber. Please give them a shout when you see them in passing. Remember, 2018 is gone; look forward to the blessings in 2019.



Are you interested in Theatrics. Would you be interested in becoming a member of

Westminster House Drama Club. We are fortunate enough to have a teacher who has an array of experience in Theatrical events. Contact me if you are interested.

### Senior Fall Prevention

Falls are the leading cause of deaths related to injury for people age 65 and older. The falls that don't kill you can change your life. Simple falls can decrease your mobility. Broken bones may not heal properly. And these bones can be more likely to break in the future.

Consider this: One out of three seniors fall every year. Two-thirds who fall will fall again within six months. In 2009, 2.2 million seniors were treated in emergency departments; over 581,000 of these patients were hospitalized.

With these numbers, **senior fall prevention** should be a priority for both seniors and for those with seniors in their lives.

Starting Wednesday, January 9, 2019, University of Maryland will host an 8 weeks course on Fall Prevention. The focuses will be on strength, balancing exercises, medication management, home safety, footwear, vision and mobility in preventing falls. The classes are January 9, 16, 23, 30, and February 6, 13, 20, and 27. Classes will start at 1:00pm and end at 3:30pm. All are welcome but must register with me. Classes will be held on the 18th floor. Certificates will be given based on the number of classes you attend.



### 2019 Renter's Tax Credit Refund

It's almost that time again. If your yearly income falls within the limited range for one or two in a household, you may be eligible for a refund.

*Listed are the items you will need to apply. and if needed, obtain copies from Jennifer. Please make sure you give Jennifer adequate time to obtain requested copies of or if you schedule an appointment with me, I will obtain the necessary papers from Jennifer on your behalf:*

1. 2018 Award letter, 1099, W2, or Income Statement (s)
2. Last Lease Agreement
3. Social Security Card
4. Picture ID

Application for the refund should be available after January 31st. If you have applied for a refund in the past, you will automatically receive an application in the mail.

*Sheila*

### RSC UP COMING EVENTS

1/8	Heavenly Grace	2:00 pm
1/9	Fall Prevention classes starts	1:00 pm
1/15	Md. Food Bank Distribution	3:00 pm
1/24	Podiatrist Visit	10:00 am
	Every Monday	2:00 pm
	Balti-Market Orders Due	
	Every Thursday	3:00 pm
	Balti-Market Delivery	

"I release all things from the past year that has caused any negative attachment. I prepare and welcome new changes, new lessons and new adventures. I welcome new opportunities to grow emotionally, mentally and spiritually."

Namaste The Buddha Way

### COMING ATTRACTION

Starting in February we will host a 6 weeks course on Diabetes Management.

- ◇ Diet
- ◇ Types of Medication
- ◇ Exercises





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## **JANUARY'S BIRTHDAY CELEBRATION**

*Joyce Collier  
Jesse Frazier  
Oliver Spriggs  
Donald Bogart  
Charles Sigafoose  
Jenifer Lace  
Peggy Wilkins  
Harold Wolin  
Marion Crouse  
Sheila Alderman*

*Archie Tolliver  
Nathan Penn  
Jerry Storrs  
Douglas Miller  
Ernest Peacock  
James McAteer  
Dwight Goines  
Willard Robinson  
Tinicka Brooks  
Charles Davis*



**If your name is not listed above, please forgive us as we try to update our listing....we sincerely wish you a Very Happy Birthday. Also!!! Please advise us if you do not want your name included in future newsletters.**

### **SICK AND SHUT Ins**

**Please make sure you appeal to these individuals, for we all of members of Westminster House and we are family.**

**Compassionate condolences are extended to all the family and friends of those we lost recently.**

## **COMPLIANCE UPDATE, JENNIFER COCO**

### **Lease Signings!!**



The final Stages of the recertifications are complete. You will get an additional notice from me when your paperwork is complete; and your

lease and income certification are ready for your signatures. Your leases will run inline with your lease renewal with the Housing Authority of Baltimore City as applicable.

There may be a few that need additional information. Please respond promptly if you receive a request for additional information.

Thank you again for your prompt attention to the income certifications and lease renewals. We would not have been successful without your help!



We would like to welcome our newest residents to Westminster House :

Ronald Krueger  
Barbara Brown  
Phillip Williams  
Dorothy Lowery  
Bernard Brown  
Toni Simmons  
Robert Halsor  
Phillip Branch  
Rose Williams  
Charlotte Matthews  
James Brockington  
Lewis Hope  
William Turner  
Sylvia Jordan  
Gabriele Scott

Bridget Hair  
Rogerleen Burgess  
George Bailey  
Earldine Bagley  
Dwight Goines  
Paul Silva  
Larry Mack  
James Thomas  
Sharon Mills  
Quinten Jackson  
Charles Payne  
Earnest Peacock  
Edward Adedeji  
Eldridge Branch

Diane Powell  
Alton Pridgen  
Jerry Storrs  
Charles McKeldin  
Laura Pratt  
Donald Bogart  
Charles Davis  
Josephine Conner  
Rebecca Keithley  
James Wilson  
David Coleman  
Barbara Keith  
Willie Lemon  
Abdulmatin Muntaqem

**-Jen Coco-**