

MARCH 2019
ISSUE

**SPECIAL
POINTS OF IN-
TEREST:**

- Upcoming Events
- March Health Issue



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"THE VIEW FROM 524"



From the Senior Manager, Joan Campbell, CPM

Dear Residents,

Emergency on Call Service

We have quite a few new residents in the building and our seasoned residents also need a refresher on what constitutes an emergency call to our on-call maintenance staff. Please read below and if your situation is listed as an emergency, then please call the front desk after regular maintenance hours (730 am-3:30 pm Monday-Friday are regular hours). If your situation is not listed below, our on-call maintenance will not respond until the next morning. Under no circumstance is any resident allowed to contact or visit our maintenance staff's home at any time, please call the front desk for them to make a ticket and follow the below procedure.

An emergency is defined as anything that could harm a resident or damage property. Maintenance will respond anytime day or night to eliminate the danger and take care the matter at hand. We may have to finish completing the permanent repair during normal working hours.

The following is a summary of issues that are considered emergencies. If you have any questions, please call the front desk.

- If the bathroom sink or toilet is leaking onto floor
- If the only toilet in your apartment is stopped up and will not flush (Do not continue to flush if the water is not going down.)
- If water is leaking into your apartment through the ceiling or walls. Call for front desk for emergency service.
- If the electrical outlets or permanently installed lights stop working
- If the refrigerator stops cooling or the light won't come on
- If you smell gas and the knobs are turned off on your stove
- If the smoke detector/CO detector sounds the alarm and you are not cooking. If you are cooking and the alarm sounds, open your windows and turn on the exhaust fan. If the alarm will not silence after 5 minutes of airing out the apartment, please call.
- If the temperature drops 5 degrees below the set point of your thermostat and you have been in that room for at least 20 minutes
- If your entrance door lock is malfunctioning and you can not enter or leave your apartment
- If you are locked out due to losing your key, you will be charged a fee of \$25 for staff to come unlock your door after hours. Please make sure you always have your key with you at all times.

Feel free to report nonemergency issues any time and they will be scheduled for repair during normal business hours.

PARKING OUT FRONT OF THE BUILDING

For our resident's convenience, you are able to park temporarily in front of the building for up to 30 minutes after the front desk gives you the pass to put in your car. We have several residents that are leaving their car out front for long extended periods of time, which is not fair to other residents. Any residents that continues to do this will be notified and the front desk has been instructed to call the police to have the car ticketed.

Thanks,
Joan



MARY'S CORNER

It is with a heavy heart that I write to say, "Good Bye," to our dear friend and faithful Volunteer of Eating Together. "We miss you, Myra, May you rest in peace."

Eating Together is planning a special "Surprise Day" for our faithful participants on Wednesday March 27. Because it is a surprise, we're just saying, "Come ready to have fun and be surprised."

As to the trips, we still have seats available on the trip March 8 to Rosarios' Italian/ Seafood Restaurant and Martin Plaza for shopping at Target, Kohls, Dollar Tree and Payless (closing.)

In April we will celebrate spring with lunch at your favorite Crazy Tuna, and shop at 2nd Avenue for bargains. Time permitting, we'll stop at

Dollar Tree.

We really hope more of you join us for these activities. They are a lot of enjoyment for six hours of fun for \$10. See me at Eating Together if you have any questions or to sign up. Not much walking on either trip.



Mary



March COLON CANCER AWARENESS MONTH

EST. 2000

Tell the world that colon cancer is preventable, treatable and beatable.

Colorectal cancer is the third most common cancer in the

United States and the second leading cause of death from cancers that affect both men and women. Colorectal cancer affects people in all racial and ethnic groups and is most common in people age 50 and older.

The good news? If everyone age 50 and older got regular screenings, 6 out of 10 deaths from colorectal

cancer could be prevented. Communities, health professionals, and families can work together to encourage people to get screened.

SYMPTOMS

Colorectal cancer symptoms depend on the size and location of the cancer. Some commonly experienced symptoms include changes in bowel habits, changes in

People may experience:

Pain areas: in the abdomen

Gastrointestinal: blood in stool, change in bowel habits, constipation, narrow stools, or passing excessive amounts of gas

Whole body: anemia or fatigue

Remember if you are age 50 or older, please schedule an appointment with an Professional. Early detection is the key.

Maintenance News Robert Pattison, Supervisor

March is here and we're all looking forward to spring. 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.

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. And please remember that all trash must be placed in plastic bags before being placed into the trash chute.

Please remember that no one is permitted to use their stove to add heat to their apartment. The thermostat is designed to maintain 78 to 80 degrees in your apartment. If we learn of a stove being used for heat, the resident will receive a letter from management making it clear that this is a lease

violation leading to termination of lease.

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, thanks for your patience.

Bob



Your mind
is a garden.
Your thoughts
are the
seeds.
You can grow
flowers
Or you can grow
weeds



Resident Services, Sheila P. Alderman, Resident Services Coordinator

I hope everyone will have a relaxing and enjoyable St. Patrick Day. Take the time out and enjoy the St. Patrick's Day parade. Make sure you wear your green outfits. Welcome to our upcoming Spring season.

Laundry Room

When using the laundry Room facility, keep in mind that you should not leave your clothes unattended. We are **not**

responsible for laundry left in the machine unattended. You should remain with your laundry or at least, come back when the timer indicates the wash or dryer will be finish.



In addition, when using the heavy cycle, keep in mind that it does not mean to overload the machine. It simply means the laundry is a little more soiled than usual. Finally, watched the amount of detergent used to avoid any overflows.



For those of you who have not utilized the Baltimarket program, try it, you just might like it. It offers 5% discount on your grocery bill, an opportunity to have healthy foods delivered to you (fruits, vegetables, fish, poultry, water) without a delivery charge regardless of the amount purchased over \$10.

Please keep in mind that all order must be in by 4:00 pm on Mondays.

Baltimarket cont'd

Any orders placed after 4:00 pm and is successfully filled will have to pay the delivery charge. This rule is under the Baltimarket Program with the Baltimore City Health Dept. and not ShopRite or Westminster House.

To ensure you get what you want, when placing your orders, please make sure you write legibly, include page numbers if item is in the circular, quantity, and specific what type of item(s). For example, if you are ordering ice cream, specify the quantity and the flavor: vanilla, chocolate, strawberry, etc.

Also, Rosana Snell and Janet Thompson are the Baltimarket Food Advocates that can assist you as well. If you have any concerns about your order please see me.

Memorial Service for Myra Highgate

On behalf of Myra's family, many thanks to all who participated in the donations, attendance, and contributions to her Memorial Service. It was very warm and heartfelt.

Social Security

By now, you should have received a statement of 2018 income from Social Security. This statement is called a 1099. Also, you should have received a Benefit Statement of your (2019) income showing an increase. Please make sure you hold on to these statements for future needs as proof of income.

2019 Renter's Tax Credit Refund

Applications for the Renter's Tax Credit Refund are now available. If you have applied before, you should start receiving an application within a week automatically in the mail unless you have move. If you have moved to a different unit, see me. If you are eligible, you have until September 1, 2019 to file. Eligible participants will need the following documents to file for a refund.

1. 2018 Award letter, 1099, W2, or Income Statements
2. 2018 Lease Agreement
3. Social Security Card
4. Picture ID

Individuals who need assistance with completing their applications can schedule an appointment with me. I will obtain whatever paperwork you may need from Jennifer in advance.



RSC UPCOMING EVENTS

3/6	Diabetes Management	1:00 pm	
3/6	Cooking Class	4:00 pm	is
3/12	Md. Food Bank	3:00 pm	
	Mondays-Shoprite Order	2:00 pm	
	Tuesdays-Walmart Trip	11:30 am	
	Tuesdays-JHSN Visit	11:30 am	
	Thursday-Shoprite Delivery	3:00 pm	



Diabetes Management
3/6, 3/13, 3/20,
3/27, 4/3, and 4/10/2019
1:00 pm



AH Cooking Classes

3/6, 3/20, and 3/27/2019
4:00 pm

COMING ATTRACTION

American Heart Association Cooking class



coming this month. Classes are limited so don't forget to sign up.

Wilmer Eye Clinic is coming in April.

Come and get your free annual eye exam and Glaucoma Testing. Watch for the posting.





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Fax: 410-685-4991

Website:

www.westminsterhouseapts.org

MARCH'S BIRTHDAY CELEBRATION

*John Foss
 Anna Lohmann
 Gerald Horton
 Belinda Guess
 James Lowery
 Ivy Anderson
 William McCormick
 Jordan Crosby
 Wandra Jackson
 Barry Leonard
 Harold Wallace
 Helen Wallace*

*Verzier Scott
 Celia Madison
 Charles Butler
 Theodore Gregory
 Dorothy Davis
 Joan Brooks
 Marion Truxton
 Charlotte Matthews
 Ellen Nagle
 Larry Mack
 David Jones*



If your name is not listed above, please forgive us as we try to update our listing....we sincerely wish you have 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 are all 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

FREE Verizon Pre-Paid Phone

The Compliance Office has a few flip style phones that are Verizon Pre-Paid from the relocation services. They are available for current residents only. They will be given out on a first come- first served basis. Please see Jennifer Coco for additional information.

****Westminster House Apartments will NOT be responsible for re-activation or recurring monthly fees. ****



Affordable Internet at Home and Computers for WHA households that receive Housing Assistance

Did you know that because you receive Housing Assistance you may be eligible for internet service for only \$9.95 a month + tax from Comcast through the Internet Essentials Program?

\$9.95 a month + tax
 NO INSTALLATION FEE
 15 Mbps

NO CREDIT CHECK
 NO TERM CONTRACT
 IN-HOME WiFi INCLUDED

You may also be eligible to get a desktop or laptop computer for \$149.99 + tax. This offer includes:

Microsoft Office A 90-day warranty Norton™ Security Suite

To apply for Internet Essentials, visit www.internetessentials.com or call

1-855-8-INTERNET (1-855-846-8376). You will need a copy of your Housing Assistance Payment to complete your application. You can obtain a copy of your Housing Assistance Contract from the Compliance Office at Westminster House Apts.