

AUGUST  
2019



# “THE VIEW FROM 524”

SPECIAL POINTS OF INTEREST:

• Upcoming Events

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## From the Senior Manager, Joan Campbell, CPM

Dear Residents,

### INSPECTION

Baltimore City will be coming sometime during the month of August to do their annual inspection of a number of units and the common area of the building. Once we receive their date, we will notify everyone.

### FRONT ENTRANCE RECEPTION AREA

We want to thank everyone for using the reception area only when waiting for rides, we really appreciate it!

### PARKING IN FRONT OF THE BUILDING

As you are aware, you can temporarily park out front with a pass for 30 minutes that you can get from the front desk.

### TRASH CHUTE

As stated in the Rules and Regulations, trash is not to be put down the trash chute after 10pm daily. Please be considerate of your neighbors and wait until the next day to take your trash to the trash room. Please do not leave the trash in the trash room.



### WIRELESS ON THE 1<sup>ST</sup> FLOOR

As a reminder, for those of you that have a laptop and want to use it on the 1<sup>st</sup> floor, we do now have a wireless router.



The network is WHApartments and the Key Code is “the computer guy”.

### NON-SMOKING POLICY

We have a non-smoking policy at the Front Entrance; you can smoke on the Centre Street Side of the building. I appreciate how everyone has followed our new policy; it makes such a difference when walking in and out of the building. Thank you!



### EATING IN COMMON AREAS



Residents are not allowed to eat or drink in the common areas of the building, including the outside garden area and catwalk.

Joan



# REMEMBRANCE

Thought for the Week...

Your present circumstances don't determine where you can go; they merely determine where you start...

~ Nido Qubein

www.novebeyond.net/quotes | novebeyond



If you want to feel rich, just count the things you have that money can't buy.

Happiness comes when we stop complaining about the troubles we have and offer thanks for all the troubles we don't have.

WWW.LIVELIFEHAPPY.COM

## MARY'S CORNER

Can you believe it? The summer is almost over with the passing out of the August menus. There are no days off and no special events in August so just check the menus that we post.

As to the trip, we finally have a date for Pennsylvania. The city could not guarantee the 9<sup>th</sup> so we decided on **August 23**. If that poses a problem for any of you, just see me at Eating Together no later than this week because the bus is full and if you need to change your plans, someone else might need your seat.

That will be my last day here. Andre Nock will be in charge of Eating Together. As to the trip coordinator, that is a management decision.

I want to take this time to thank Mr. Garland McPherson, President of the Board of Directors, for appointing me to the Board of Directors as the residents', representative. I would also like to thank Ms. Joan Campbell, Manager, for the confidence that she placed in me by naming

me the site supervisor of Eating Together, the Coordinator of Trips and especially her friendship. As to the other management team, I appreciate your cooperation. To the residents I say, "Eating, shopping, laughing and just having fun with you has been great. I am grateful for your support in these endeavors. I say, "Thanks and continue to support my replacements as you did me. Don't give up on the O's and the Ravens.". I will always remember my 16 years here.

Mary



## HEALTHY RECIPE



### BROCCOLI WITH LEMON AND RED PEPPER FLAKES

#### INGREDIENTS

- ◆ 2 bunches broccoli (Broccoli can be substituted but might need to be boiled for a few minutes longer.)
- ◆ 1 teaspoon kosher salt
- ◆ 2 tablespoons extra virgin olive oil
- ◆ 1/2 teaspoon red pepper flakes

- ◆ 1 garlic clove, minced
- ◆ 1 tablespoon lemon juice
- ◆ 1 teaspoon lemon zest,, grated

#### DIRECTIONS

1. Bring a large pot of water to a boil. Add salt and broccoli and cook for 3 minutes until just tender. Transfer broccoli to a large bowl of ice water to stop the

cooking and preserve the green color. Once cooled, place broccoli on a paper towel to drain. 2. In a large skillet, heat oil over medium heat. Sauté garlic and red pepper flakes until garlic is tender (about 2 minutes). Add broccoli, lemon juice, and zest and sauté until the broccoli is heated through and the lemon juice has reduced (about 3 minutes). Taste and season with additional salt, if necessary.

## MAINTENANCE SUPERVISOR, HAZIR QELIQI NEWS

The summer month of August is here. The AC System is working well. All work orders should be called in to the front desk.

Please contact maintenance for assistance if you have any unwanted furniture or items that you may want to get rid of. Let us know ahead of time. Please do not leave in the trash room

Be mindful of furniture and items that you may bring

into the property does not contain unwanted insects or creatures. Also as we all know, bed bugs do travel. If you see furniture or items in the trash room, do not take it and bring into your apartment. It's a possibility it might have bed bugs or any other critters.

**VERY IMPORTANT NOTE:** Full cooperation is a must. For residents that requires the Exterminator do a preventive treatment for bed bugs in their units, you will be handed a preparation sheet on what to exactly do to prep your apartment



for the treatment. **These things must be done!!!**

Please do not feed the birds on the property. It causes the birds to create a mess on the property, which can cause a safety hazard for residents.

When throwing out trash in the trash chute, make sure it is in bags and the bags are tied. This means including cat litter, food, shredded paper, etc.

Thank You Hazir

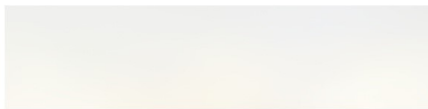
### Resident Services, Sheila P. Alderman, Resident Services Coordinator

I hope everyone is enjoying their summer. We survived July’s high temperatures and we will endure the upcoming storms.

#### THE MAN IN THE MIRROR

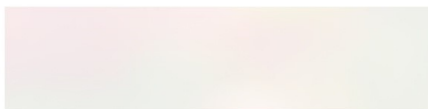
The renovation is completed, the resident’s celebration event was a blast, and we had our Grand Re-open Ribbon Ceremony.

We now have approximately 100 new residents more than we had this time last year. We are family that comes from all different walks of life, illnesses, opinions, finances, backgrounds, etc. And the one thing we need to practice is to respect each others situation. We all are different in our own ways, but still have pride and dignity. No one is perfect. If you don’t believe me, look at the man in the mirror. Do you look like me. Here’s a poem that says it all!!



I am the man in the mirror,  
anything you see in me is in  
you, I am you, and when you  
can admit that you will be  
free. I am just a mirror.

Charles Manson  
PICTUREQUOTES.COM



PICTUREQUOTES

#### IMPORTANT NOTICE

Please review your information for who you have listed as an Emergency Contact. It is imperative that you keep this information up to date. In the event something happens, we must know who to contact to advise them that you are having a crisis.

#### PRESCRIPTION HELP

It has been brought to my attention that some residents who have Medicare are having problems with the cost of prescription charges. Please visit the Resident Services Office and hear about the available options to you. Some of the options are:

#### QUALIFIED MEDICARE BENEFICIARY (QMB)

QMB helps eligible Maryland residents by paying the full amount of your monthly Medicare premiums and your Medicare co-pays and deductibles. If qualify, you will receive a gray and white OMB card by mail.

#### SPECIFIED LOW-INCOME MEDICARE BENEFICIARY PROGRAM (SLMB)

If you do not qualify for QMB then you may qualify for SLMB. SLMB will pay only your monthly Medicare Part B medical insurance premium. You will not receive a card but a letter to tell you if you are eligible. See the Resident Service Coordinator for more details.

#### EXTRA HELP

Medicare beneficiaries can qualify for Extra Help with their Medicare prescription drug plan costs. The Extra Help is estimated to be worth about \$4,000 per year. To qualify for the Extra Help, a person must be receiving Medicare, have limited resources and income.

#### SENIOR PRESCRIPTION DRUG ASSISTANT PROGRAM

The Senior Prescription Drug Assistance Program (SPDAP) is a subsidy program established by the Maryland General Assembly in 2005 to provide financial assistance to moderate-income Maryland residents who are eligible for Medicare and are enrolled in a prescription drug plan.

#### FINAL CALL

#### 2019 Renter’s Tax Credit Refund

Please keep in mind that August is the last month to submit applications for Renter’s Tax Credit Refund. If eligible, September 1, 2019 is the deadline to file. Eligible participants will need the following documents to file for a refund.

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

**Individuals who need assistance with completing their applications can see me in my office. I will obtain whatever paperwork you may need from Jennifer in advance.**



Sheila



#### RSC UPCOMING

8/12	MLS Cancer Screening	1:30 pm
8/13	Walmart Trip	11:30 pm
8/13	Md. Food Bank	3:00 pm

#### COMING ATTRACTION

City Council President, Bernard C “Jack” Young Senior Symposium. Thursday, September 20th, from 8:30 to 1:30 pm; Martin West, 6817 Dogwood Road, Baltimore, Md. 21244. **Must RSVP at (410) 396-2042. Continental breakfast and lunch plus** lots and lots of vendors, giveaways and raffles.





**Westminster House Apartments**  
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**Baltimore, Maryland 21201**  
**(In Historic Mount Vernon)**

**Phone: 410-837-0180**  
**Fax: 410-685-4991**  
**Website:**  
**www.westminsterhouseapts.org**

**AUGUST'S BIRTHDAY CELEBRATION**

- |                            |                            |
|----------------------------|----------------------------|
| <i>Herbert Carrington</i>  | <i>Diane Powell</i>        |
| <i>James Wilson</i>        | <i>Ernest Jones</i>        |
| <i>Jennifer Parker</i>     | <i>Donnetta LeGrande</i>   |
| <i>Diane Abdir-Rahman</i>  | <i>Katheine Greene</i>     |
| <i>Maxwell Moses</i>       | <i>Larry Leiby</i>         |
| <i>Jackie Taylor</i>       | <i>Frank Speller</i>       |
| <i>Delliah Dickens</i>     | <i>Daniel Stern</i>        |
| <i>Trenace Royster</i>     | <i>Kathryn Fitzsimmons</i> |
| <i>James Thomas</i>        | <i>Debra Miller</i>        |
| <i>Martin Ertz</i>         | <i>Michael Caroll</i>      |
| <i>George Bailey</i>       | <i>Sarah LeVine</i>        |
| <i>Carl Pitkevits, III</i> | <i>Patricia Berry</i>      |



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 MANAGER, JENNIFER COCO UPDATE**



**Renters Insurance Policy Reminder**

This policy can be found in your Building Rules and Regulations Addendum Item # 13

“Resident agrees that Landlord shall not be liable for theft, damages or destruction of personal property or any bodily injury or death to Resident or any person whomsoever, unless the same is caused by the negligence or other misconduct of the Management. (It will be the responsibility of the Resident to obtain renters insurance to protect their personal property.)”

Renters insurance is one of the most valuable and overlooked pieces of financial protection available to renters. Residents at Westminster House Apartments are strongly encouraged to maintain individual Renters Insurance. A comprehensive policy could cover costs to replace your personal belongings; like your furniture, electronics, computer equipment, your clothes, jewelry and appliances. Basic renters insurance could reimburse you for the loss of property (up to your policy’s coverage limit) if destroyed, damaged, lost or stolen in many different events (\*\*Based on coverage of your specific policy). A few examples of Insurance Providers in our area are Allstate, Erie, Geico, Liberty, Progressive and State Farm. Discounts are frequently offered if you already have an existing insurance policy with the carrier. Please see Sheila Alderman if you need additional assistance with reviewing or purchasing Renters Insurance .



We would like to welcome the following new residents to our Community!!

Derrick Jones  
 Michael Owen

George Cookson  
 Frank Maddox-Bey

-Jen-