



SEPTEMBER 2019 ISSUE

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“THE VIEW FROM 524”



From the Senior Manager, Joan Campbell, CPM

Dear Residents,

GOING AWAY?

Remember when you leave overnight (or for an extended vacation) - Please let the front desk know how long you expect to be gone. Please also remember to let them know when you get home; or return from the hospital.

TRASH CHUTE

We are still having problems with residents putting trash on the floors in the trash rooms. 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.

EXTERMINATION REQUESTS

The front desk will continue to take requests for general pest control concerns. If you have, or think you have, a pest control concern, notify the front desk. All Bed Bug concerns will begin going to the Compliance Office. You may notify either Jennifer Parker or Jennifer Coco if have a concern.

PACKAGES

Please remember to check your mail frequently, and to pick up your packages in a timely manner. Notices are placed on your mailbox when you have a package at the Front Desk. We ask that you kindly pick up your packages within 48 hours.

Packages and mail will only be accepted for residents. Please remember that if you are sending packages to the property, it must in care of the resident. Packages not addressed to a resident will be returned undeliverable.

MONTHLY TRIPS

Sheila Alderman in Resident Services will begin coordinating the monthly bus trips. I'm sure there are many new adventures waiting to be scheduled.



Thanks
Joan

REMEMBRANCE

*“What lies behind us
and what lies before us
are small matters
compared to
what lies within us.”*

www.markamoment.com



THOUGHT FOR THE DAY
- 252 -

To keep the body
in good health is a
duty... otherwise we
shall not be able to
keep our mind
Strong and Clear.

BUDDHA
WWW.VERYBESTQUOTES.COM



Jennifer COCO, Compliance Manager Update

Annual Recertification!

It is that time of year

We will be scheduling one half- hour time slots with each resident (we do not anticipate that it will take the whole time). We will send you a letter with your appointment time, which we are going to try to schedule by floor. Please try to keep your appointment.

A letter has already come around asking that you stop by the Compliance Office to sign your release for your Social Security/Supplemental Social Security/Disability Income.

In-order to complete your recertification interview, we are asking that you provide the office with:

1. Contact information for any new income/asset accounts since your last certification in January.

The Affordable Housing Program requires that we annually recertify all household incomes and an annual recertification must be completed to continue occupancy in your apartment.

We appreciate everyone’s cooperation and patience.

This Process DOES NOT include anyone that has already completed their annual recertification paperwork- these are JANUARY only.



We would like to welcome our newest residents to Westminster House:
Calton Anderson
Audrey Curry
Blair Smith



HAZIR QELIQI , MAINTENANCE SUPERVISOR NEWS

The fall month of September is here. The heat to the building will be turned on October 15th.

Issues with individual thermostats are being resolved as they arise. You should call the front desk to place a work order ticket for any repairs that need to be tackled in your apt.



For those of you that may want to get rid of any unwanted items

from your apartment, please contact maintenance for assistance. We will haul these items directly out of the building for disposal without obstructing the trash rooms. Let us know ahead of time if you have items to discard.

Please do not feed the birds on the property. It is causing the birds to create a mess on the property which could be a safety hazard for many of our residents.

Please do not sort through furniture that is being thrown out. There is a possibility that

that furniture is infested with bed bugs The last thing you want to do is bring bed bugs into your apartment. If you suspect that you may have bed bugs, roaches, or any other type of pest, please let us know as soon as possible. Early detection works best for removing of any unwanted pest.



Thanks
Hazir



Resident Services, Sheila P. Alderman, Resident Services Coordinator

WESTMINSTER HOUSE MONTHLY TRIP

As you all know, Mary Garmer has decided to take advantage of the Florida sun. She will be missed and we wish her well in her future endeavors. We had a farewell gathering for Mary that she enjoyed.



For the monthly trips, Resident Services will be taking over scheduling and coordinating the monthly bus trips. Our next scheduled trip is Friday, September 13, 2019. We are traveling to Savers, Friendly Farm Restaurant, and Yorktowne Plaza. Yorktowne Plaza includes a Food Lion, Dollar Tree, Rite Aid, Coldstone Ice Cream, and Five Below. The cost is \$15.00. See me in my office if you wish to attend. It's going to be fun.

In addition, I want to hear from you. Let me know places you want to go. Trips are about you. I have a survey that you can complete and it will help me plan trips centered around

VOLUNTEERS NEEDED

We are currently recruiting additional Westminster House Residents' Volunteers. You are needed. We are just about 100% occupied and we need your help in the following areas.

- * THE EATING TOGETHER PROGRAM
- * MAINTENANCE
- * FOOD BANK
- * FIRST RESPONDER

Most of our volunteers are so over worked that they really do not have time for themselves. This building is about you. Please volunteer so we can make Westminster House a better place to live. See me in my office if you wish to volunteer. Many thanks to the most recent volunteers: Earlene Bagley, Diane Powell, Sharon Rice, Kathleen Middleton, George Cookson, and James Deibell.

First Responders' is a really big one. There are so many things going on in the city that we need to be prepared if anything strikes us. All you will have to do is knock on the doors on your floor and make sure each resident is aware and direct them to the nearest exit. For the Stay in Place residents, make sure their doors are shut and a wet towel under the door. It's not hard. Training will be provided.



IMPORTANT PRESENTATIONS



We have two very important presentations coming that I encourage you to attend. Liberty Mutual will be here to talk about the importance of having Renter's Insurance.

Did you know that, Landlords are not 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's the responsibility of the Resident to obtain renters insurance to protect their personal property.



Is a Medicare program that provides no cost genetic cancer screenings to individuals who are covered by Medicare. It's a simple cotton swipe, information is sent to the lab and you will be notified in writing the result. It is a confidential testing. Please come out and support the cause.

Sheila

RSC UPCOMING EVENTS

| | | |
|------------------------------|---------------------------------|----------|
| 9/10 | Maryland Food Bank Distribution | 3:00 pm |
| 9/11 | Liberty Mutual | 2:00 pm |
| 9/13 | Monthly Trip | 10:00 am |
| 9/20 | Podiatrist | 10:00 am |
| 9/25 | Cancer Screening | 2:00 pm |
| Tuesdays-Walmart Trip | 12:00 pm | |
| | Baltimarket orders | |
| | Due | 3:45 pm |
| Thursdays-Shoprite Groceries | | |
| | Delivered | 4:00 pm |



COMING ATTRACTION



It's that time again. John Hopkins visiting nurses. The nurses will be with us for fourteen weeks. This service is sponsored by John Hopkins School of Nursing. Individuals who select to participate will have a nurse that will visit them once a week for about an hour and assist them with taking their temperature and pressure as well as assist in finding services that are suitable for you. Please participate and help our future for tomorrow.



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

SEPTEMBER'S BIRTHDAY CELEBRATION

- | | |
|-------------------------|--------------------------|
| <i>Sally Johnson</i> | <i>Tennyson Fornah</i> |
| <i>Vivian Johnson</i> | <i>Jean Pinder</i> |
| <i>Darryl Goodwin</i> | <i>Shana Allen</i> |
| <i>Frank Maddox-Bey</i> | <i>Rodney Sykes</i> |
| <i>Thelma Mitchell</i> | <i>Edward Richards</i> |
| <i>Warren Snowden</i> | <i>Irvinette Kosh</i> |
| <i>Gary Mitchell</i> | <i>Moses Sumier</i> |
| <i>Leon Speaks</i> | <i>Larry Perkins</i> |
| <i>James Gillard</i> | <i>Coila Sieber</i> |
| <i>Sylvester Brady</i> | <i>Russell Wilmore</i> |
| <i>Louis Bannerman</i> | <i>James Brockington</i> |
| <i>Phillip Williams</i> | <i>Darlene Dinsmore</i> |
| <i>Charles McKeldin</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

If you are aware of any individual (s) that are sick or shut in, please make sure you appeal to them. For we all are members of Westminster House and we are family.

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



World Alzheimer's Month is observed in September every year. World Alzheimer's Month was launched September 2012. The decision to introduce the full month, to contain the existing World Alzheimer's Day, was made to enable national and local Alzheimer associations worldwide to extend the reach of their awareness programs over a longer period of time.

Alzheimer's disease is irreversible and destroys brain cells, causing thinking ability and memory to deteriorate. Alzheimer's disease is not a normal part of aging. Dr. Alois Alzheimer first identified the disease in 1906. He described the two hallmarks of the disease: "**plaques**," which are numerous tiny, dense deposits scattered throughout the brain that become toxic to brain cells at excessive levels, and "**tangles**," which interfere with vital processes, eventually choking off the living cells. When brain cells degenerate and die, the brain markedly shrinks in some regions.

The effects of Alzheimer's disease

Alzheimer's disease is a fatal disease that eventually affects all aspects of a person's life: how they think, feel, and act. Each person is affected differently. It is difficult to predict symptoms, the order in which they will appear, or the speed of their progression.

Cognitive and functional abilities: a person's ability to understand, think, remember and communicate will be affected. This could impact a person's ability to make decisions, perform simple tasks, or follow a conversation. Sometimes people lose their way, or experience confusion and memory loss, initially for recent events and eventually for long-term events.

Emotions and moods: a person may appear apathetic and lose interest in favorite hobbies. Some people become less expressive and withdrawn.

Behavior: a person may have reactions that seem out of character. Some common reactions include repeating the same action or words, hiding possessions, physical outbursts and restlessness.

Physical abilities: the disease can affect a person's coordination and mobility, to the point of affecting their ability to perform day-to-day tasks such as eating, bathing and getting dressed.