



SPECIAL
POINTS OF
INTEREST:

- Recertification
- Upcoming Events
-

From the Senior Manager, Joan Campbell, CPM



Dear Residents:

Happy Fall! Thanks to everyone that attended our town hall meeting!

LAUNDRY ROOM

Management has been informed that there are some residents that are using several washers and dryer at the same time and other residents are not able to use them. Please be more considerate of others and use only one washer/dryer at a time.

PROPER ATTIRE

It has been brought to my attention that some residents are entering the lobby area in their night clothes and slippers, this is not allowed. All residents and guest must be properly dressed when entering the common area.

ACCESS CARDS

The access cards are to be used for everyone's safety. When entering the building please make sure you have your access card handy, this is for your safety and the safety of the building.

LIBRARY

The use of the library is for social gathering amongst friends and to utilize the computer area. **NO FOOD IS ALLOWED IN THE LIBRARY** and we have been informed that some residents have been bringing food and eating in there. We work very hard to eliminate any type of bugs in this building and need everyone's assistance to keep it that way.

TRASH ROOM AND CHUTES

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 on the floor in the trash room. It is not management's responsibility to clean up after residents that continue to leave trash, cat litter, and other items in the trash room. Please refrain from doing this in the future to avoid a violation letter from management.

Joan

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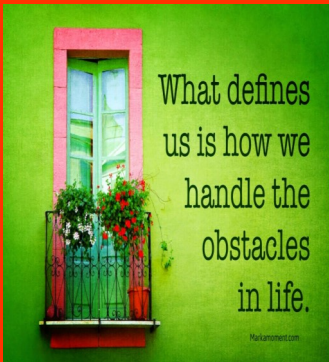
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REMEMBRANCE



Some SUCCEED because they are Destined to, however most SUCCEED because they are Determined too!!!

Keep :). . .



LIFE-LIVE IT
Centre Where Knowledge Flows
life@met21@gmail.com

JENNIFER COCO, Compliance Manager Update

Recertification Status

We are well underway, and ahead of schedule, with our Annual Recertification. We have completed the second through the fourteenth floors. You will receive a letter with your appointment, if you have not been completed already. Please contact the Compliance Office if you will not be able to attend your appointment. All of the annual recertification will be scheduled by the middle of October.

There are still a small number of residents that have not rescheduled their recertification appointment. Please remember that this is a requirement of your lease, and failure to submit your paperwork will result in a notice to vacate.

Thank you all for your prompt assistance with the annual paperwork, it is greatly appreciated.



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

Eleanor Broadway
Cindy Curtin
Charles White

-Jen Coco-



Maintenance News HAZOR Q. Supervisor

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

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 apartment.



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.



Do not throw out cat litter without putting it in a trash bag. When throwing out cat litter or any other trash, make sure the bags are tightly tied before putting it in the trash chute.

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 accordingly as soon as possible. Early detection works best for removing of any unwanted pest.

Thanks

Hazir



Resident Services, Sheila P. Alderman, Resident Services Coordinator

HONORING OUR WESTMINSTER HOUSE VOLUNTEERS

Our 2019 volunteers were honored by The Baltimore City Health Department, Office of Aging, Retired Senior Volunteer Program on Friday, September 27, 2019.

Westminster House Volunteers will also be honored here at Westminster House on the 18 floor in the upcoming months. This event will be invitation only. It is Management effort to show our gratitude for the hard work, sunshine, joy and love they bring to the Westminster House Family.

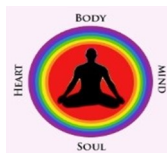
Westminster House Volunteers Program

Be a volunteer at Westminster House. You can make a difference in your own community. We need volunteers for the Eating Together Program, Food Distribution, Maintenance, First Responder, etc. Keep in mind that we all are family at Westminster House

The benefits are you will become part of the Baltimore City Retired Senior Volunteer Program (RSVP) where you will receive an Annual Recognition Luncheon as well as an Annual Westminster House Appreciation Luncheon. The biggest benefit is the joy, spirituality, and gratification you feel helping someone else.



INTEGRITY HEALTH SERVICES, LLC (HIS)



HIS is a service that emphasizes a physical, psychosocial, and emotional support for recipients to build a sense of control guidance, and empowerments to positively function in the community. Individuals will gain independence and life skills necessary to live a healthier life. Come to this presentation held this month on the 18th floor to learn how you can help yourself live a happier and more enriched retirement.

MEDICARE SUBSCRIBERS

It has been noted that they are still residents that are eligible for Qualified Medicare Beneficiary (QMB) but have not applied. QMB helps eligible Maryland residents by paying the full amount of the monthly Medicare premiums and 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 the monthly Medicare Part B 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.

What is Medicare?

Medicare is a Social Security benefit for which individuals age 65 and older or individuals under age 65 that have certain disabilities, such as permanent kidney failure, may be eligible. Essentially, Medicare is a federally funded health Insurance program that covers treatment of acute medical conditions or those conditions from which individuals usually recover. Medicare attempts to provide reasonably priced, quality health care to the segment of the population that generally lives on a restricted income. Medicare is provided in four parts, Parts A-D, and each part covers specific services. Most people eligible for Medicare are covered under the Original Medicare Plan. Individuals covered by this plan pay a portion of their health care costs as well as an additional premium, referred to as a deductible and coins

Open Enrollment for Medicare is October 15-December 7th with a effective date of January 1st. This is the time to switch Plans. You can switch from the original Medicare or change to a Medicare Advantage Plan or reverse plus more.

Sheila

RSC UPCOMING EVENTS

8	Md. Food Bank Distribution	3:00 pm
11	WH Monthly Trip	10:00 am
TBA	Flu Shots	1:00 pm
15	MSL Diagnostics	2:00 pm
16	Integrity Health	2:00 pm
25	Flu/Shingle Shots	2:00 pm
30	Smoking Cessation	2:00 pm
	Wal-mart Trip –Every Tuesday	11:30 am
	Balti-Market Ordering	2:00 pm
	Balti-Market Delivery	3:00 pm



SCAMS



Residents please beware of the telephone scams. When receiving phone calls do not provide personal information over the phone. Social Security, IRS, Social Services, or Student Loans will not call you if there is a problem with your benefits. This is a tool that is use to steal your identity. Providing personal information opens the door to become a product of Identity Theft.



Westminster House Apartments
524 N. Charles Street
Baltimore, Maryland 21201
(In Historic Mount Vernon)

Phone: 410-837-0180

Fax: 410-685-4991

Website:

www.westminsterhouseapts.org

OCTOBER'S BIRTHDAY CELEBRATION

- | | |
|----------------------------|------------------------|
| <i>Stephanie Ambrose</i> | <i>William Palmer</i> |
| <i>Vaughn Dykes</i> | <i>Irene Bridges</i> |
| <i>Eleanor Hill</i> | <i>Harry Lucky</i> |
| <i>Robert Halsor</i> | <i>Clifford Brown</i> |
| <i>Elvert Barnes</i> | <i>Calvin Jackson</i> |
| <i>Phillip Scott</i> | <i>Ralph Watkins</i> |
| <i>Elijah Street</i> | <i>David Raines</i> |
| <i>Rogert Burgess</i> | <i>Stefano Johnson</i> |
| <i>Robert Hairston</i> | <i>Leslie Offutt</i> |
| <i>Stanley Weber</i> | <i>Joan Campbell</i> |
| <i>Jeanette Carrington</i> | <i>Patrick Rowland</i> |
| <i>Ronnie Harmon</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 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.

October Is Depression Awareness Month



Depression affects an estimated one in 15 adults (6.7%) in any given year. And one in six people (16.6%) will experience depression at some time in their life. Depression can strike at any time, but on average, first appears during the late teens to mid-20s. Women are more likely than men to experience

depression, in fact, some studies show that one-third of women will experience a major depressive episode in their lifetime. Whether for heart disease, high blood pressure, diabetes or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice. Like screenings for other illnesses, depression screenings should be a routine part of your healthcare. October, 2019, is National Depression Education & Awareness Month and Oct. 10, 2019, is National Depression Screening Day. National Depression Screening Day (NDSD), is dedicated to raising awareness and screening people for depression and related mood and anxiety disorders. NDSD is the nation's oldest voluntary, community-based screening program that gives access to validated screening questionnaires and provides referral information for treatment.

This year's theme, "Reach Out," focuses on connecting with those around you and finding support for yourself and others. Whether you tell one person, talk to a doctor or mental health professional or become an advocate for mental health awareness, it's important to reach out to help yourself and help others.

Depression screening is effective in linking at-risk individuals with treatment options. Results from a 2009 independent research study by the University of Connecticut and commissioned by Screening for Mental Health confirm this connection. The study showed that 55% of participants who completed an online depression screening and who agreed to participate in a follow-up survey sought depression treatment within three months of the screening.

To take a mental health screening, go to www.mhascreening.org or visit www.HelpYourselfHelpOthers.org to locate a mental health screening site or take an online screening.

You can help support the campaign on social media by using the hashtags #NDSD and #ReachOut. Please join us this National Depression Screening Day and help us spread the word to increase awareness of mental health.