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From the Desk of the Senior Manager, Joan Campbell, CPM



Dear Residents,
Happy Thanksgiving to everyone!

COMMON AREA ON 1ST AND 18TH FLOOR

These areas are for the use of the residents and also their guest, but you must be with your guest at all times when in the common area. Please inform your guest that they cannot roam the building without you being present.

CARTS

Please be courteous to your neighbors by returning the cart when you have finished using them. Too many residents are leaving the carts in their apartments for long periods of time.

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.** 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 10 pm 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. 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.

FRONT ENTRANCE RECEPTION AREA:

We want to thank everyone for using the reception area only when waiting for rides. We really appreciate it! Also, please refrain from standing at the desk having conversations with the front desk staff, they need to focus on the front door and the camera.

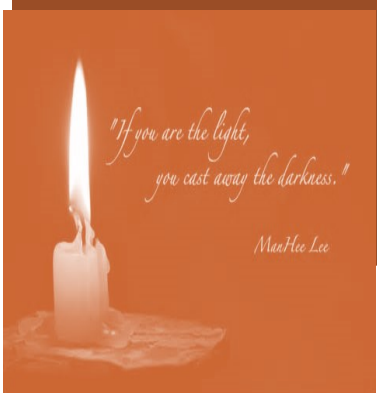
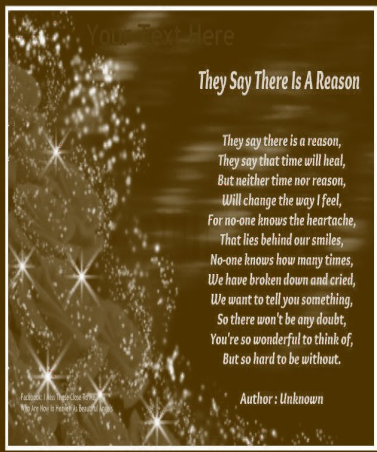
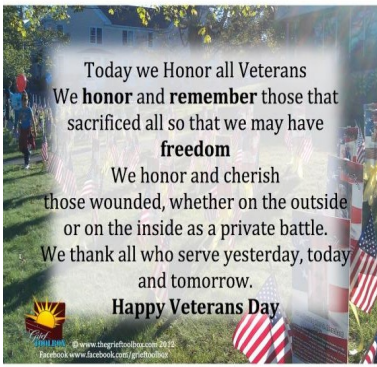
SMOKING IN THE STAIRWELLS

We continue to find cigarettes in the stairwell which is a fire violation. Anyone found smoking in the stairwells will be fined and will receive a lease violation from management.



Joan

REMEMBRANCE



Jennifer CoCo, Compliance Manager Update

Recertification Status Mid-Way Update

We are finished with the initial phase of our Annual Recertifications. All of the initial applications have been completed, and were ahead of last year!! If you received a follow up letter because you were unable to keep your appointment, please come see me in the Compliance Office so

we can reschedule your appointment. I am now processing the final stage of the recertification process. You will get an additional notice from me when your paperwork is complete; and your lease and income certification are ready for your signatures. We are ahead of schedule and I truly appreciate that almost everyone was able to make their

appointments. This year's process was very smooth, and we could not have done it without your-help.



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

I would like to welcome our newest residents to Westminster House:
Cynthia Curtain
Charles White
Marguerite Streater



-Jen Coco-

Maintenance News HAZIR QELIQI, Supervisor

The winter month of November is here. There will be no more AC in the apartments until May of next year. The heat is on and any questions regarding programming your heating module, if it is not working properly, or at all, please put in a work order at the front desk.

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.



Hazir



This is the month for gobbling. I hope everyone will have a Happy Thanksgiving. Once again, Westminster House Management will host a fantastic Thanksgiving Dinner from The Bea Gaddy Foundation on Thanksgiving Day, Thursday, November 28, 2019. All WH residents are welcome. Dinner is 12:00 pm until 2:00 pm. first come first serve. Bea Gaddy was very fond of Seniors. They were very dear and special to her. This is our way in saying Thank you to her for her dedication and loyalty to Seniors.



MESSAGE FROM SOCIAL SECURITY Cost-of-Living Adjustment for 2020



Social Security and Supplemental Security Income (SSI) benefits for nearly 69 million Americans will increase 1.6 percent in 2020.

The 1.6 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 63 million Social Security beneficiaries in January 2020. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2019. (Note: some people receive both Social Security and SSI benefits).




RSC UP COMING EVENTS

- 11/5 Md. Food Bank Distribution 3:00 pm
- 11/8 WH Monthly Trip 10:0 am
- 11/12 Salute to the Vet. 3:00 pm
- 11/20 MLS Cancer Screening 2:00 pm
- 11/22 Integrity Health 12:00 pm
- 11/28 Thanksgiving Dinner 12:00 pm
- 11/29 Podiatry Visit 10:00 am

Walmart Trip Every Tuesday 12:00 am
 Balti-market Orders Due on Mondays
 Balti-market Food Delivery Thursdays

DECEMBER 2019 MONTHLY TRIP

This will be our final trip for the year 2019. It is going to be a little different because we will be ending it with a bang. Thanks to Cindy Cummings, we will be traveling to Lancaster PA. to Site and Sounds Theatre to see the play Miracle of Christmas. Before the play, we will have Dinner at Shady Maple Smorgasbord; one of the largest smorgasbord in the country. We are blessed to received free tickets to the play but we have to pay for travel and dinner. The total cost is approximately \$60. The \$60 includes transportation, tips, dinner, and taxes. Tickets are limited and on a first come first serve basis. I need at least a \$30 deposit to hold your seat by November 13th and final payment by December 9th. We will depart on December 12th at 2:00 pm and arrive at Shady Maples for a 4:00 pm seating and depart for Site and Sounds at 5:30 pm and head to Site and Sounds for a 7:00 pm show. Please see me for any additional questions you may have. Please keep in mind that this is a value trip of at least **\$150 dollars but we are getting it for \$60; a savings of \$90.**

MEDICARE SUBSCRIBERS
 Open enrollment for Medicare coverage is on the way. The open enrollment period ends December 15th. This is the time you can switch to a Medicare Advantage Plan -Medicare Plan C or D, return to straight Medicare, or just Enroll. Effective date is January 1, 2020. It is wise to check if there are plans in this area that offers better health and/or drug coverage at a more affordable price. Call the Senior Health Insurance Program (SHIP) at (410) 396-2273 FOR DETAILED INFORMATION AND ASSISTANCE.



The buzz is that Medicare premium will probably increase in 2020 to \$144.40.50 per month. An increase of \$8.80. It has not been finalized yet. I will keep you posted.

Salute to Westminster House Veterans

On Wednesday, November 11th, Westminster House will salute the Veterans. The Veterans Administration will be here to discuss benefits that you are entitled to, certificates will be issued and of course, you will receive another pen to add to your collections over the years at Westminster House. Come and be encourage to share e of your memories.

Sheila



NOVEMBER 2019 MONTHLY TRIP



Arundel Mills Mall in Hanover Maryland

Last stop is at Dollar Tree Safeway or Aldi
The cost is \$15.00
First come First Serve
Payment must be made by Wednesday, November 6th
Depart November 8th 10:00 am.



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Fax: 410-685-4991

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www.westminsterhouseapts.org

NOVEMBER'S BIRTHDAY CELEBRATION

<i>Yvonne Wilson</i>	<i>Barbara Harris</i>
<i>Linda Dembo</i>	<i>Rose Williams</i>
<i>Robert Jones</i>	<i>Michele Rosenberg</i>
<i>Andre Nock</i>	<i>Christopher Moyer</i>
<i>David Smith</i>	<i>Mabel Howell</i>
<i>Elma Hall</i>	<i>William Holley</i>
<i>Charlotte Chase</i>	<i>Dorothy Robinson</i>
<i>Alton Pidgen</i>	<i>Frank Bonner</i>
<i>Kim McCray</i>	<i>Catherine Little</i>
<i>Rebecca Keithley</i>	<i>Juanita Williams</i>



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 or Westminster House and we are family.

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



alzheimer's association®

NOVEMBER IS NATIONAL ALZHEIMER AWARENESS MONTH

Alzheimer's disease is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 percent to 80 percent of dementia cases. Learn more: [What Is Dementia, Research and Progress](#)

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's). Learn more: [Younger/Early-Onset Alzheimer's, Risk Factors](#)

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. On average, a person with Alzheimer's lives four to eight years after diagnosis, but can live as long as 20 years, depending on other factors. Learn more: [10 Warning Signs, Stages of Alzheimer's Disease](#)

Alzheimer's has no current cure, but treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing. Learn more: [Treatments, Treatment Horizon, Prevention, Clinical Trials](#)