

SEPTEMBER
2020
ISSUE

**SPECIAL
POINTS OF
INTEREST:**

- Free Corona Virus Testing
- Mailing Ballots
- Podiatrist
- Library & 18th Floor Reopening

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Manager Update**

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From the Senior Manager, Joan Campbell, CPM



Dear Residents,

We are glad everyone enjoyed the snowballs on our first social event outside in quite some time. We plan on having several more like that during the warmer weather!

2020 has been a long and trying year for everyone so far and we know how difficult it has been for residents not being able to be in our common area. We are going to open up the library and 18th floor with limited times and it will be supervised access so we can stay in compliance with COVID-19. Olivia, our Resident Service Coordinator will be setting up a schedule starting in September, so please see her page and our calendar for September for the details.

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.

PACKAGES

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

Smoke Detector/CO2

Some recently threw one of our smoke detector's that a battery that was going bad down the trash chute and not it lays in the bottom of the pit, unreachable and continues to beep. **NO ONE IS ALLOWED TO REMOVE THESE FROM THEIR APARTMENTS. THIS IS A LEASE VIOLATION AND WHEN WE FIND OUT WHICH APARTMENT IS MISSING ONE YOU WILL BE RECEIVING A VIOLATION LETTER FROM MANAGEMENT.**

Access Cards

When entering the building, you **MUST** use your access card, please do not stand at the sliding door banging or yelling for the front desk to open the doors. We installed the system so that all residents are to abide by the rules by using their card to enter the building. Please remember to have your access card with you when leaving the building.

Return Grocery Carts

All carts must be returned to the front desk after you use them. Please do not leave them in your hallway.

Laundry Room We set up COVID-19 rules for the Laundry room and Only 4 People are allowed at a time. Before coming downstairs, please call the front desk and they will let you know how many people are in the LR. Do not leave laundry in the carts unattended. We are not responsible for items that are left behind.

- 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.

For all of the Recertifications that are due in January 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.

Due to COVID-19 Social Security’s office is closed to the Public. We are working on a way to effectively gather your social security income letter for 2020. We will advise you during your appointment how to contact Social Security.

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

- Thanks
JenniferCoco



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



MAINTENANCE NEWS

Boxes and Trash Removal

If you are not going to eat the food being given out at Food Distribution events, please do not take it. We have seen a large volume of boxes full of food left in the trash rooms. If you take food from the food distributions, and are only going to use part of it, please place your unwanted food in a bag, and dispose of it properly in the chute.

Boxes are not to be put into the trash chute. Please break them down and put them in the trash room. This is the ONLY trash that can be left on the floor. The trash chute is being jammed and damaged by boxes that get caught on the way to the compactor.

Maintenance please asks you to remember to socially distance while we are in your apartment for work orders. We appreciate your cooperation and assistance.

Thanks
Jeff



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Resident Services, Olivia I. Iyalla, Resident Services Coordinator

**WESTMINSTER HOUSE
MONTHLY TRIP**

MARYLAND FOOD DISTRIBUTION

I WANT TO SAY A VERY BIG THANK YOU TO EACH AND EVERY ONE FOR FOLLOWING THE PROCEDURES DURING THE MARYLAND BANK DISTRIBUTION LAST MONTH. LET US CONTINUE TO DO THE SAME THIS MONTH AS WE GET THROUGH THESE HARD TIMES TOGETHER.



For the monthly trips, Field trips are still on hold due to the COVID-19 Pandemic.



Library and The 18TH Floor Reopening

Please be advised that there will be Limited times set in place to ensure we are staying in compliance with COVID-19 as we Reopen the Library and the 18th floor. It will be supervised by me to make sure social distancing is being maintained.

Library Schedule
Monday -9am-3pm
Tuesday -9am-12pm

Wednesday—Closed

18th Floor Schedule
Thursday— 9am-3pm
Friday -9am-3pm

Underground Railroad Market



Fresh Produce, Arts & Crafts, local vendors, juices, Jamaican food, vegan, hotdogs, BBQ, Fish, donuts, tacos, cookies, bean pies, oils, shea butter, clothes handmade ,jewelry, snowballs, petting zoo, and much more.

Fridays Only
Pennsylvania ave. and Baker St.
8am-7pm
617 Baker St. contact: urmbaltimore@gmail.com

- Thanks *Olivia*

TO ALL RESIDENTS

THERE WILL BE A FREE COVID-19 TESTING PROVIDED BY KATHY WHITE FROM EMERGE BALTIMORE STARTING FROM TUESDAY SEPTEMBER 8TH-THURSDAY SEPTEMBER 10TH.

THIS WILL BE BY APPOINTMENT ONLY, AND IS A GREAT SERVICE THAT WE ARE BEING OFFERED.

YOU SHOULD TAKE ADVANTAGE OF IT.

PLEASE VISIT MY OFFICE TO SIGN UP. LAST DAY TO SIGN UP WILL BE ON SEPTEMBER 4, 2020.

The Podiatrist will be in on September 4, 2020

Please stop by office to make an appointment

Mailing Ballots



If you are requesting a Mailing Ballot Please visit my Office to register as the upcoming elections are soon approaching. **Remember each vote counts so let your voice be heard.**



RSC UPCOMING EVENTS

9/8	Maryland Food Bank Distribution	2:00 pm
9/4	Podiatrist	9:30 am
	Tuesdays-Walmart Trip	12:00 pm
	Baltimarket orders Due	4:00 pm
	Thursdays-Shoprite Groceries Delivered	4:00 pm





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SEPTEMBER'S BIRTHDAY CELEBRATION

- | | |
|-------------------------|--------------------------|
| <i>Sally Johnson</i> | <i>Tennyson Fornah</i> |
| <i>Frank Maddox-Bey</i> | <i>Jean Pinder</i> |
| <i>Thelma Mitchell</i> | <i>Shana Allen</i> |
| <i>Warren Snowden</i> | <i>Rodney Sykes</i> |
| <i>Gary Mitchell</i> | <i>Edward Richards</i> |
| <i>Leon Speaks</i> | <i>PierAnglea Ford</i> |
| <i>James Gillard</i> | <i>Moses Sumler</i> |
| <i>Sylvester Brady</i> | <i>Larry Perkins</i> |
| <i>Louis Bannerman</i> | <i>Coila Sieber</i> |
| <i>Phillip Williams</i> | <i>Russell Wilmore</i> |
| <i>Charles McKeldin</i> | <i>James Brockington</i> |
| | <i>Gloria Wilson</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.