



SPECIAL
POINTS OF
INTEREST:

- Recertification
- Upcoming Events
-

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From the Senior Manager, Joan Campbell, CPM



Dear Residents:

Happy Fall! We hope everyone is enjoying the nice cool weather.

NEW RESIDENT SERVICE COORDINATOR

Please join us in Welcoming Mimi Kelly to the Community, as our New Resident Services Coordinator. We are very happy to have her join us. Please stop by her office and say hello.

LIBRARY & COMMUNITY ROOM

The Library and the Community Room have been re-opened. Due to COVID-19 and social distancing recommendations, we have restrictions on seating options. Please pay attention to notices and red "X" areas. The Library and the Community Room will close at midnight and re-open at 7:00 AM. Please remember that **NO FOOD IS ALLOWED IN THE LIBRARY**. We work very hard to eliminate any type of bugs in this building and need everyone's assistance to keep it that way. Thank you for your continued patience and cooperation.

COURTYARD

Now that the heat of the summer is winding down, we will go back to no eating or DRINKING in the Courtyard or Common Areas. Please do not walk around with beverage containers in any common areas.

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.

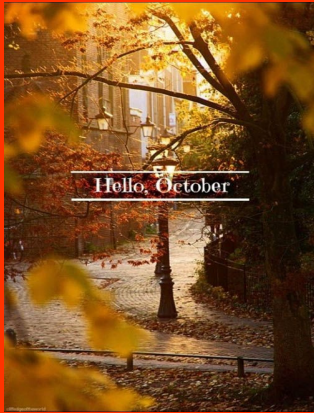
TRASH ROOM AND CHUTES

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. The trash compactor makes a lot of noise for residents that live near it. 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



REMEMBRANCE



JENNIFER COCO, Compliance Manager Update

Recertification Status

Our January Recertifications are well underway, and ahead of schedule. We have completed the second through the eleventh floors. You will receive a letter with your appointment, if you have not been scheduled already. Please contact the Compliance Office if you will not be able to attend your appointment. All of the annual recertifications will be scheduled by the middle of October. If your income or assets have not changed since your last recertification, you do not need to bring anything to your appointment.

There are still a small number of residents that have not rescheduled their September 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:

Ann Adamus
Roxanne Johnson
Gertrude Noel



-Jen Coco-

Maintenance News Jeffrey K, Supervisor

Boxes and Trash Removal

Medical supplies and needles should NEVER be placed open in the trash chute. If you have epi-pens, diabetic supplies, or needles, please put them in a secure box or bottle before putting them in a trash bag.

Please remember to never hang anything on or near the sprinkler heads in your apartment.

Heat season is approaching. The heat will switch over once the temperatures outside is consistently in the 60's.

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 properly in the chute.

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

Jeffrey Knox

Resident Services, Mimi Kelly, Resident Services Coordinator

Welcome to Westminster House Apartments.

Mimi Kelly joined us as our new Resident Services Coordinator in September.

I come to you as a previous Property Manager/Service Coordinator for 18 years. I have also worked for 20 years in Anne Arundel County Government in land planning and school construction.

I have lived in Baltimore my whole life, it is great to be working in a city I love. Although I am familiar with many of the programs which are offered to our residents through the City, Federal Government and private entities, please be patient while I am in the learning stage.

Many residents have already come to the office to introduce themselves, it has been wonderful.

As I look back at last year’s calendar, it is clear that many regular events have been postponed due to the pandemic. you.



We will have to be creative to plan ahead for social programs. Ideas are welcome. I look forward to meeting many more of I am working on several new programs, and activity ideas. Information will be made available once everything is put together.

Thank you for your very warm welcome thus far.

Mimi

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.

MEDICARE SUBSCRIBERS

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 I,u 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.

RSC UPCOMING EVENTS

- 10/21 Md. Food Bank Distribution 3:00 pm
- 11/13 Flu Shots
- 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.



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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>Lee Street</i> | <i>Calvin Jackson</i> |
| <i>Roxanne Johnson</i> | <i>Ralph Watkins</i> |
| <i>David Raines</i> | <i>Patrick Rowland</i> |
| <i>Rogerleen Burgess</i> | <i>Stefano Johnson</i> |
| <i>Robert Hairston</i> | <i>Leslie Offutt</i> |
| <i>Cyndy Curtin</i> | <i>Joan Campbell</i> |
| <i>Jeanette Carrington</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. Al-
 so!!!, 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



October National Depression Awareness

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. 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.