

NOVEMBER
2020
ISSUE

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



Dear Residents,
Happy Thanksgiving to everyone!

EXTERMINATOR

Beginning in December, we will be using a new exterminator. Updates and information will be distributed as available prior to December 1st. If you have any questions, please see Jennifer Coco in the Compliance Office.

OVERNIGHT GUESTS

Please remember that the Resident has to come to the front Desk and pick up the overnight Passes. If your guest is staying past midnight, they should have an overnight pass.

CARTS

Please be courteous to your neighbors by returning the Grocery Carts to the Front Desk when you have finished using them. Too many residents are leaving the carts in their apartments for long periods of time. As of the 1st, there are only 2 carts left on the first floor.

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.

COMMON AREA ON 1ST AND 18TH FLOOR

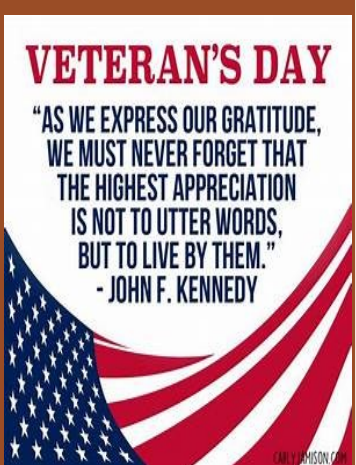
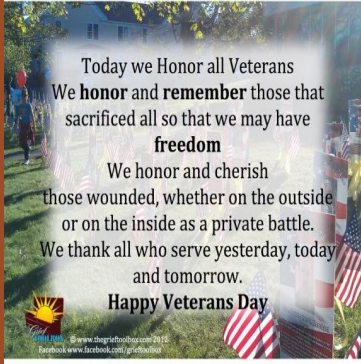
These areas are for the use of the residents and also their guest, but you must be with your guest at all times when in the common area. Please inform your guest that they cannot roam the building without you being present.

LAUNDRY ROOM CARTS

Residents are continuing to leave clothes, for extended periods, in the laundry carts while they are doing their laundry. The rolling carts are for use while you are in the laundry room only. The rolling carts are not to be removed from the Laundry Room for any reason.



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!!

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.

process continues to improve, 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.

welcome

We would like to welcome our newest residents to Westminster House: Mary Coleman Arthur Johnson Cliffline Jones

-Jen Coco-



Maintenance News Jeffrey Knox, Supervisor

The winter 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.



As stated on Page One, we will be switching our exterminator contract for December. Lynn Pest will no longer be performing our extermination Services after November 27, 2020.

Please continue to report any extermination needs to the Front Desk, and if you think you have Bed Bugs, please contact the Compliance Office.



MESSAGE FROM SOCIAL SECURITY Cost-of-Living Adjustment for 2021

Social Security and Supplemental Security Income (SSI) benefits for nearly 69 million Americans will increase 1.3 percent in 2021.

The 1.6 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 63 million Social Security beneficiaries in January 2021. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2020. (Note: some people receive both Social Security and SSI benefits).





This is normally the month for gobbling. Due to continued COVID-19 restrictions, we will be unable to host our Annual Thanksgiving Meal. We are going to greatly miss celebrating the Holiday with all of you.



MEDICARE SUBSCRIBERS



Open enrollment for Medicare coverage is on the way. The open enrollment period ends December 7th. 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, 2021. 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 2021 to \$148.50 per month. An increase of \$3.90. It has not been finalized yet. I will keep you posted.

RSC UP COMING EVENTS

- 11/10 Md. Food Bank Distribution 3:00 pm
- Walmart Trip Every Tuesday 12:00 am
- Balti-market Orders Due on Mondays
- Balti-market Food Delivery Thursdays

Flu Shots

Flu shots were provided by Next Door pharmacy in October. On Friday, Nov. 13th the Baltimore City Health Department will also provide flu shots to anyone who was unable to get one. Please bring your insurance cards with you to the library.

Next Door is also providing pneumonia and shingles shots before Thanksgiving. They are tentatively scheduled for Thursday, Nov. 19. These events will also be posted.

Trips

We are working with a new company to try to provide transportation to the most requested store in Baltimore: Dollar Tree. When this is worked out it will be posted for sign up. There will be a small charge for the transportation. The likely destination is South Side Shopping Center on Fort Ave. There is also interest in traveling to Canton Crossing before the holidays. The buses or vans will be sanitized. Masks will be required since they are a requirement for all stores.

The Tuesday Walmart trips will continue but only 7 residents can go safely at a time.

City Seeds

City Seeds will begin food donation to Westminster House starting in November 2020.

They are a Humanim culinary social enterprise committed to providing quality food and good jobs while growing the Baltimore local food economy.

This is new for us so we have not yet determined how this distribution process will work. The Resident Services Office is looking for volunteers to assist with this program.

Baked Goods

We have also become involved with a source who will be dropping off baked goods such as bread, rolls, bagels and baked sweets once a month.

The next drop off date is Thursday, November 5, (most likely in the morning). Please bring a small grocery bag to pick up some free baked goods. Volunteers are also requested to help for with these drop offs to organize all the food.



Mimi



NOVEMBER'S BIRTHDAY CELEBRATION



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

Phone: 410-837-0180

Fax: 410-644-4575

Email:

www.westminsterhouseapts.com

- | | |
|------------------------|--------------------------|
| <i>Yvonne Wilson</i> | <i>Barbara Harris</i> |
| <i>Linda Dembo</i> | <i>Rose Williams</i> |
| <i>Robert Jones</i> | <i>Ann Adamus</i> |
| <i>Andre Nock</i> | <i>Christopher Moyer</i> |
| <i>David Smith</i> | <i>LaPonda Lewis</i> |
| <i>Elma Hall</i> | <i>Dorothy Robinson</i> |
| <i>Charlotte Chase</i> | <i>Frank Bonner</i> |
| <i>Alton Pridgen</i> | <i>Catherine Little</i> |
| <i>Kim McCray</i> | <i>Juanita Williams</i> |
| <i>Tyrone Hawkins</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](#)