



**CUMBERLAND HOUSING  
GROUP**

# Tower Gazette

## Monthly Newsletter for November 2019



**All Housing Authority Offices  
Will Be Closed  
Monday, November 11th, in  
Observance of Veterans Day  
As well as  
November 28<sup>th</sup> and 29<sup>th</sup> for the  
Thanksgiving Holiday!**

### Exterminator Schedule

- November 7<sup>th</sup> Queen City Towers – Morning  
John F. Kennedy – Afternoon
- November 20<sup>th</sup> Grande View – Apts. 101 – 217
- November 25<sup>th</sup> Willow Valley – Apts. 101 - 217

### Preventive Maintenance Inspections

- November 6<sup>th</sup> Willow Valley – 219, 327, 328 and 331
- November 7<sup>th</sup> John F. Kennedy – 9th Floor  
Queen City Towers – 8th Floor
- November 12<sup>th</sup> Grande View Apartments  
102, 325, 327, 329, 330 and 333

*As a reminder, a copy of the Inspection will be left in your unit for your information. If any repairs need to be done, maintenance will be returning within 20 days to complete the repairs.*



*Daylight Savings Time Ends at 2 a.m. on  
Sunday, Nov. 3rd  
Turn your clocks back an hour before you  
go to bed.*

### **John F. Kennedy and Queen City Tower Residents**

**You can now pay your rent at the 1<sup>st</sup> floor office.** You can walk in and pay or there has been a secured drop box installed on the office door for you to place your rent payment in the slot. Checks or money orders is all that will be accepted. NO CASH!

Payment and the bottom portion of your rent bill is to be placed in an envelope before placing in the drop box.

### Vehicle Registration

Reminder - All residents are to register their vehicle with their Property Manager. You will need to submit proof of registration of the vehicle and a description of the vehicle. Any vehicle that is not registered will be towed at owner's expense! Furthermore, each time you get another vehicle, you have five (5) days to register the vehicle.



**November 11<sup>th</sup>  
Don't forget to Thank those  
men and women who previously  
served and are currently serving  
and protecting our Country!**

### Great American Smoke Out

Sponsored by the American Cancer Society, the "Great American Smoke Out" day will be **November 21st**. This event encourages smokers to use this day to make a plan to quit or to plan in advance and quit on that day.

**From the Property Manager at Queen City  
Tower and John F. Kennedy**

Mail

Tenants of both buildings need to check their mail daily. Mail at QCT usually arrives between 11:00 am & 1:00 pm daily, and for JFK mail usually arrives between 3:00 pm & 5:00 pm daily. The mailboxes are very small, so checking it daily is a necessity!

Exterminator Day

On extermination day, please be courteous and don't be in bed when the exterminators arrive. They need to check the beds and cannot do their job if you are in them. Thank you for your cooperation!

Air Conditioners

Now since the weather is getting cooler, please limit the use of air conditioners in the high rises. No A/C unit should be set BELOW 67 degrees. The unit will freeze and will not be usable.

Tenants of John F Kennedy

Cardboard boxes need to be broken down and taken outside to the dumpster. For any cardboard boxes found in trash rooms - tenants will be charged

**Reminder - Public Hearing**

The Housing Authority of the City of Cumberland has completed its 5-year PHA Plan for the period of 4/1/2020 – 3/31/2025 in accordance with HUD Regulations.

The 5-Year Plan and its associated documents are available for public review for the next 45 days at the Cumberland Housing Group Main Office located at 635 E. First Street, Cumberland Monday thru Friday 8:00 – 4:00. It is also available on our website at [www.cumberlandhousing.org](http://www.cumberlandhousing.org).

Public Hearing will be held on November 14, 2019 at 10:00 AM, at the Jane Frazier Village Community Room connected to our main Office.

**Medicare Open Enrollment for 2019-2020**

The 2019-2020 Medicare Open Enrollment Period is from October 15th, 2019 to December 7th, 2019 .....for a January 1st, 2020 effective date.

Every year a Medicare Open Enrollment Period is made available for people who qualify for Medicare benefits. During this time, anyone who is eligible for Parts A and B can enroll in or make changes to their Medicare coverage. Part D & Medicare Advantage benefits can change each year, meaning premiums can go up and benefits can change. If you're not happy with the changes to your current Part D or Medicare Advantage benefits and premiums, you have an Annual Election Period to change them. However, if you're happy with your current plan and all the changes for next year, then there's nothing you need to do! It's important to take a few minutes to review your current plan to make sure of any changes to your plan such as premiums, copays pharmacy networks, and drug formularies.

**Cost-of-Living Adjustment (COLA)  
Information for 2020**

Social Security and Supplemental Security Income (SSI) benefits for more than 69 million Americans will increase --- **1.6 percent** in 2020, the Social Security Administration announced.

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). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

**RISK CONTROL POLICY**

The Housing Authority of the City of Cumberland and the Cumberland Housing Alliance, Inc. (collectively referred to as Cumberland Housing) considers the safety of its residents, its staffers, and other members of the public who come in contact with its facilities or services to be of utmost importance. Cumberland Housing will not tolerate unsafe acts or conditions created by its staffers or tenants. It is a positive responsibility of Cumberland Housing staffers and tenants to bring any and all unsafe conditions promptly to the attention of Cumberland Housing management. All concerned are expected to adhere to the safety rules and procedures relevant to their employment or residency responsibilities, including such matters as safe driving, proper use of equipment and appliances, and adequate supervision of and concern for small children. Fulfillment of safety responsibilities should be considered in the performance evaluation of each Cumberland Housing staffer. Cumberland Housing commits to make every effort to comply with all local, state and federal safety and health regulations and to enforce the policies and procedures set forth in its own Risk Control Guide and related health and safety plans.



**WMHS Annual Thanksgiving Meal  
Queen City Tower and John F. Kennedy**

If you are wondering if the Thanksgiving Meal will be delivered again this year, the answer is yes. The planning committee does not have all the particulars (dates and times) in place as of yet. As soon as it is confirmed, it will be posted on the first-floor bulletin board. So, please be watching the bulletin board. There will be a date as to when you have to sign up by. Make sure you sign up by that date so you receive your meal. We will have volunteers from John F. Kennedy and Queen City Tower, assisting with the deliveries of the meals. The menu will be as follows:

Roast Turkey  
Mashed Potatoes  
Gravy  
Stuffing  
Corn & Green beans  
Cranberry sauce  
Rolls and Butter  
Pumpkin Pie (pre-cut) with whipped topping

This wonderful Program is made possible by Our Lady of the Mountains, The Pharmacare Network, Allegany County HRDC, Mineral County Family & Aging Services and Western Maryland Health System

**Queen City Tower and John F. Kennedy  
November Guest Speaker**

Joshua Hershey, Program Manager  
Mobility Management

Thursday, November 14, 2019  
Queen City Tower

Wednesday, November 20, 2019  
John F. Kennedy

Many residents have been confused about the changes that have been made to the Mobility Management Program (Free Transportation to certain doctors, etc.) Joshua Hershey will speak about the Mobility Management Program and the changes that have taken place and the new plans for the upcoming future. All residents who would be interested in seeing if you qualify for this free transportation service and to find out more about this service should attend this meeting.

**Need Help to Quit Smoking?**

Are you or someone you know trying to quit smoking? Did you know there are 2 FREE ways to quit? Just call the Allegany County Health Department at 301-759-5050 or Maryland's Quit line at 1-800-784-8669.

**Resident Council Meetings**

**Queen City Tower – November 14th at 3 pm  
John F. Kennedy – November 20th at 3 pm**

Resident Councils serve as the voice of the residents at each public housing development. As a resident, you are automatically a member of your Resident Council. Your Resident Council needs your participation. The most important person in the Resident Council is you!

**Partnership for Affordable Foods (PAF)**

*(A lot of food for a small price!)*

John F Kennedy will be collecting for the PAF program on **Friday, November 8, 2019, from 3:00 p.m. to 4:00 p.m., and on Monday, November 11, 2019, from 2:00 p.m. to 3:00 p.m.** in the community room. There is a \$7 donation in order to receive the food and it must be paid on the dates above. Distribution will be on Thursday, **November 14, 2019**, at approximately 11:15 a.m. Residents who donate the \$7 must be in the community room by **11:45 a.m. on Thursday, November 14, 2019**, to pick up the PAF order or the items will be forfeited.

**TEFAP – Free Government Foods**

The food will be available for pick up on Wednesday, November 6th after 12 pm. The sooner you pick the food up after 12 pm on the 6th the better chance you have of being able to get the food. This food is need based. You can pick up the TEFAP at the sites listed below. Call first before going to make sure they still have food available

Hope Station - Dan Snyder  
632 N. Centre Street - Phone 240-362-7168  
Monday through Friday, Noon - 5 pm

Interfaith Food Pantry  
(HRDC Head Start Building)  
301 Cumberland Street – Phone 301-777-7882  
Monday through Friday, 10 am to 3 pm

Salvation Army - Karen Wells  
701 East First Street – Phone 301-777-7600  
Monday through Thursday, 1:00 pm to 3:00 pm,  
and on Fridays, 9:00 am to noon

You need to take your photo identification card or driver's license with you. Please note you will be asked to sign a self-declaration verifying your income and stating you will only get the food once a month from one agency. If you have any additional questions, please feel free to contact, Pama Wilson, Resident Service Coordinator.



## Queen City Tower Activities

### Blood Pressure Check

Thursday, November 14 and Thursday, November 28 @ 2:30 pm.

### Game Night – Every Monday at 6 pm

All residents are welcome to participate in game night that will be held every Monday at 6 pm in the community room. We look forward to an evening of fun, so please join us.

### Bible Study provided by Cumberland Community Church

Saturday, November 9, 2019 and Saturday, November 23, 2019 @ 6:00 pm.

### Prayer Group

Every Tuesday at 2 pm

The prayer group, which is open to all residents, is an opportunity for people to share concerns, encourage each other, and to lift our needs to a higher power. We invite all residents to attend this group every Tuesday at 2 pm for fellowship and light refreshments. Bonnie Stott will facilitate the group. We hope to see you there.

### Attention My Groceries to Go Participants Delivery: Thursday, November 7, 2019

Time 2:00 pm

Linda Conner and Pamela Sulser will be giving out the food boxes in the community room to those that are already on the program. Participating residents will need to be in the community room on the time posted above unless you receive a notice telling you different. Those receiving the box will sign for the box and take their own food box to their own apartments. Those who do not show up to receive the box will forfeit receiving the box.

### Queen City Tower Tenants

Now that fall is here along with cooler temperatures, please make sure that the windows in the hallways are kept closed at night.

### Thank You to Residents

A big thank you to all residents who volunteer at Queen City Tower and John F. Kennedy. Your work is not forgotten and deeply appreciated. Hall Monitors, Resident Council Officers, and all the residents that volunteer – we applaud you! A big thanks to those who clean up messes, pick up trash (inside or outside), and decorate – your kindness is appreciated by all of us! A big thank you to all residents who help their fellow neighbors!

## John F. Kennedy Activities

### Blood Pressure Check

Wednesday, November 6 and Wednesday, November 20 @ 2:30 pm.

### Bible Study provided by Cumberland Community Church

Friday, November 8, 2019 and Friday, November 22, 2019 @ 6:30 pm.



### Every Monday at 5 pm

All residents are welcome to join us for Bingo every Monday @ 5 pm in the community room. We are changing the time to 5 pm in hopes that you will join us. The Bingo Caller is John Evans and he is in charge of Bingo. Looking forward to an evening of fun every Monday! Bring your pennies.

### Game Night – Every 3<sup>rd</sup> Saturday at 5 pm

Community Room

All residents are welcome to participate in game night. It will be held the 3<sup>rd</sup> Saturday of each month at 5 pm. The new game leaders are Christine Maffley and Samantha Steinmetz. There will be a variety of games available. Please come to the community room and join us. (Uno and Yahtzee too!)

### Attention My Groceries to Go Participants Delivery: Thursday, November 7, 2019

Time: 9:15 am

Margaret Petruccy and Bonnie Hoban will be giving out the food boxes in the community room to those that are already on the program. Participating residents will need to be in the community room on the time posted above unless you receive a notice telling you different. Those receiving the box will sign for the box and take their own food box to their own apartments. Those who do not show up to receive the box will forfeit receiving the box.

### John F Kennedy Snack Bar Hours

Yes, our snack bar is open again. You are welcome to come to the community room and purchase items to support your Resident Council!

**Mondays – 4:30 pm to 5:00 pm**

**Tuesdays – 4 pm to 5 pm**

**Thursdays – 4 pm to 5 pm**

**Saturdays – 4 pm to 5 pm**

