



Tower Gazette

Monthly Newsletter for December 2019

**CUMBERLAND HOUSING
GROUP**



Exterminator Schedule

- December 5th Queen City Towers – Morning
John F. Kennedy – Afternoon
- December 18th Grande View – Apts. 101 – 217
- December 23rd Willow Valley – Apts. 101 - 217

Late Fees

To avoid getting charged a late fee, you **MUST pay your rent in full**. The late fee is assessed on the full amount of rent you are charged, not the amount you failed to pay.

If your rent is \$161 and you only pay \$160, then you are going to be charged a late fee of \$8.05 because you were short that \$1 of rent.

*Merry Christmas from the
Cumberland Housing Group Board,
Administration, Property
Management, Maintenance & Security*



*The Cumberland Housing Group Offices
Will be Closed December 19th after 12:00
PM and December 25th for the
Christmas Holiday.*

Check Out Cumberland Housing Groups New Website

www.Cumberlandhousing.org

Our website is now user friendly. You will find a lot of useful information on our website. You can find information about Cumberland Housing Group, Cumberland Neighborhood Housing Services and Cumberland Housing Alliance.

The lease, newsletters, policies and information on Fort Cumberland Homes and John F. Kennedy transitioning to the RAD program can also be found on our website.

A revised Addendum D, Vacant Unit Charge Schedule has been approved by the Board with an effective date of January 1, 2020 and is posted in each development and on the website for review.

Queen City Tower Christmas Dinner December 20th @ 5 pm Attention QCT Residents!



Please join us in the community room for a yummy Christmas Dinner sponsored by Linda Conner and Pamela Sulser. The Resident Association is paying for the Ham, Turkey, and Rolls. Anyone wishing to attend is asked to sign up on the sheet posted on the first-floor bulletin board. Please sign up by December 6th so we know how many to prepare for. Looking forward to a wonderful dinner.

Grande View Apartments Christmas Luncheon

Wednesday, December 18th at Noon

All residents are welcome to come and enjoy the festivities.

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.





The above picture (Walter Shaffer, one of JFK's RAB members & Jaime Thomas, Resident Service Coordinator for the Family Developments) was taken at the Resident Advisory Board meeting that was held at the Jane Frazier Village Community Room on Wednesday, September 25, 2019, at 10 am. The HUD 5 Year Plan was distributed and reviewed.

Allegany College Scholarship

If you are attending Allegany College, live in one of our communities AND qualify for financial aid, the Housing Authority scholarship may be just for you.

The scholarship picks up transportation, lunches and any expenses not covered by your Pell Grant.

Applications can be picked up at the Housing Authority Office. Deadline to apply for the Spring Semester is Friday, December 13, 2019.

Oscar's Catered Christmas Dinner Paid for by the Resident Association

Queen City Tower, Tuesday, Dec. 10th at 3 pm
John F. Kennedy, Wednesday, Dec. 11th at 3 pm

Residents must sign up on the sheet posted on the first-floor bulletin board by Tuesday, December 5, 2019, by noon, if you would like to receive a Christmas dinner. You will need to choose between Ham or Turkey. The meal will be catered in the community room. Residents must come to the community room to receive your meal. The meal will be as follows:

- Ham & Stuffing or Turkey & Stuffing
- Mashed Potatoes & Gravy or Sweet Potato Casserole
- Corn or Green Beans
- Bread and Butter
- Assorted Pies
- Iced Tea or Lemonade

Resident Council Meetings

Queen City Tower – December 12th at 3 pm
John F. Kennedy – December 18th 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!)

Queen City Tower will be collecting for the PAF program on **Friday, December 6, 2019, from 2:00 p.m. to 3:00 p.m., and on Monday, December 9, 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, **December 12, 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, December 12, 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, December 4th after 12 pm. The sooner you pick the food up after 12 pm on the 4th 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, December 12 and Thursday, December 26
@ 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, December 7, 2019 and Saturday,
December 21, 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, December 5, 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.

West Side 5th Graders Caroling at Queen City Tower Tuesday, December 17, at 1:30 pm

Please open your doors and listen to the 5th grade children from West Side sing Christmas Carols on the date and time listed above. The children will be presenting the residents with hand crafted Christmas cards. Residents are asked to donate cookies so we can serve the children cookies and punch after they sing on each floor. Donated cookies need to be given to Jackie Dively in apt. 305 or Bonnie Stott in apt. 501. We need to have the cookies by 12/12/2019.

John F. Kennedy Activities

Blood Pressure Check

Wednesday, December 4 and Wednesday,
December 18 @ 2:30 pm.

Bible Study provided by Cumberland Community Church

Friday, December 6, 2019 and Friday,
December 20, 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 3rd Saturday at 5 pm

December 21, 2019 in the Community Room

All residents are welcome to participate in game night. It will be held the 3rd 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, December 5, 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



Tips for Older Consumers to Stop Illegal Robocalls

Tip Sheet • July 2019

Jeremiah Battle
National Consumer Law Center

Robocalls, the persistent automated telephone calls to cell phones and landlines, are a favorite tool of telemarketers, debt collectors, and scammers. Older adults anticipating important calls from medical providers and others may be reluctant to answer the phone due to excessive or unwanted telephone calls. There is no completely effective method to stop unwanted robocalls, and real solutions require that the Federal Communications Commission use the laws effectively to regulate robocallers and require phone companies to authenticate all calls. Yet, the following tips can help consumers take some control:

1. **File complaints with the Federal Communications Commission (FCC):** Complaint data is the best tool federal agencies have to gauge the extent of the robocall epidemic. While filing a complaint may not prompt an immediate response, complaint data may prompt the FCC to take action. The Telephone Consumer Protection Act (TCPA) is the only legal defense to robocalls and texts made without your consent, and the FCC is tasked with upholding and strengthening the TCPA's rules and regulations. [File a complaint here.](#)
2. **Add your number to the Do-Not-Call List:** While the Do-Not-Call list does not stop all robocalls, it is a valuable resource for removing your number from the call lists of companies that do not want to violate the law. Sources of robocalls that you do business with, such as banks or loan servicers, and sources of scam calls that ignore the law, will still get through. [Add your number here.](#)
3. **Revoke consent:** If you are receiving robocalls from a bank, lender, or other company you do business with, they likely have your consent (hidden in the fine print) to robocall you. While they like having the option to robocall, it isn't their right, and you can revoke your consent at any time. Tell the caller you "revoke consent." If the calls continue, contact customer service and tell them that you do not consent to receive calls and that you want your number to be added to their "do not call" list. This won't stop illegal scam calls but it will reduce the volume of robocalls you receive.
4. **Don't engage with the caller:** Most autodialed robocalls include a prompt to press a key or give a voice command. DON'T! Pressing a key, even if the recording says it's to remove your number from the list, tells the caller that your number is active and that you'll likely answer future calls. Even worse, the voice commands can be recorded and used against you by scammers to represent consent to purchase products or services.
5. **If possible, block or do not answer calls from unknown numbers on your mobile device:** Easier said than done, taking this action will help avoid robocalls. But important calls can come from unknown numbers and most landline phones don't have call-blocking features. Plus, listening to voicemails left by robocallers can be just as annoying, and costly (if you purchase phone service by the minute), so use this method as a last resort.
6. **Install call-blocking apps:** Various call-blocking apps, like YouMail and NoMoRobo, provide a free or low-cost service to mobile smart phone users that filter out identified scam robocalls and allow users to block specific numbers and report the calls. However, typically these apps don't help landline users.
7. **Let them know they are calling you at a nursing home or other medical facility:** The TCPA prohibits robocalls to a patient or guest room at a nursing home, hospital, or similar health facility.
8. **Find out what type of debt collector is calling:** Collectors can call about debts owed or guaranteed by the federal government without your consent. There are exceptions to this rule in some states. In those states, robocalls to cell phones from debt collectors collecting federal debt can only be made with consent, as is the rule for all other robocalls to cell phones.
9. **Sue the caller:** A lawsuit can be challenging, but the TCPA allows consumers to file a lawsuit to stop the robocalls. If successful, the consumer can receive money, either actual damages or \$500 per violation, whichever is greater. The damages can be tripled for knowing or willful violations.

This Tip Sheet accompanies NCLER's [webcast](#) and [Chapter Summary](#) on Protecting Older Adults Against Abusive Telemarketing Scams. You can also find more information at the National Consumer Law Center's [Robocalls and Telemarketing page.](#)



Notice to Cumberland Housing Residents

Public Awareness Program Message Natural Gas Safety Instructions

Natural gas for your appliances is delivered through a jurisdictional natural gas pipeline system. The system is a safe, reliable and efficient way to deliver natural gas for your heating, water heating, cooking, and clothes drying needs. Although safe, tested and regulated, the system's most common hazard is from 3rd party damage from excavation. Before digging or excavations are done, contact Miss Utility at 1-800-257-7777 or 811 and call Cumberland Housing at 301-724-2055. Please read the following safety information:

*Natural gas, like all forms of energy and like many other products found in the home, is capable of doing damage and **MUST** be used properly. Here are some facts everyone should know about gas and gas operated equipment:*

Gas Accidents can be avoided when you follow these safety rules:

1. Teach children that they are not to turn on or light appliances
2. Keep combustibles (curtains, paper, and fluids) away from any open flames.
3. If lighting is required - always light match first and hold it at point of lighting before you turn on gas.
4. Keep burning surface clean of dirt, match ends, grease, etc.
5. Repair and installation is a job for experts. Never attempt to do it yourself.
6. Use equipment for the job it was intended to do - for example, an oven should NOT be used to heat a room.

Your senses can help you to discover a gas leak.....

>SMELL: A distinctive odor has been added to natural gas so that less than 1% of gas in the air can be detected.

>SIGHT: In some appliances you can see the flame so you know it is working.

>TOUCH: With some appliances you can feel overheating or cold in the burner area which would indicate trouble.

> HEARING: If the flame sounds unusually noisy, it may not be burning properly.

If you smell gas:

1. NO FLAMES OR SPARKS! – Immediately put out all smoking materials and pre-existing open flames. Do not operate lights, appliances, telephones or cell phones. Flames or sparks from these sources can trigger an explosion or fire.
2. LEAVE THE AREA IMMEDIATELY – Get everyone out of the building or area where you suspect gas is leaking.
3. REPORT THE LEAK – From a neighbor's home or other nearby building away from the gas leak, call your natural gas supplier right away. If you are unable to reach your natural gas supplier, call 911 or your local fire department.
4. DO NOT RETURN TO THE BUILDING OR AREA - Until your natural gas supplier determines that it is safe to do so.
5. GET YOUR SYSTEM CHECKED - Before you attempt to use any of your natural gas appliances, your natural gas supplier or a qualified service technician must check your entire system to ensure that it is leak free.

