



# CUMBERLAND HOUSING GROUP

# Tower Gazette

## Monthly Newsletter for January 2020



### Exterminator Schedule

January 2 <sup>nd</sup>	Queen City Towers – Morning John F. Kennedy – Afternoon
January 15 <sup>th</sup>	Grande View – Apts. 218 – 335
January 21 <sup>st</sup>	Old Mt. Savage Road & National Highway

*All Housing Authority  
Offices Will Be Closed  
January 1<sup>st</sup> for the  
New Year's Holiday and  
January 20<sup>th</sup> for  
Martin Luther King Jr. Day*



### Check Out Cumberland Housing Groups New Website [www.Cumberlandhousing.org](http://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

### Income Verification Reminder

When you get proof of your income increases, please turn them into the office.

### STAY WARM

#### Conserve Energy by:

- Keep drapes & blinds open during the day on windows facing the sun so that any available sunshine will be absorbed indoors.
- At night, keep drapes and blinds closed and they will act as an insulator to keep heat inside and keep out chilly drafts.
- Do not open windows in cold weather,
- Do not block air registers with furniture and/or curtains.
- Kerosene heaters are **prohibited** by the HACC and the State Fire Marshal.
- Electric heaters will be permitted which have a safety control for tipping, a cut off when a certain temperature is reached, a control for the amount of time it stays on and are currently UL certified.



West Side 5<sup>th</sup> grade children sing Christmas Carols at Queen City Tower

### **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 – January 9th at 3 pm  
John F. Kennedy – January 15th at 3 pm

### Ladies: CHECK THIS OUT WE NEED YOUR INPUT!

The all-volunteer **Allegany County Commission for Women** is having an event of its local listening tour in your apartment buildings the day of the Resident Council Meetings. **Queen City Tower's** will be on **Thursday, January 9, 2020**, right after the Resident Meeting (they will be here from approximately **3:45 pm to 4:45 pm**) in the community room. **John F. Kennedy's** will be **Wednesday, January 15, 2020**, from **2 pm to 3 pm** in the community room (prior to the Resident Council Meeting). Ladies, the Allegany County Commission for Women want to hear your thoughts on concerns you have about living in Allegany County, who you think might help with those concerns, your idea or ideas for solutions, and how you might help. **Light refreshments will be served and a free raffle of fun items will be given away.** Please come and share your thoughts. Residents who have workers are encouraged to invite them as well. You can also invite any of your women friends or family to attend with you. The more women who speak out the better. Please ladies, come to this event. Your thoughts are important. We are hoping to build a better community for women and ultimately for all!

**Queen City Tower – Thursday, Jan.9<sup>th</sup>  
at 3:45 pm**

**John F. Kennedy – Wednesday, Jan.15<sup>th</sup>  
at 2 pm**



“We think sometimes that poverty is only being hungry, naked, and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty.” Mother Theresa



### **Attention Residents EFFECTIVE THIS MONTH**

HOPE STATION will no longer be doing the TEFAP Government Foods Program.

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, January 3, 2020, from 3:00 p.m. to 4:00 p.m., and on Monday, January 6, 2020, 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, **January 9, 2020**, at approximately 11:15 a.m. Residents who donate the \$7 must be in the community room by **11:45 a.m. on Thursday, January 9, 2020**, 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, January 8th after 12 pm. The sooner you pick the food up after 12 pm on the 8<sup>th</sup> 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.**

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, January 9 and Thursday, January 23 @ 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, January 4, 2020 and Saturday, January 18, 2020 @ 6:00 pm.

### Prayer Group

Every Tuesday at 2 pm  
Except on the 2<sup>nd</sup> Tuesday

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.

### Faith Based Music

Tuesday, January 14<sup>th</sup> at 2 pm

Please come to the community room and enjoy one hour of Faith Based Music with Buster Jackson and Paul Powers. They will be playing their guitars and singing! All residents and resident workers are welcome to attend.



### Attention My Groceries to Go Participants Delivery: Thursday, January 9, 2020

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.

## John F. Kennedy Activities

### Blood Pressure Check

Thursday, January 2 @ 2:30 pm and Wednesday, January 15 @ 2:30 pm.

### Bible Study provided by Cumberland Community Church

Friday, January 3, 2020, Friday, January 17, 2020, and Friday, January 31 @ 6:30 pm.



### Every 2<sup>nd</sup> and 4<sup>th</sup> Monday at 5 pm

All residents are welcome to join us for Bingo every 2<sup>nd</sup> and 4<sup>th</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> Monday! Bring your pennies.

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

January 18, 2020 in the 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, January 9, 2020

Time: 9:15 am

Margaret Petruccy and James Robertson 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!

**2<sup>nd</sup> and 4<sup>th</sup> Monday – 4:30 pm to 5:00 pm**  
**Every Tuesdays – 4 pm to 5 pm**  
**Every Saturdays – 4 pm to 5 pm**

