



# Monthly Newsletter for July 2019

**CUMBERLAND HOUSING  
GROUP**



## **Exterminator Schedule**

July 11 <sup>th</sup>	Jane Frazier Village, Buildings 7 – 17
July 12 <sup>th</sup>	Jane Frazier Village, Buildings 1 – 6 & Banneker Gardens
July 18 <sup>th</sup>	Fort Cumberland Homes

## **Jane Frazier Village Lead Based Paint Inspections**

During the week of **July 29<sup>th</sup>**, Jane Frazier Village will have inspectors onsite to perform lead-based paint inspections. It will be necessary to enter your apartment in order for samples to be taken. Please make sure all doorways and windows are cleared for accessibility for this test.

All inspectors will have Cumberland Housing Group staff accompanying them while they are on the property. All doors will be locked upon exiting your apartment if you are not present.

## **Legal Sales Age for Tobacco Products Raised**

Maryland becomes the 13<sup>th</sup> state to raise the minimum legal sales age for tobacco products from 18 to 21.

Effective October 1, 2019, you must be 21 years of old to buy tobacco products and electronic smoking devices.

## **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.

## **Are You a Victim of Domestic Violence?**

If you or someone you know is in a Domestic Violence situation and needs help, please call the Family Crisis Resource Center Hotline 301-759-9244 for assistance.

**Most Fire Works are against the law and are not allowed on any housing property.**

All Housing Authority Office's will be Closed July 4<sup>th</sup> and 5<sup>th</sup> in Observance of the Holiday. Rent payments can be placed in our drop box at the main office.

*Have a Safe & Happy 4<sup>th</sup> of July.*



## **MEDICARE SCAMS**

Recently some of our residents have given out their Medicare numbers over the phone to people who claim to be representing Medicare.

***Don't give personal information out. If someone calls claiming to be from Medicare, asking for your Medicare number, Social Security number, bank information, or other information, that's a scam. Hang up. Medicare will never ask you to give personal information.***

If you have given out your Medicare numbers over the phone, call 1-800-MEDICARE and report it to them. Also call the Federal Trade Commission at 1-877-382-4357.

Please check all of your Medicare statements and make sure they are legitimate. If you receive anything in the mail that you did not order make sure it is returned to sender.



## **ALL DEVELOPMENTS**

Take pride in your neighborhood. Please be responsible and don't litter. Throw garbage in the cans we provide for your convenience. Please teach your children not to litter and to use the garbage cans as well. They learn from watching you. Be a good role model. Be aware of where your children are and what they doing at all times.

## **FORT CUMBERLAND HOMES**

Join us for the next meeting of the Fort Cumberland Homes Resident Council on Thursday July 25<sup>th</sup> at 1:30 in Apt 7 E. We will be welcoming our new officers and adopting by-laws.

President: Tim Iman  
Vice President: James York  
Secretary/Treasurer: Leann Steinmetz  
Sergeant at Arms: Jeannette Fadley

## **BANNEKER GARDENS**

The next meeting of the Banneker Gardens Resident Council is July 2 at 1:30 in the community room. Your voice is important to us as we plan activities for the children and families at our development.

Banneker Garden BINGO NIGHT is July 16<sup>th</sup> from 6 pm - 8 pm in the Community Room. Come on out and join us for an evening of fun and prizes.

BG Residents: please do not block access to the hot water tanks in your closet. This is a lease violation.

## **Paying Your Rent**

\*\*\*Did you know there are several options for paying your rent other than having to come in to the main office? Save time and money by avoiding cab fare and stamps costs.

1. You can sign up for an ACH - or automatic withdrawal from your bank account. See your Property Manager for details.
2. You may also pay at the 1<sup>st</sup> United Bank - White Oaks Shopping Center and 115 W Harrison St. branch locations but must have your rent statement with you.

## **July is National Ice Cream Month!**

To make your own all you need is:

- 1 (14-ounce) can sweetened condensed milk
- 1 teaspoon vanilla extract, almond extract, mint extract, or other flavoring, *optional*
- 2 cups heavy cream, cold
- Measuring cups and spoon
- Spatula
- 2 large mixing bowls
- Hand mixer, stand mixer, or immersion blender
- 8-inch loaf pan, 8x8-inch pan, pint containers, or other freezer container
- Wax paper

1. Pour the sweetened condensed milk into a large bowl.
2. Mix the vanilla extract, or other flavoring extract, into the condensed milk, if using. (See Recipe Notes for other flavoring ideas.)
3. Whip the heavy cream: Pour the heavy cream into a mixing bowl or the bowl of a stand mixer. Use a hand mixer, stand mixer, or immersion blender to whip the cream until it holds stiff, billowy peaks, about 3 minutes.
4. Lighten the condensed milk: Gently mix a scoop of the whipped cream into the condensed milk. This lightens the condensed milk and makes it easier to fold into the rest of the whipped cream.
5. Fold the whipped cream into the condensed milk: Transfer the rest of the whipped cream to the bowl with the condensed milk. Gently begin folding the whipped cream into the condensed milk. At first, it will look very lumpy. As you continue to fold, the mixture will smooth out and become soft and silky. Stop when you see just a few small lumps here and there — be careful not to deflate the mixture too much or over-mix.
6. Transfer the ice cream base to a freezer container: Use a spatula to scrape all the ice cream base into your freezer container. Smooth the top, then press a piece of wax paper against the surface to prevent ice crystals from forming.
7. Freeze for at least six hours, or up to 2 weeks: The ice cream will become firmer the longer you let it freeze. For best texture and flavor, eat within two weeks.

## **Maryland Healthy Smiles Dental Program**

If you are between the ages of 21 through 64 and are eligible for both Medicare and Medicaid, you should have received a Healthy Smiles Card. On that card is your name, member ID, Dental Home and Dental Home phone number. The pilot program covers certain services up to \$800 a year including routine exams, dental cleaning, x-rays, fillings and extractions. You do not have to use the provider listed on your card. If you call the number on the back of your card, you can obtain a list of the dentists in our area who take the card. Call Customer Service at 1-855-934-9812 if your card is stolen or lost. If you need any assistance with the program you can contact Pama Wilson, Resident Service Coordinator at 301-722-7977 or 301-724-1544 Jaime Thomas at 301-724-6606 ext. 100.



## **RISK CONTROL POLICY**

The Cumberland Housing Group 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. We will not tolerate unsafe acts or conditions created by its staffers or tenants. It is the responsibility of all staffers and tenants to bring any and all unsafe conditions promptly to the attention of Cumberland Housing Group 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. 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.

### **Stay Cool and Limit Your Time Outdoors**

- If you must go outside, walk slow and take frequent breaks.
- Take a bottle of water with you to quench your thirst.
- Try to avoid the hottest part of the day.
- Wear loose-fitting, lightweight and light-colored clothing and a hat.
- Don't forget to put on the sun screen before you go out.

### **Signs of a Heat Stroke**

- High Body Temperature
- The absence of sweating, with hot red or flushed dry skin
- Rapid pulse
- Difficulty breathing

### **What to do if you are having a Heat Stroke**

- Get out of the heat quickly and into a cool place, or at least shade.
- Lie down and elevate your legs to get blood flowing to your heart.
- Take off any tight or extra clothing.
- Apply cool towels to your skin or take a cool bath.
- Drink fluids, such as water or a sports drink. Do not guzzle them, but take sips.

## **Social Security SCAMS**

Recently some of our residents have given out their social security numbers over the phone to people who claim to be representing Social Security. Threatening messages are being left by a recording or on the answering machine.

***Don't call them back and don't give personal information out.*** *If someone calls claiming to be from Social Security, asking for your Social Security number, bank information, credit card information or other information, that's a scam. Hang up on anyone who calls you wanting this information, no matter what they say to scare you.*

If you receive a suspicious call from someone alleging to be from SSA (Social Security Administration) or OIG (Office of Inspector General), you should report that information to the OIG online at <https://oig.ssa.gov/report> or by calling (800) 269-0271, Monday through Friday, 10 a.m. to 4 p.m. Eastern Time. You can also report these scams to the Federal Trade Commission through a new site specific to Social Security scams: <https://identitytheft.gov/ssa>.

The following is what you will see if you go to the <https://oig.ssa.gov/report>

### **Report Fraud**

Reporting is easy, safe, and secure. You can reach us by internet, phone, mail, or facsimile.

**Internet:** [Fraud Reporting Form](#)

**U.S. Mail:** Social Security Fraud Hotline  
P.O. Box 17785

Baltimore, Maryland 21235

**FAX:** 410-597-0118

**Telephone:** 1-800-269-0271 from 10 a.m. to 6 p.m. Eastern Standard Time

**TTY:** 1-866-501-2101 for the deaf or hard of hearing.

Note: If you cannot reach a representative on the Fraud Hotline between 10 a.m. to 6 p.m. Eastern Standard Time, you can report Social Security program fraud directly to any Social Security office, including representatives at the SSA's toll-free number, 1-800-772-1213, from 7 a.m. to 7 p.m. SSA employees will take your information and send it directly to our office.

### **Fireworks**

The City of Cumberland fireworks is scheduled for  
Thursday, July 4<sup>th</sup> at 9:30 p.m.

### **Farmers Market**

***Featuring fresh fruits and vegetables  
For a healthier living***

Downtown Cumberland Mall  
Thursdays 9:30 am - 1:00 pm

Canal Place  
Saturdays 9:30 am – 2:00 pm



# Activities and Events Calender

# July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Independence Day  JFV Cub Scouts @ 5:30	5	6
7 Rent Due	8	9	10  <i>Inspect JFV Bldg 16</i>	11 Exterminator JFV - Bldgs 7-17  JFV Cub Scouts @ 5:30	12 Exterminator JFV 1-6 7 BG	13
14	15	16  Unpaid Rents to be Filed in Court  <i>Inspect FCH Bldg 4 &amp; 10</i>	17	18 Exterminator - FCH  JFV Cub Scouts @ 5:30 <i>Inspect BG 201, 202, 203</i>	19	20
21	22	23	24	25	26	27
28	29	30	31			

**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.**

JFV - Jane Frazier Village    FCH - Fort Cumberland Homes    JFK - John F. Kennedy    QCT - Queen City Towers    Inspect - Preventive Maintenance Insp