



# CUMBERLAND HOUSING GROUP

# Tower Gazette

## Monthly Newsletter for July 2019



### Lead Based Paint Inspections

During the week of July 15<sup>th</sup>, Queen City Tower and Willow Valley 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 Staff accompanying them while they are on the property. All doors will be locked upon exiting your apartment if you are not present.

### Residents of Willow Valley and Grande View

On Tuesday, July 9<sup>th</sup>, a representative from Hot Shotz Inspection will be in the building. The representative will be at Grande View in the morning and Willow Valley in the afternoon, escorted by Maintenance Personnel. Hot Shotz Inspection is a service contracted through Potomac Edison that will provide energy efficient light bulbs free of charge to the residents who qualify. Potomac Edison supplies this list to them so not every unit may qualify. If you have any questions, please contact the Maintenance Department.

### Residents of John F. Kennedy

During the weeks of July 8<sup>th</sup> and 15<sup>th</sup>, as time permits, Maintenance Personnel will be entering your apartment to install a carbon monoxide detector in accordance with new State of Maryland Law. No entry will be made before 8:00 a.m. or after 5:00 p.m. Every unit must have this device. If you have any questions, please direct them to the Maintenance Department or your property manager. There is no set schedule for installation, so please do not call and ask when your apartment will be completed.

### Most Fire Works are against the law and are not allowed on any Cumberland Housing property.

**Office Closed:** All Cumberland Housing Group 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.*



### Exterminator Schedule

July 5 <sup>th</sup>	Queen City Towers – Morning John F. Kennedy – Afternoon
July 17 <sup>th</sup>	Grande View – Apts. 101 – 217
July 16 <sup>th</sup>	Old Mt. Savage Road & National Highway
July 22 <sup>nd</sup>	Willow Valley – Apts. 218 – 335

### Preventive Maintenance Inspections

July 11 <sup>th</sup>	John F. Kennedy – 5th Floor Queen City Towers – 4th Floor
July 23 <sup>rd</sup>	Grande View – 208, 209, 210, 220, and 328

*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.*



**Fireworks display for the City of Cumberland is scheduled for Thursday, July 4<sup>th</sup> at 9:30 p.m.**

### **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.

**Farmers Market**  
***Featuring Fresh Fruits and Vegetables for a healthier way of living!***

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

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

### **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.

### **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



**July Guest Speaker**  
**Associated Charities**

Queen City Tower – Thursday, July 11, 2019  
John F. Kennedy – Wednesday, July 17, 2019  
Time: 2 pm

Place: Community Room

The Executive Director of Associated Charities will be here to speak with residents about Long- and Short-Term Prescription Programs. Hopefully this will help residents when they have an emergency prescription need or residents who have no prescription plan and can't afford their medications.

**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.

**Resident Council Meetings**  
**John F. Kennedy & Queen City Tower**

**Residents**

**There will be no Resident Council Meeting for the months of June, July, and August. Resident Council Meetings will resume in September.**

**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, July 5, 2019, from 2:00 p.m. to 3:00 p.m., and on Monday, July 8, 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, **July 11, 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, July 11, 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, July 3 after 12 pm. The sooner you pick the food up after 12 pm on the 3rd 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.

**These offices will all be closed the 4<sup>th</sup> of July!**



## **Queen City Tower Activities**

### **Blood Pressure Check**

Thursday, July 11 and Thursday, July 25 @ 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, July 6, 2019 and Saturday, July 20, 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, July 11, 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.

### **Thought for Today**

Keep your face to the sunshine, and you cannot see the shadows.  
Helen Keller

### **From the Manager**

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

No product with the words 'Extremely Flammable' on the label is allowed in any unit. Please dispose of these items immediately.

### **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.

## **John F. Kennedy Activities**

### **Blood Pressure Check**

Wednesday, July 3 and Wednesday, July 17 @ 2:30 pm.

### **Bible Study provided by Cumberland Community Church**

Friday, July 5, 2019 and Friday, July 19, 2019 @ 6:30 pm.



### **Every Monday at 6 pm**

All residents are welcome to join us for Bingo every Monday @ 6 pm in the community room. We are growing in participants and hope that you join us too. The Bingo Caller is John Evans and he is in charge of Bingo. Looking forward to a night of fun every Monday! Bring your pennies.

### **Game Night – Every Saturday at 6 pm**

Community Room

All residents are welcome to participate in game night. We look forward to an evening of fun, so please join us! Bonnie Hoban or Rhonda Roy – Game Leaders.

### **Attention My Groceries to Go Participants Delivery: Thursday, July 11, 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.

