



# CUMBERLAND HOUSING GROUP

# Tower Gazette

## Monthly Newsletter for March 2020



### Exterminator Schedule

- March 5<sup>th</sup> Queen City Towers – Morning  
John F. Kennedy – Afternoon
- March 18<sup>th</sup> Grande View – Apts. 218 - 335



### Preventive Maintenance Inspections

- March 5<sup>th</sup> Queen City Tower - 8<sup>th</sup> Floor

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.

*March 7<sup>th</sup> .....  
Don't forget to turn your  
clocks forward before you  
go to bed.*

*Daylight  
Savings Time Starts  
March 8<sup>th</sup>*

### **To all residents:**

As you know, our agency offers bulk discarded furniture (not TV's) pick up every Monday. This is for our tenants to remove broken or unwanted bigger furnishings from their apartments. As a note of caution, to those tenants who remove furnishings from around the dumpsters and take those items into their apartments for their use, you could be taking in unwanted pests. It is possible that the furniture you are taking could have bed bugs, roaches, or other infestations. You could be contaminating your apartment, giving you more problems than it is worth. Please be aware of this when you see an item that you consider taking for your personal use.

### **March 18<sup>th</sup> is Kick Butts Day!**

2020 marks the 25<sup>th</sup> Anniversary of Kick Butts Day. A day that empowers youth to stand out, speak up and seize control against Big Tobacco. This year the effort has been renamed **Take Down Tobacco National Day of Action**. Even though youth smoking rates are at an all-time low, youth e-cigarette use is skyrocketing. Whether it is cigarettes, cigars, smokeless tobacco or e-cigs, the industry targets kids with products that are dangerous and addictive, putting our youth at risk. This year, Take Down Tobacco is ready to meet the challenge, not just on March 18<sup>th</sup>, but 365 days a year to work towards a tobacco free generation of kids!

**Happy St. Patrick's Day!**

### 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.

### Guest Speaker for March

Heather Raley, Vocational Rehabilitation Technical Specialist  
Division of Rehabilitation Services

#### Topic: Opening DORS to Employment

Queen City Tower – Thursday, March 12<sup>th</sup>  
John F. Kennedy – Wednesday, March 18<sup>th</sup>  
Time: 2 pm  
Place: Community Room

### **What is DORS?**

The Maryland State Department of Education's Division of Rehabilitation Services (DORS) is a State agency that helps people with physical, emotional, intellectual, developmental, sensory and learning disabilities go to work and keep their jobs by providing services such as career assessment and counseling, assistive technology, job training, higher education and job placement.

DORS has two employment readiness programs for individuals with disabilities: The general vocational rehabilitation (VR) program, and Pre-Employment Transition Services (Pre-ETS), which is for Students with Disabilities\*.

### **How Can DORS Help Me?**

DORS will assign a counselor who will talk with you about services and find out if you are eligible. You are welcome to bring a support person, such as a family member, friend or advocate, to appointments.

### **What Can I Expect?**

If you are eligible for DORS services, your counselor will work with you to help figure out your employment goals and what services you will need to reach these goals.

More information is available on the website at - [www.dors.maryland.gov](http://www.dors.maryland.gov), or contact DORS at 410-554-9442 or 888-554-0334 toll free Videophone: 443-798-2840 Email: [dors@maryland.gov](mailto:dors@maryland.gov)

\* A "Student with a Disability" is defined in the DORS Pre-Employment Transition Services Fact Sheet, which is available on the DORS website - <https://dors.maryland.gov/consumers/specialized/transition/Pages/default.aspx>

## Resident Council Meetings

**Queen City Tower – Thursday, March 12<sup>th</sup>**  
**John F. Kennedy – Wed., March 18<sup>th</sup>**  
**Time: 3 pm**  
**Place: Community Room**

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, March 6, 2020, from 3:00 p.m. to 4:00 p.m., and on Monday, March 9, 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, **March 12, 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, March 12, 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, March 4<sup>th</sup> after 12 pm. The sooner you pick the food up after 12 pm on the 4<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, March 12, 2020 and Thursday, March 26, 2020 @ 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.

### Prayer Group

Every Tuesday, at 2 pm

(Prayer Group will not be held on March 10th)

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, March 10th 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 March 5, 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.

### We Can Make A Miracle

We may not feed a multitude  
Turn water into wine,  
We may not cause the lame to walk or give sight to  
the blind,  
But we can lift a downcast heart  
With just a kindly smile,  
Or show someone who is losing hope  
That life is still worthwhile,  
We can lend what strength we have  
To one whose strength is small,  
And we can be a friend to those  
Who have no one at all,  
With caring heart and helping hand...  
With loving words to say,  
We can make a miracle  
For someone every day.

## John F. Kennedy Activities

### Blood Pressure Check

Wednesday, February 5, 2020 @ 2:30 pm and  
Wednesday, February 19, 2020 @ 2:30 pm.



### New Day and Hour for Bingo

#### Thursdays at 6 pm

All residents are welcome to join us for Bingo every Thursday @ 6 pm in the community room. We are changing the day and the time 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 Thursday at 6 pm! Bring your pennies.

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

March 21, 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, March 5, 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 & Queen City Tower Residents

Please join us (**Cumberland Community Church**) for Bible Study in your building. We would love to “**Make a Miracle!**”

**John F Kennedy** - Friday, March 13, 2020, and Friday, March 27, 2020 @ 6:30 pm. in the Community Room.

**Queen City Tower** - Saturday, March 14, 2020 & Saturday, March 28, 2020 @ 6:00 pm. in the Community Room.

