



# CUMBERLAND HOUSING

Unlocking the Doors for Your Future



## Tower Gazette Monthly Newsletter for May 2019

All Housing Authority  
Offices  
Will Be Closed  
May 27th  
In Observance of  
Memorial Day



### Reminder to All Tenants

Medical Marijuana is part of the No Smoking Policy. If you have a Dr.'s prescription for it, you must use another form of the drug. ANY SMOKING IS STRICTLY PROHIBITED ON ALL Housing Property.

### Willow Valley, Grande View and Scatter Site Housing

The BED BUG dog will no longer be coming around. The Pest Control Company will do **bed bug preventative checks**. Therefore, your beds and living room furniture will be inspected each time the exterminator comes to your apartment for your regular service.

### Grande View Tenants

Marilyn Gordon will continue to open your apartment door if you are locked out of your apartment. However, once Marilyn lets you into your apartment, you will need to pay her at the time she lets you into your apartment.

Lock Out Fees are:

\$5 for normal business hours,

\$30 for after hours, holidays and weekends.

### Exterminator Schedule

- May 2<sup>nd</sup> Queen City Towers – Morning  
John F. Kennedy – Afternoon
- May 15<sup>th</sup> Grande View – Apts. 218 – 335
- May 21<sup>st</sup> Old Mt. Savage Road &  
National Highway
- May 28<sup>th</sup> Willow Valley – Apts. 218 – 335

### Preventive Maintenance Inspections

- May 2<sup>nd</sup> John F. Kennedy – 3<sup>rd</sup> Floor  
Queen City Towers – 2<sup>nd</sup> Floor
- May 14<sup>th</sup> Grande View – 107, 323, 326, 331  
& 541 National Highway

*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.*

### May is National Stroke Awareness Month Know the signs

Know the signs of a stroke and act F.A.S.T.  
Face drooping,  
Arm weakness,  
Speech difficulty,  
Time to call 911 if someone is having a stroke.



## Maryland Community for Life: Allegany County – HRDC

Allegany County Community for Life, operating under HRDC focuses on enhancing the quality of life for seniors ranging from age 60 and older, by providing services designed to promote independent and healthy lifestyles to ensure seniors are given the opportunity to live in their homes longer. They offer three levels of services. Each level will include a Senior Navigator whose responsibility is to complete home assessments, be a referral source to seniors in the community and meet member needs. Transportation will be provided for traveling in Allegany County. Maintenance will include light work in or around the house that prevents falls and injuries to members. All levels will be provided in units; one unit is equivalent to an hour. Units vary based on the plan chosen to benefit member needs.

All plans come with a sign-up commitment of 3 months and can be paid monthly or yearly. Unused Units can rollover to the next month. Discounted prices are offered to those who pay annually and Renters receive a 5 % discount.

Transportation Includes: Shopping Trips, Medical Appointments, Laundry, Market, Prescription Pick-Up, and Hair Salon.

Maintenance Includes: Garbage Removal, Raking Leaves, Snow Removal, Mowing Lawn, High Light Bulb Change, and Minor Repairs/Vetted Contractors List.

Service Navigator provides: Home Assessments, Referral Source, Monthly Check-Ins.

For additional information or to apply, please reach out to Chachi Hanlin, Service Navigator. She may be reached at 301-783-1770 and via email at [chanlin@alleganyhrdc.org](mailto:chanlin@alleganyhrdc.org)

### Let's Respect Our Homes and the Maintenance Men

I think most all of you will agree that are maintenance men work hard to make all of us comfortable. Let's respect them and do our part. When you make a mess, clean it up. When you spill it, wipe it up. When your animal goes to the bathroom, clean it up. When you see trash on the floor and you are able, pick it up. When you see trash on the outside property and you are able, pick it up. Little things mean a lot. In addition, you have been told not to feed the birds. The maintenance men have to pick up and clean up all the bread being thrown in the grass, on the pavement, and on the sidewalks. Once again, we ask, particularly the **Queen City Tower tenants, not to feed the birds.**

### Thank YOU Tenants Who Help

To those who go out of your way to clean your halls and floors, to those who pick up trash, to those who clean the community room, to those who pick up trash and leaves outside.....  
a **BIG THANK YOU!**

### 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.



### Guest Speakers

Pastor David Ziler & Andrea Ziler  
Union Rescue Mission

**Queen City Tower – Thursday, May 9th @ 2 pm**  
**John F. Kennedy – Wednesday, May 15<sup>th</sup> @ 2 pm**

Pastor David and Andrea are Directors of the Union Rescue Mission of Western Maryland. The Union Rescue Mission is a private non-profit organization that provides three meals per day to the hurting in Cumberland, Maryland. The Union Rescue Mission also provides emergency shelter to the homeless population in the Tri-State area. Over the course of a year the Union Rescue Mission provides over 65,000 hot meals, and 15,000 bed nights to the lost, hurting and broken.

### From the Manager

Queen City Tower and John F. Kennedy

First off, please do not come to the 1<sup>st</sup> floor or main floor dressed in your PJ's, house coat, or sleeping attire. Please make sure that when you are on the first floor to check your mail, visit the snack bar, sit in the community room or attend a meeting that you are dressed appropriately, and are wearing undergarments. Too many ladies are going without undergarments in the common areas and this is not appropriate. Also, please do not walk around common areas without shoes or slippers.

Secondly, staff is getting some complaints regarding personal hygiene of tenants. There are some folks who don't bathe very often, and this causes body odor. If you need help getting a bath or shower, or are in need of hygiene products, please see Pama or me. I understand that this is a touchy area, but no one should be downstairs (or any area for that matter) with body odor. Hygiene is important to a tenant's health. Tenants who sit downstairs, who volunteer, or attend meetings, or who are around the general public are asked to practice good hygiene. No one likes to be told that they have poor hygiene or that they need to take a bath or wash their clothes. We do not want to have to approach individuals.

### Thought for Today

Worry does not empty tomorrow of its sorrow: It empties today of its strength. *Corrie Ten Boom*

### 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.

### Resident Council Meetings

**Queen City Tower – May 9th at 3 pm**  
**John F. Kennedy – May 15th 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!)*

John F. Kennedy will be collecting for the PAF program on **Friday, May 3, 2019, from 2:00 p.m. to 3:00 p.m., and on Monday, May 6, 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, **May 9, 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, May 9, 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, May 8 after 12 pm. The sooner you pick the food up after 12 pm on the 8th 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

Dan Snyder, Hope Station, 632 N. Centre Street  
... 240-362-7168 ... Monday through Friday,  
Noon - 5 pm

Interfaith Food Pantry (HRDC Head Start Building), 301 Cumberland Street ...  
301-777-7882 ... Monday through Friday,  
10 am to 3 pm

Karen Wells, Salvation Army, 701 East First Street... 301-777-7600 ... Monday through Thursday, 1pm to 3:00 pm, and on Fridays, 9 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, May 9 and Thursday, May 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, May 11, 2019 and Saturday, May 25, 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, May 2, 2019**

Time 2:00 pm

You will need to report to the community room to pick up your "My Groceries To Go". It will no longer be delivered to your door. Two volunteers: Linda Conner and Pamela Sulser will be giving out the food boxes to those that are already on the program. Participating residents will need to be in the community room on the time posted on the bulletin board. 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.

### **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.

### **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.

### **Attention Queen City Tower /John F. Kennedy Residents**

If you are interested in attending a free six-week workshop, topic – Living with Chronic Pain, please sign up on the interest sheet posted on the first-floor bulletin board. This workshop will help residents with ways to manage pain. If there is enough interest, we will try to arrange this workshop to be held in the community room at your development

## **John F. Kennedy Activities**

### **Blood Pressure Check**

Wednesday, May 1 and Wednesday, May 15 @ 2:30 pm.

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

Friday, May 10, 2019 and Friday, May 24, 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 Tuesday at 6 pm**

Tuesdays – 6 pm

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, May 2, 2019**

Time: 9:00 am

You will need to report to the community room to pick up your "My Groceries To Go". It will no longer be delivered to your door. Two volunteers: Margaret Petruccy and Bonnie Hoban will be giving out the food boxes to those that are already on the program. Participating residents will need to be in the community room on the time posted on the bulletin board. 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.

