



Monthly Newsletter for August 2020

**CUMBERLAND HOUSING
GROUP**



Exterminator Schedule

August 13 th	Jane Frazier Village, Buildings 7 – 17
August 14 th	Jane Frazier Village, Buildings 1 – 6 & Banneker Gardens
August 20 th	River Bend Court

Preventive Maintenance Inspections

Tenants **must wear a mask** when a housing staff member is in your unit, or you may choose to step outside.

August 3 rd	Jane Frazier Village, Bldg. 5
August 5 th	Banneker Gardens, 318 & 324

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.

COVID19

There is a phone line that anyone is free to call to talk to a nurse and understand what they should do if they have concerns about the virus. That number is 301-759-5000. They can help evaluate if someone needs testing, where to go for that testing, give information about the virus, and give guidelines for what to do at home to stay safe/healthy. Feel free to refer folks to this phone line.

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 are doing at all times.

ALLEGANY COLLEGE SCHOLARSHIP DEADLINE

If you are attending Allegany College, live in one of our communities and qualify for financial aid, the Housing Authority scholarship may be just for you. The scholarship picks up transportation, lunches and any expenses not covered by your Pell grant. You can pick up an application at the Housing Authority Office. Deadline to apply is Friday, August 14th.

River Bend Court Tenants (Formerly Fort Cumberland Homes)

Rent Payments

All rent payments need to be made out to "River Bend Court".

Pre-Relocation Inspections

August 18 th	Bldgs. 6
August 20 th	Bldgs. 3 & 4

Dakota Vaughn is the contact person for all **River Bend Court tenants**. She can be reached at 301-724-6606 ext. **115 or periodically in unit 9D.**



Meet with your Property Manager Live

With all the changes in the world today not to mention everyone's hectic lives, you can meet with your property manager from the convenience of your own home by phone, tablet, laptop, or even desktop computer by simply having an email address and downloading the Zoom App. We will schedule a time and date and it's that simple.

How do you create email account?

Follow the steps below to create email account at mail.com for free:

- Click on the Free Sign Up Button
- Enter all mandatory fields (First Name, Last Name, Gender, etc.)
- Type in your desired Email Address out of our huge selection of 200 available domains (e.g. biker.com, accountant.com, chef.net, etc.)
- Choose a secure Password (at least 8 characters, mixing letters, numbers, lower and upper case, and using special characters)
- Select your Security Question, type in your Answer
- Verify your registration by typing the numbers in the captcha picture
- Click the "Accept" Button underneath

That's it! You're done.

Enjoy your email account immediately on any device of your choice.

Next step: Download Zoom in your app store? (Google play or Galaxy etc.)

Once installed, a Property Manager will send you a link to your email

Click the link

Join the meeting (if you don't see the email check your junk mail)

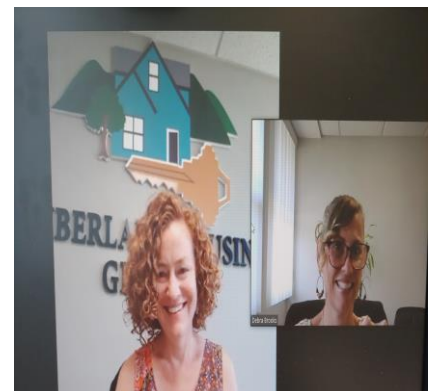
Type in your name

If it asks, click you are "not a robot"

It will say using microphone, camera storage (YES)

Join with video

Admit



Request to join our **Facebook** group
'Cumberland Housing Activities and Events'

This page will share local events, activities, resources, jobs and more. Tenants may also share to the page about other important information affecting our developments and our community.

You can also request to join **Cumberland Housings Facebook page** for updated information about the developments.

Crime Solvers Tip Line
301-722-4300
www.allegany-mineralcountycrimeslovers.com

Farmers Market
Every Thursday, Downtown Mall
9:30 AM - 1:00 PM

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.

HAPPINESS HAPPENS MONTH

Once upon a time, a real group called the Secret Society of Happy People decided to dedicate a day to the pursuit of happiness. Members of the society wanted to let happy feelings linger inside them every day. In 2000, the Secret Society of Happy People expanded the celebration to Happiness Happens Month in August.

Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Happiness is not a destination, but rather a life-long pursuit. Joy can be anywhere at any time. Don't limit yourself to searching for pleasure. Enjoy everything and anything that makes you happy.

Oprah Winfrey said it wasn't until she learned to be happy that good things started happening to her.

"Folks are usually about as happy as they make their minds up to be." — Abraham Lincoln

"Everything can be taken from a man but one thing: the last of human freedoms – to choose one's attitude in any set of circumstances, to choose one's way." -Viktor Frankl

HOW TO OBSERVE

Notice more happy moments and share them with others. Use #HappinessHappensMonth in social media correspondence.

Free Summer Meals for Students

Allegany County Public Schools will continue to provide meals from 11 to Noon Monday through Friday at South Penn, Washington, and other Locations throughout Allegany County.

Parents and students are encouraged to wear masks during meal pickups to continue to help fight the spread of COVID-19.

Social Security Office

The local Social Security Office is not seeing clients at this time, but you can call them at:

Local Phone # 1-866-964-7409
Fax # 1-833-597-0147
Monday thru Friday 9:00 AM - 4:00 PM

Or you can go online to their secure and convenient website:

<https://www.ssa.gov/onlineservices>

Online Services

- Print a benefit verification letter
- Apply for Retirement, Disability, or Medicare benefits
- Enroll in Medicare Part B during a Special Enrollment Period
- Check the status of an application or appeal
- Request a replacement Medicare Card or Social Security Card
- And much more.



Primary Care Providers Accepting New Patients
(If you are in need of a primary care provider, try calling one of these!)

WMHS Primary Care Center at Western Maryland Medical Arts Center
12502 Willowbrook Road, Suite 680
Cumberland, MD 21502

[Ayesha Abid, PRIMARY CARE, MD 21502, 240-964-8921](#)

[Bennett, Tiffany, L., CRNP, BEHAVIORAL HEALTH, PRIMARY CARE, 240-964-8585](#)

[Khandare, Anupama S., M.D., M.P.H., PRIMARY CARE, 240-964-8921](#)

[Loveria, Jose T., M.D., PRIMARY CARE, 240-964-8921](#)

[Magbojos, Virginia D., M.D., PRIMARY CARE, 240-964-8921](#)

[Riley, Mary Ann, D.O., PRIMARY CARE, 240-964-8921](#)

[Katie Ritchey, CRNP, PRIMARY CARE, 240-964-8921](#)

[Steward, Jeremy, CRNP, PRIMARY CARE, 240-964-8921](#)

Tri-State Community Healthcare
621 Kelly Road
Cumberland, MD 21502

[Henchey, Danielle., CRNP, FAMILY PRACTICE, PRIMARY CARE, 301-722-3270](#)

[Sioma, Janell., CRNP, FAMILY PRACTICE, PRIMARY CARE, 301-722-3270](#)

[Harvey, Terry, CRNP, FAMILY PRACTICE, PRIMARY CARE, 301-722-3270](#)

Chapman and Associates Health Care
922 National Highway
LaVale, MD 21502

[Chapman, Cathy S., Psychiatric CRNP, INTERNAL MEDICINE, PRIMARY CARE, PSYCHIATRY, PSYCHIATRIC, 240-362-7294](#)

[Cross, April, CRNP, PRIMARY CARE, 240-362-7294](#)

[Green, Hollie, CRNP, PRIMARY CARE, 240-362-7294](#)

Braddock Medical Group
912 Seton Drive
Cumberland, MD 21502

[Everett, Lucinda, CRNP., PRIMARY CARE, 301-722-3111](#)

Proactive Primary Care
925 Bishop Walsh Rd
Cumberland, MD 21502

[Cain, Greta, CRNP, INTERNAL MEDICINE, PRIMARY CARE, 240 362 7025](#)

Mountain View Health Center
17204 McMullen Highway
Cumberland, MD 21502

[Evans-Wood, Allison L., D.O., FAMILY PRACTICE, PRIMARY CARE, 301-729-0060](#)

WMHS LaVale Primary Care Center
1313 National Highway
LaVale, MD 21502

[Barlow, Jennifer L., CRNP, PRIMARY CARE, 240-362-0288](#)

[Pyle, Barbara, CRNP, PRIMARY CARE, 240-362-0288](#)

[White, Nancy, CRNP, PRIMARY CARE, 240-362-0288](#)

Johnson Heights Medical Building
625 Kent Ave, Suite 101
Cumberland, MD 21502

[Sunil Gupta, M.D., PRIMARY CARE, 301-724-7117](#)

Dawn's Family Practice
517 Oldtown Road - Rear
Cumberland, MD 21502

[Wolford, Teresa D., CRNP, INTERNAL MEDICINE, PRIMARY CARE, 301-777-9393](#)

Family Practice Primary Care
Johnson Heights Medical Building
625 Kent Avenue, Suite 309
Cumberland, MD 21502

[Williams, Terry E., M.D., FAMILY PRACTICE, PRIMARY CARE, 301-724-5992](#)

Internal Medicine, Primary Care
924 Seton Drive
Cumberland, MD 21502

[Poonai, Vik, M.D., INTERNAL MEDICINE, PRIMARY CARE, 301-777-5456](#)

