



# Tower Gazette

## Monthly Newsletter for August 2020

**CUMBERLAND HOUSING  
GROUP**



### Exterminator Schedule

August 6<sup>th</sup> Queen City Towers – Morning  
John F. Kennedy – Afternoon

August 19<sup>th</sup> Grande View – Apts. 101-217

### Preventive Maintenance Inspections

August 4<sup>th</sup> John F. Kennedy - 6<sup>th</sup> Floor  
August 5<sup>th</sup> Queen City Tower -5<sup>th</sup> Floor

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

### 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.

### 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.

### 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 14<sup>th</sup>. Call 301-724-6606 to apply.

### Attention JFK Residents

The recycling bins for plastic and paper have been removed. Please dispose of your plastic and paper products in a bag and place down the trash chute. Thank you!

### Face Masks

Residents are reminded that you **must wear** a face mask in all common areas!

### 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.

Attention My Groceries to Go  
Participants

Delivery: Thursday, August 6<sup>th</sup>

John F. Kennedy – 9 am  
Queen City Tower – 2 pm

HRDC will be delivering the “My Groceries to Go” food boxes to the doors of those who are already on the program. Participating residents will need to be in your apartments on Thursday, August, 6<sup>th</sup>, unless you receive a notice telling you different. Those receiving the box will sign for the box at your door. If you have any problems or concerns you may call HRDC, LeeAnn Eversole, at 301-783-1752 or Kim Twigg, at 301-783-1755.

**Attention**

**QCT and JFK Residents**

During the summer months and especially during the extreme heat, please keep your air conditioners set between 67 & 70 degrees **DO NOT SET A/C UNITS BELOW 67 DEGREES.**

**Thought For Today!**

There is a miracle in your mouth.

**Poll Workers Wanted!**

**EARN UP TO \$200**

**WORKING ON ELECTION DAY!**

**QUALIFICATIONS:**

16 years old or older (If you are 16 or 17 years old, you can serve if you demonstrate, to the satisfaction of the Allegany County Board of Elections, that you meet the requirements for an election judge and at least one parent or guardian gives permission.);

A registered voter in the State of Maryland;

Able to speak, read, and write English;

Physically and mentally able to work at least a 15-hour day;

Willing to work outside your home precinct; and

Able to sit and/or stand for an extended period.

Note: Some positions require election judges to be able to lift boxes and other items weighing 10 to 25 lbs.

Additionally, you cannot be an election judge and a: 1. Candidate or currently hold a public or political office, including State and county, political party central committees; or 2.

Chairman, campaign manager or treasurer for a political or candidate committee.

General Election: November 3, 2020

If interested, please call 301-777-5931 or apply online

at [https://elections.maryland.gov/get\\_involved/election\\_judges\\_form.html](https://elections.maryland.gov/get_involved/election_judges_form.html)

[Apply Online Now!](#)

**Please VOTE!**

**Crime Solvers Tip Line**

301-722-4300

[www.allegany-mineralcountycrimeslovers.com](http://www.allegany-mineralcountycrimeslovers.com)

Attention All Residents. It is extremely important that we have your current phone number. There are a variety of reasons that we may need to talk to you. Please complete the following and return along with your rent payment. If you pay by ACH or at the bank, please cut/tear off the bottom of this page and either mail it back or drop it in the drop box. Or, you can email the information to: [Housing@cumberlandhousing.org](mailto:Housing@cumberlandhousing.org)

Name of Head of Household: \_\_\_\_\_

Development: Queen City Tower    John F. Kennedy    Grand View (circle one)

Unit #: \_\_\_\_\_

Phone 1#: \_\_\_\_\_ Phone 2# \_\_\_\_\_

Email: \_\_\_\_\_

# 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.) Or Galaxy etc.)**

Once installed, we 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)

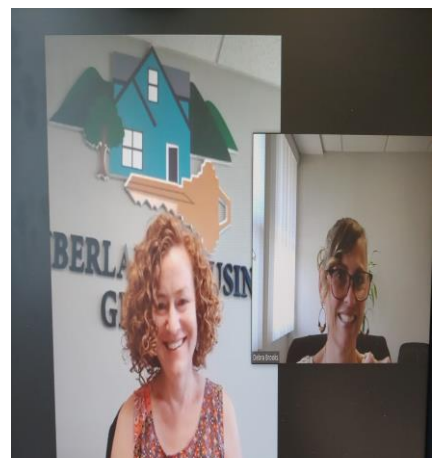
Type in your name

If it asks, click you are not a robot

It will say using microphone, camera storage (YES)

Join with video

Admit



**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](tel: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**