



**CUMBERLAND HOUSING  
GROUP**

# Tower Gazette

## Monthly Newsletter for January 2021



### Exterminator Schedule

January 7<sup>th</sup> Queen City Towers – Morning  
John F. Kennedy – Afternoon  
January 20<sup>th</sup> Grande View – Apts.

### Update Your Phone Number

The Cumberland Housing Group does need your new phone numbers. Because of the COVID19, it is our major way of contacting you for most matters. Please make sure we have your new phone numbers. You can write it down and put it under the door in the office or call the office and we will update the phone number. Thank you.

*All Cumberland Housing Group Offices  
Will Be Closed January 1st for the  
New Year's Holiday and January 18th  
for Martin Luther King Jr. Day*

### Senior Living in Maryland

SeniorHousingNet.com, is an industry-leading senior care organization dedicated to providing tools and essential resources to help enhance the lives of older adults of all walks of life.

They have a dedicated page on their website, that provides extremely well detailed information for families and senior citizens who are looking for senior living and care options that can help maintain their independence and quality of life in Maryland. This free resource provides comprehensive information on topics like financial support and care options that are available in Maryland, and our website offers resources for every city and state across the country.

For more information, go to their website:  
<https://www.seniorhousingnet.com/seniors/senior-living-us/maryland>



### **COVID-19 Information**

Public health officials continue to stress that the power to lower the illness rate lies in the hands of every community member. “We have the power to fight the spread of COVID-19 by doing just a few simple things to protect ourselves and those around us. Wear a mask, practice social distancing, avoid social gatherings, wash your hands often, and frequently clean and sanitize high-touch surfaces,” said Brenda Caldwell, Public Information Officer for the Allegany County Health Department.

If you believe you might have been exposed to COVID-19, get tested and self-quarantine for 14 days to minimize your risk of spreading the virus to others in the community. If you receive a call from MD COVID or see the number 240-466-4488 on your caller ID, pick up! These calls are coming from contact tracers who are working to quickly notify close contacts of individuals diagnosed with COVID-19. Your cooperation in answering questions from the contact tracers will help reduce the spread of this illness. If you are advised to isolate or quarantine, please follow public health instructions.

“Be a public health hero. Your friends, family, and community are counting on you,” Caldwell added. “It is a matter of social responsibility and concern for the health and wellbeing of others.”

For more information on minimizing your risk and slowing the spread of COVID-19, visit [coronavirus.gov](https://www.coronavirus.gov).



### **Attention ACH Residents**

Anyone wishing to be removed from ACH (automatic withdrawal) must put it in writing to your Property Manager. Anyone who changes bank accounts needs to put it in writing to your Property Manager.

### **All Residents – GV, JFK & QCT**

Due to the recent rise in COVID cases in our county, the mask mandate is **STILL IN EFFECT**. This means you must wear a mask when in any common areas; such as: laundry room, elevators, hallways, trash rooms, balconies, stairwells or visiting the mailboxes. Masks must **cover your mouth and nose**. Anyone (this includes your guests) not wearing a mask will receive a lease violation. Also, remember to stay six feet apart from others in all common areas. This means residents are not to congregate by the elevators or mailboxes. Community rooms and TV rooms will remain closed. The main offices at QCT and JFK are not to be entered by any residents or outsiders. Please call the office for any business concerns you may have. Queen City Tower can be reached by calling 301-722-7977 and John F Kennedy can be reached by calling 301-724-1544 and Grande View at 301-759-2880.

### **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. COVID19 is still active in our community, so continue to take all precautions.

### **FREE COVID TESTING**

The Allegany County Health Department offers ongoing COVID-19 testing at the **Allegany County Fairgrounds**. The hours for this free drive-thru testing are 2 to 7 p.m. on Mondays and 8 a.m. to 2 p.m. on Wednesdays and Fridays.

### **Other COVID Testing**

Advanced Medical Care on 1050 E. Industrial Blvd. is offering COVID testing on the days not covered above – Tuesdays, Thursdays, Saturday and Sunday from 8 am to 6 pm. They do bill your insurance. For additional information you can call 240-964-9300. It is best to give them a call before you go.

### **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.

### **STAY WARM**

#### **Conserve Energy by:**

- Keep drapes & blinds open during the day on windows facing the sun so that any available sunshine will be absorbed indoors.
- At night, keep drapes and blinds closed and they will act as an insulator to keep heat inside and keep out chilly drafts.
- Do not open windows in cold weather,
- Do not block air registers with furniture and/or curtains.
- Kerosene heaters are **prohibited** by the Cumberland Housing Group and the State Fire Marshal.
- Electric heaters will be permitted which have a safety control for tipping, a cut off when a certain temperature is reached, a control for the amount of time it stays on and are currently UL certified.

### **Visiting the Office**

Please call before visiting any of our offices. You must have an appointment! Most matters can be handled via phone, mail or email. Paperwork can be dropped in the drop boxes at the developments. This is for the protection of everyone. (If paying at the offices, rent must still be put in the drop boxes.)

### **My Groceries to Go**

Those who participate in the "My Groceries to Go" program need to be home on Thursday, January 7, 2021. John F. Kennedy's food box will arrive to your door around 9 AM and Queen City Tower's food box will arrive to your door around 2 pm. You must sign for your food box. If you have any questions you can call 301-783-1752.

### **FOOD GIVEAWAY!**

Third Wednesday of every month in the parking lot. (Next one will be on January 20, 2021).

Time: 2 pm to 4 pm.

**St. John's Lutheran Church.**

**Located in the church parking lot.**

400 Arch Street, Cumberland

Questions: call 301-724-7250

[stjohnscumberland@gmail.com](mailto:stjohnscumberland@gmail.com)

[www.stjohnscumberland.com](http://www.stjohnscumberland.com)

All Maryland Residents are Eligible!

### **Income Verification Reminder**

When you get proof of your income increases, please turn them into the office.

