



## CUMBERLAND HOUSING GROUP

# Tower Gazette

## Monthly Newsletter for March 2021



### Exterminator Schedule

- March 4th Queen City Towers – Morning  
John F. Kennedy – Afternoon
- March 17<sup>th</sup> Grande View –  
Apts. 218 – 335
- March 9<sup>th</sup> Frederick Street and  
National Highway

**Crime Solvers Tip Line**  
301-722-4300

### Paying your rent online is EASY!

Go to [cumberlandhousing.org](http://cumberlandhousing.org) and click on the “Click here to make an online payment” tab. No need to leave home, go to the bank or get a ride to one of our offices. And no need for the hassle of buying money orders, envelopes or stamps.



### **Queen City Tower Tenants**

The extra furniture in the hallways needs to be removed. Things like end tables, coffee tables, recliners, dining room chairs and desks are not decorations. They are furniture and need to be removed. Furniture should not be in common areas. Any tenants with bicycles need to remove them from the hallways. Bicycles should be parked in your apartment or outside of the building.

### **John F. Kennedy Tenants**

All trash/garbage is to be put down the trash CHUTE, not left on the trash room floor or outside of your door. Boxes go in the cardboard dumpster in the parking lot. Note: TENANTS WILL BE CHARGED IF MAINTENANCE HAS TO REMOVE YOUR TRASH.

### **For Both Queen City Tower and John F Kennedy Tenants**

Once again there is a problem with shopping carts. Shopping carts from local businesses (like Martins, Dollar stores, etc.) are not to be left in the building lobbies or in the hallways on the floors. Christmas decorations should have been removed by January 31<sup>st</sup>. All other holiday decorations need to come down 15 days after the holidays.

Please be advised that the maintenance men are NOT required to shovel your vehicle out of the snow. This is the tenant's responsibility.

COVID RULES ARE STILL IN EFFECT. THIS MEANS MASKS MUST BE WORN IN COMMON AREAS BY TENANTS AND VISITORS!



Think of each day as a special gift  
and unwrap it gratefully!





*March 13<sup>th</sup> .....  
Don't forget to turn your  
clocks forward before you  
go to bed.*

*Daylight  
Savings Time Starts  
March 14<sup>th</sup>*

### **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 and made out to HACC.)

### **My Groceries to Go**

Those who participate in the "My Groceries to Go" program need to be home on Thursday, March 4, 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 March 17, 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!*

### **COVID19**

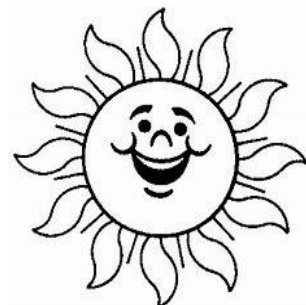
There is a phone line that anyone is free to call to talk to a nurse and understand what they should do if they have concerns about the virus. That number is **301-759-5000**. They can help evaluate if someone needs testing, where to go for that testing, give information about the virus, and give guidelines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

As of 2/9/21, 8,030 Allegany County residents have received at least one dose of the COVID-19 vaccine. That's 11.4% of the population. This puts Allegany slightly ahead of the state's average of 9.0 % having received their first dose of vaccine.

Even with vaccination efforts underway, health officials are urging community members not to let their guard down when it comes to preventing the spread of COVID-19. Vaccinating the entire population of Allegany County will take some time. With vaccine supplies still very limited at this time, it is still vitally important for everyone to continue to wear a mask when around others who don't live with you, wash your hands frequently, maintain six feet social distancing, frequently disinfect high-touch surfaces, and avoid social gatherings large or small as much as possible.

### **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.





Connect with someone who can help.

Call the **211 Maryland United Way Helpline** and ask to be connected to the WARMLine. You'll talk with someone who will listen to your concerns and refer you to additional resources.

*Mental health professionals are available weekdays from 10:00 a.m. to 6:00 p.m.*

**Follow these easy steps:**

1. Dial 211 (or 443-608-9182) from any cell phone or landline.
2. Ask to be connected to the WARMLine.
3. Speak with a caring call specialist who will listen to your needs.
4. You will be referred to any additional resources you may need.

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United Way of Central Maryland has provided a grant to Pro Bono Counseling to support Marylanders who are experiencing mental health issues related to the COVID-19 pandemic and other reasons.

For more information, visit [ProBonoCounseling.org](http://ProBonoCounseling.org).



**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.

**TAX TIME – NEED HELP Filing?**

Call HRDC at **301-783-1800** for more information. To ensure the safety of HRDC staff and clients during the 2021 tax season, ALL of HRDC's tax offices will operate on an APPOINTMENT ONLY basis and masks will be required; drop off appointments will be available at HRDC's main office on 125 Virginia Ave, Cumberland. They will not serve those without an appointment.

Cumberland – 125 Virginia Avenue  
Tuesdays & Thursdays 6 to 9 pm, Saturdays 10am to 2 pm

