



# Tower Gazette

## Monthly Newsletter for December 2021

**CUMBERLAND HOUSING  
GROUP**



*Merry Christmas from the  
Cumberland Housing Group Board,  
Administration, Property Management,  
Maintenance & Security*



*The Cumberland Housing Group Offices  
Will be Closed December 22nd after  
12:00 PM and December 24th for the  
Christmas Holiday. We will also be closed  
on December 31 for the New Year  
Holiday.*

### **Allegany College Scholarship**

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 expenses not covered by your Pell Grant.

Applications can be picked up at the Housing Authority Office. Deadline to apply for the Spring Semester is Friday, December 10, 2021.

### **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.

### **Exterminator Schedule**

December 2<sup>nd</sup> Queen City Towers – Morning  
December 2<sup>nd</sup> John F. Kennedy – Afternoon  
December 15<sup>th</sup> Grande View – Apts 101 - 217

### **Medicare's Open Enrollment Ends December 7<sup>th</sup>**

You can enroll in Medicare health and drug plans from October 15 – December 7. Make sure to check your mail because you may get important notices from Medicare or Social Security. If you are in a Medicare plan, you'll get an Annual Notice of Changes telling you of any changes in coverage, costs, or service area. **(Be careful about giving any information out over the phone because this is the time when insurance companies and others start calling. You need to protect yourself from Medicare fraud).** Think about your Medicare coverage needs for 2022. Review your current Medicare coverage and note any upcoming changes to benefits or costs. If your current coverage meets your needs, you do not need to take any action to keep what you currently have. Make sure you review your 2022 "Medicare and You" handbook because it has information about Medicare coverage and Medicare plans in your area. Preview 2022 health and prescription drug plans by logging into [Medicare.gov](http://Medicare.gov). You can do a personalized search and create a Medicare account. You can compare your current Medicare plan to others, and see prices based on any help you get with drug costs. You can also call Medicare for assistance by calling 1 (800) 633-4227. You can get personalized help in your community by calling your State Health Insurance Assistance Program at HRDC, phone 301-783-1710.



**Attention Residents - Bible Study**  
**Cumberland Community Church**

The Bible Study at Queen City Tower and John F. Kennedy are open to all residents and guests and will be held in the community rooms. You must wear a face mask and practice social distancing. If for any reason the Bible Study is canceled it will be posted on the first-floor bulletin board at Queen City Tower and John F. Kennedy.

The Bible Study for December is as follows:

**Queen City Tower – Saturday, December 4th at 6:30 pm**

**John F Kennedy – Saturday, December 11th at 6:30 pm**

**Queen City Tower – Saturday, December 18th at 6:30pm**

**There will be no Bible Study on Christmas Day.**

**Resident Council Meetings**

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!**

Residents must wear a face mask and practice social distancing at all Resident Council Meetings. If for some reason the Resident Council Meeting should be canceled, it will be posted on the first-floor bulletin board.

Resident Councils will be held as following:

**Queen City Tower - Thursday, December 9, 2021, at 3 pm in the Community Room.**

**John F. Kennedy – Wednesday, December 15, 2021, at 3 pm in the community room.**

**COVID – 19 Information**

To get the latest on the COVID-19 Vaccine, call the COVID-19 call center at 240-650-3999.

There is free drive through COVID-19 testing Mondays, from 2 pm to 7 pm, and Wednesdays and Fridays from 8 am to 2 pm at the Allegany County Fairgrounds, 11400 Moss Avenue,

**My Groceries to Go**

Those who participate in the “My Groceries to Go” program need to be home on Thursday, December 2, 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 December 15, 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

*All Maryland Residents are Eligible!*

**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.

**Crime Solvers Tip Line**

301-722-4300

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

To report **suspected Drug Activity**, leave an anonymous tip at 301-759-4660.

**COLA Increase for 2022 for Social Security and SSI Award Letters Must Be Given to Managers**

Please report your increase to your property managers as soon as you get your statement of increase.

The federal government announced on October 13, 2021, that the Social Security Cost of Live Adjustment (COLA) for 2022 will be 5.9%. Social Security recipients will receive a notice in the mail in early December showing their new benefit amount. Recipients will see an increase in their January 2022 payment. Those receiving SSI will see the increase on December 31, 2021.



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## Energy Conservation

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### What is Energy Conservation?

- After being in the hospital, it is normal to feel tired and weak. You may also feel short of breath and have less energy to do the activities you are used to doing at home. Learning how to conserve your energy helps you build up your strength to take part in your daily activities and other things you enjoy doing.
- When you learn to conserve energy, you also reduce strain on your heart, fatigue, shortness of breath and stress related pain.
- Learning to conserve your energy is all about finding a good balance between work, rest and leisure in order to decrease the amount of energy demand on your body.

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### Energy Conservation Tips

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#### Dressing and Hygiene

- Sit when you can.
- Organize and lay out clothing the night before.
- Begin dressing your lower half first as this uses more energy.
- Avoid bending and reaching. Instead, use a reacher, sock aid or long handled shoe horn or lift your legs up onto the bed or chair.
- Dry off with terry cloth robe. You use less energy than drying off with a towel.
- If you have a weaker limb or limbs, it is easier to dress the weaker limb first. It is easier to undress your strong limb first.
- Wear clothes that are easy to put on and take off. For example, use clothes and shoes with velcro® instead of small buttons, clasps or laces.



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#### Key Points:

- **Prioritize** activities of the day. Do heavier tasks when you have more energy.
- **Plan** your days' and weeks' activities. Set up your work area so you do not have to move around a lot looking for items to complete the task. Plan rest times.
- **Pace** yourself. Do not try to complete the whole task in one session. Break it into smaller, easy to do steps. A good guide to follow is to take 10 minutes each hour to rest. **Do not rush.**
- **Position and Posture** are important. Sit to work when you can to use 25% less energy. Sit and stand as upright as you can. Practice deep breathing exercises while you work to maintain your breathing rate and stay relaxed.
- **Use assistive devices** when recommended to save energy and make it more comfortable and easy taking care of yourself.



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#### Remember...

- **The most important energy conservation tip is to listen to your body.**
- **Stop and rest BEFORE you get tired. Plan rest times. Rest often.**



## Notice to Cumberland Housing Residents

### Public Awareness Program Message Natural Gas Safety Instructions

Natural gas for your appliances is delivered through a jurisdictional natural gas pipeline system. The system is a safe, reliable and efficient way to deliver natural gas for your heating, water heating, cooking, and clothes drying needs. Although safe, tested and regulated, the system's most common hazard is from 3<sup>rd</sup> party damage from excavation. Before digging or excavations are done, contact Miss Utility at 1-800-257-7777 or 811 and call Cumberland Housing at 301-724-2055. Please read the following safety information:

*Natural gas, like all forms of energy and like many other products found in the home, is capable of doing damage and MUST be used properly. Here are some facts everyone should know about gas and gas operated equipment:*

Gas Accidents can be avoided when you follow these safety rules:

1. Teach children that they are not to turn on or light appliances
2. Keep combustibles (curtains, paper, and fluids) away from any open flames.
3. If lighting is required - always light match first and hold it at point of lighting before you turn on gas.
4. Keep burning surface clean of dirt, match ends, grease, etc.
5. Repair and installation is a job for experts. Never attempt to do it yourself.
6. Use equipment for the job it was intended to do - for example, an oven should NOT be used to heat a room.

*Your senses can help you to discover a gas leak.....*

>SMELL: A distinctive odor has been added to natural gas so that less than 1% of gas in the air can be detected.

>SIGHT: In some appliances you can see the flame so you know it is working.

>TOUCH: With some appliances you can feel overheating or cold in the burner area which would indicate trouble.

> HEARING: If the flame sounds unusually noisy, it may not be burning properly.

If you smell gas:

1. NO FLAMES OR SPARKS! – Immediately put out all smoking materials and pre-existing open flames. Do not operate lights, appliances, telephones or cell phones. Flames or sparks from these sources can trigger an explosion or fire.
2. LEAVE THE AREA IMMEDIATELY – Get everyone out of the building or area where you suspect gas is leaking.
3. REPORT THE LEAK – From a neighbor's home or other nearby building away from the gas leak, call your natural gas supplier right away. If you are unable to reach your natural gas supplier, call 911 or your local fire department.
4. DO NOT RETURN TO THE BUILDING OR AREA - Until your natural gas supplier determines that it is safe to do so.
5. GET YOUR SYSTEM CHECKED - Before you attempt to use any of your natural gas appliances, your natural gas supplier or a qualified service technician must check your entire system to ensure that it is leak free.

