



CUMBERLAND HOUSING GROUP

Tower Gazette

Monthly Newsletter for March 2022



EQUAL HOUSING
OPPORTUNITY

Preventive Maintenance Inspections

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

March 3rd Queen City Tower 8th Floor

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.

Face Masks

Queen City Tower and John F Kennedy

The Allegany County Health Department has provided some face masks for Queen City Tower and John F. Kennedy residents. If you have not received any masks, please feel free to call Pama Wilson at 301-722-7977 or 301-724-1544 and make arrangements to pick up some free face masks from the office at Queen City Tower or John F Kennedy. These will be given out until they are gone. A set number will be given to each apartment.

Income Verifications

If you have not received your income statement from the Social Security Administration, please call your local SSA number at 1-866-964-7409. Ask them to mail a statement of your new income to you from the local SSA office. Tell them your landlord needs a copy as soon as possible. Please keep your manager informed. Your attention to this matter is greatly appreciated.

Attention Tenants

Any documents you receive from your Property Manager, need to be signed and returned to the office immediately.

Did you know???

2/3 of what you learn is through listening. An average person remembers no more than 25% of what they hear.

Exterminator Schedule

March 3rd Queen City Towers – Morning
March 3rd John F. Kennedy – Afternoon
March 16th Grande View 218 - 335

Welcome Shayla Yaeger

Shayla Yaeger is the new Compliance Coordinator/ Executive Assistant for Cumberland Housing Group. Shayla started working around mid-November. Her role will include such tasks as managing deadlines for the agency, running the Section 3 program, and processing Reasonable Accommodation requests. We welcome Shayla to the Cumberland Housing Group and feel she will be a great asset to our organization and residents.

Rules Regarding ACH

(Setting up so that your rent comes out of your bank account each month.)

If you have non-sufficient funds in your account when the Cumberland Housing Group tries to withdraw your rent, you will be charged a non-sufficient fee of \$25, plus a late fee. If this is done more than two times, you will no longer be permitted to use this method for paying rent. In addition, no personal checks can be used to pay your rent. You will need to pay by a money order, certified check or pay online at cumberlandhousing.org.

Know Your Rights – Learn about expungement and employment rights.

March 15, 11:00 am – 12:00 pm

Register by emailing
kconnaughton@mdlaborg



Attention Residents - Bible Study
Cumberland Community Church

The Bible Study at Queen City Tower and John F. Kennedy is open to all residents and guests. This will be held every other Saturday at 6:30 pm in the community room and will end at 7:30 pm. 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 schedule for March is as follows:

John F Kennedy – Saturday, March 5th
Queen City Tower – Saturday, March 12th
John F Kennedy – Saturday, March 19th
Queen City Tower – Saturday, March 26
Time: 6:30 to 7:30 pm in the community room.

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 Council Meetings will be held as following:

Queen City Tower – Thursday, March 10th, 2022, at 3 pm in the community room.
John F. Kennedy – Wednesday, March 16th, 2022, 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. Use this link to get free COVID tests delivered to your home: <https://covidtests.gov/>

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, Cumberland.

For the safety of all.....

Residents who have been diagnosed with COVID need to quarantine and follow the COVID guidelines. Please do not expose other residents and staff. Your cooperation is greatly appreciated.

Free Test Kits Available Online

Go to <https://special.usps.com/testkits> and have them sent to you for free.

TO ORDER BY PHONE:

If you do not have access to the internet, please call 1-800-232-0233 (TTY 1-888-720-7489)
Hours: 8 am - Midnight Eastern, 7 days per week.

My Groceries to Go

Those who participate in the “My Groceries to Go” program need to be home on Thursday, March 3, 2022. 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 16, 2022).
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

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

Paying your rent online is EASY!

Go to 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.

Face Masks

This is a reminder that all staff, residents, and guests still have to wear face masks in all common areas. Please call and schedule any appointments you may need with the manager or service coordinator. Thank you for your cooperation.





Don't forget to set your clocks ahead on Sunday, March 13, 2022, at 2 am. (Change to 3 am)

Alzheimer's Foundation Recommends

Annual Memory Screening

CUMBERLAND TIMES NEWS — The Alzheimer's Foundation of America is encouraging individuals to get a memory screening. AFA offers free confidential screenings through a secure virtual format every Monday, Wednesday and Friday. Appointments can be scheduled by calling 866-232-8484 or through AFA's website. There are no minimum age or insurance prerequisites.

Memory screenings consist of a series of questions to gauge memory, language, thinking skills and other intellectual functions. Results are not a diagnosis, but a memory screening can suggest if someone should see a physician for a full evaluation.

Many different conditions can cause memory issues, including treatable or curable conditions such as vitamin deficiencies, thyroid conditions, urinary tract infections, stress, anxiety and depression.

Even in the case of a dementia-related illness such as Alzheimer's, early detection can provide greater opportunity to begin treatments that can help slow the symptoms of the disease as well as taking part in a clinical trial.

Screenings are conducted through secure videoconference technology using a device with a webcam and Internet capability.

Alzheimer's Association
24/7 Hotline: 1-800-272-3900
www.alz.org/maryland

The Alzheimer's Association has a network of caregiver and early-stage support groups. This network is a lifeline and source of support and education resource for many.

