



# Tower Gazette

## Monthly Newsletter for April 2022

**CUMBERLAND HOUSING  
GROUP**



### Preventive Maintenance Inspections

April 7<sup>th</sup> Queen City Tower - 1<sup>st</sup> Floor  
April 14<sup>th</sup> John F. Kennedy - 2<sup>nd</sup> 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. Entry is **MANDATORY** in order to do Inspections as well as repairs. Please continue to call the Maintenance Department (301) 724-2055 with any deficiencies even if your inspection is scheduled in the near future.*

### QCT and JFK COVID Booster Vaccines

The surveys regarding who wanted a COVID Vaccine or Booster were received on February 3, 2022. As a result, the booster shots were given out to all interested tenants by Pharmicare on Thursday, March 3, 2022, in the community rooms at John F. Kennedy and Queen City Tower. Everyone who responded to the survey that wanted a Covid vaccine/booster received their vaccination.

### Face Masks Are Still Available

The Allegany County Health Department has provided some face masks for Queen City Tower and John F. Kennedy tenants. 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.

*All Housing Authority Offices  
Will Be Closed April 15th  
For Good Friday.  
Happy Easter Everyone.*

### Exterminator Schedule

April 7<sup>th</sup> Queen City Towers – Morning  
April 7<sup>th</sup> John F. Kennedy – Afternoon  
April 20<sup>th</sup> Grande View 101 - 217

### *Happy Retirement!*

Congratulations to **Mr. Steve Kesner, President & CEO**, on his retirement! Mr. Kesner has been working in the housing industry for over 30 years, and with Cumberland Housing Group for over 11 years. During this time, he has made many improvements to the organization and created a great place to work. While it is with great sadness that we say good-bye, we wish him good luck on the adventures that are ahead.

### *Congratulations on Your Promotion!*

We are happy to announce our current VP and Chief Financial Officer, **Michele Bender, will be taking over as the new President & CEO** of Cumberland Housing Group. Ms. Bender has been with the agency for 29 years. Best of luck to her in the new position!

### Face Masks

Face masks are optional for tenants and guests.

### **Pet Issues ....**

for QCT tenants who take their dogs out the HC entrance to let them do their "business" in the grassy area - reminder that you are responsible to clean it up!! Pet permits can be revoked if you do not clean up the feces from your pet. Piles of dog feces has been left in the grass.



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

The Bible Study at Queen City Tower and John F. Kennedy is open to all tenants and guests. The following is the schedule for April:

**John F Kennedy – Saturday, April 2nd**

**Queen City Tower – Saturday, April 9th**

**John F Kennedy – Saturday, April 16th**

**Queen City Tower – Saturday, April 23<sup>rd</sup>**

**John F Kennedy – Saturday, April 30th**

**Time: 6:30 to 7:30 pm in the community room.**

(Note: Signs will be posted on the first-floor bulletin board if any Bible Study is cancelled).

**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!** The following is the schedule for Resident Council Meetings to be held in April for JFK and QCT.

**Queen City Tower – Thursday, April 7th, 2022, at 3 pm** in the community room.

**John F. Kennedy – Wednesday, April 20th, 2022, at 3 pm** in the community room.

(Note: signs will be posted on the first-floor bulletin board if any Resident Council Meeting is cancelled.)

**COVID – 19 Information**

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

The Allegany County Health Department continues to offer free COVID-19 vaccinations for individuals ages 12 and older on Wednesdays at the Allegany County Fairgrounds from 9 a.m. to 1 p.m. No appointment is needed for first and second doses of Moderna vaccine (ages 18+) and first, second, and booster doses of Pfizer vaccine (ages 12+). Appointments are recommended for the Moderna booster vaccine and individuals may schedule an appointment by visiting <http://health.maryland.gov/allegany> and clicking on the preferred clinic date.

For assistance registering for an appointment, county residents can call the COVID-19 call center at 240-650-3999. COVID-19 vaccines and boosters are also widely available at local pharmacies, urgent care clinics, and some primary care providers.

Free drive-thru COVID-19 testing is still being offered at the Allegany County Fairgrounds (11400 Moss Ave, Cumberland) on Mondays from 2 to 7 p.m. and on Wednesdays and Fridays from 8 a.m. to 2 p.m.

**My Groceries to Go**

Those who participate in the “My Groceries to Go” program need to be home on Thursday, April 7, 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 Thursday of every month  
in the parking lot.

(Next one will be on April 21, 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-mineralcountycrimeslovers.com](http://www.allegany-mineralcountycrimeslovers.com)

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

**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.



## Avoid COVID-19 scams

Have you gotten robocalls, text messages, or emails offering COVID-19 tests in exchange for your Medicare Number? **Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits** in exchange for your personal or medical information. Do not give out your Medicare Number for COVID-19 test kits!

**Make sure to purchase FDA-approved COVID-19 test kits from legitimate providers.** Over-the-counter or at-home tests are available for sale around the U.S. at many reputable and trustworthy retailers and pharmacies.

### Avoid COVID-19 Scams

Remember, each household in the U.S. can also have **four free** COVID-19 at-home tests shipped directly to their home at no cost. **Visit [COVIDtests.gov](https://www.covidtests.gov)** ( or **call 1-800-232-0233**) to order tests or learn more about testing.

**If you suspect fraud, call 1-800-MEDICARE to report it.**

Sincerely,

*The Medicare Team*

### SENIOR APARTMENTS "NOW" AVAILABLE

AGE 62 AND OLDER NEEDING  
ASSISTANCE  
FEES BASED ON INCOME

#### **Willow Valley in Cumberland**

Daily Meals, Housekeeping  
Personal Assistance  
Medication Administration

*Any current tenant of the  
Cumberland Housing Group, age 62  
or older would be able to transfer to  
Willow Valley if you qualify for  
these services.*

**Grande View in Westernport also has  
apartments available.**

For More Information, Call  
**301-759-2880**

## COVID-1 at-home test

**Good news!** Starting this week, if you already ordered 4 free at-home COVID-19 tests from **COVIDtests.gov**, now you can get **4 more free at-home tests shipped to your home.**

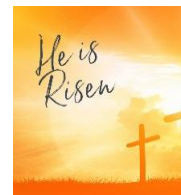
Visit **COVIDtests.gov** again to place your second order. As before, just enter your name and mailing address (you can also give your email address if you want status updates on your order).

If you haven't yet ordered any at-home tests, you can get a total of 8 tests shipped to your home. You'll just have to place **2 separate orders** — each order equals 4 tests.

At-home tests, or "self-tests," give rapid results and can be taken anywhere, regardless of your vaccination status or whether or not you have symptoms. **Visit [CDC.gov](https://www.cdc.gov)** to learn when to test yourself, how to use an at-home test, and what your test results mean.

Sincerely,

*The Medicare Team*



### THE JELLY BEANS

Red is for the blood He gave,  
Green is for the grass He made,  
Yellow is for His sun so bright,  
Orange is for the edge of night,  
Black is for the sins we made,  
White is for grace He gave,  
Purple is for His hours of sorrow  
Pink is for our new tomorrow.



May every day be Easter in your heart.  
May the Joy you feel on Easter morning be  
the Joy of each day of your life.



## Covid In Home Test Review

By now residents have been receiving the in home Covid tests in the mail. Below, please find a review from one of our residents about the test kits.

Here's the results of a review on the at-home covid tests:

### 1. INSTRUCTIONS

- a. People who take these tests or attempt to, are going to need help. The instructions are not clear and concise to the audience I think the government was trying to target.

### 2. TESTING SUPPLIES

- a. My kit came with 4 tests. The photo posted on the first-floor bulletin board is minus 1 because I tested myself. I was expecting each test to be packaged as such but this wasn't the case. Every item was packaged separately except for the test devices which all 4 were in one pouch. Here's where the confusion begins, the nasal swabs are packaged separately and people are going to use 1 swap for each nostril. (Note: You should use one swab for both nostrils for each test.) Unless they've previously tested in a medical setting knowing one swab is needed or they've contacted their physician or they actually read the instructions.

### 3. POSITIVE/NEGATIVE/INVALID RESULTS

- a. A lot of factors determine inaccurate results:
  - i. The use of nasal sprays
  - ii. Illegal drug use
  - iii. Nose bleeds
  - iv. Nasal piercings
  - v. Facial/nasal injuries
  - vi. Contaminating the testing supplies
  - vii. Improper use of test
  - viii. Expiration of test
  - ix. Reading the test to early/late
  - x. Reusing test supplies

Please note, excerpts from the instructions regarding positive/negative results will be posted on the first-floor bulletin board along with other pictures of the kit (and this page). Anyone needing one to one assistance can make an appointment with the Service Coordinator, Pama Wilson at 301-722-7977 or 301-724-1544.

