



The Mission Statement of the Cumberland Housing Group is to:

- ensure safe, decent, sanitary, affordable and well-maintained housing at a fair market rent;
- to create opportunities for residents' self-sufficiency and economic independence;
- to assure fiscal integrity by all low, very low and extremely low-income program participants;
- to develop affordable housing, both rental and for sale, in the City of Cumberland and surrounding communities; and
- to renew pride, restore confidence, promote reinvestment and revitalize neighborhoods.

JFV Residents

There is **NO parking** on Second Street where Buildings 1 through 6 are located. There are signs posted at the end of each Building that explains this. In the future, no one will come to your door, asking you to move your illegally parked vehicle. We use Buckley's Towing for our services and once on-site, the tow company will remove your vehicle and you will be responsible for all charges.

Exterminator Schedule

August 12 th	Jane Frazier Village, Buildings 1 – 6 & Banneker Gardens
August 11 th	Jane Frazier Village, Buildings 7 – 17
August 18 th	River Bend Court

Preventive Maintenance Inspections

August 1 st	River Bend Court Bldg. 10 & 9A
August 2 nd	Jane Frazier Village Bldg. 5
August 9 th	Banneker Gardens 318 to 324

*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.*

Welcome New Staff Members

Sydney Crawford has been hired under the ROSS Grant as the new **Resident Services Coordinator**. Sydney graduated from



Frostburg State University with her Bachelor's degree in social work. Sydney will also be answering the phones and waiting on clients that come into the Main Office.

Tyler Rotruck has been hired as a new **Property Manager**. Tyler will be training in the multi-family side of Property Management, for the future John F. Kennedy RAD project. Tyler is a Frostburg State University graduate with his Bachelor's degree in Political Science.



No Curtains or Sheets between Rooms

It has been reported by staff that tenants are hanging curtains, sheets, blankets, etc. to separate rooms. This is a tripping and fire safety hazard. Nothing is to be hung up separating the rooms. If you have such items hung up, please remove them immediately. Your cooperation is appreciated so that further actions does not have to be taken.





Back to School

Wednesday
August 24th
3 Hour Early Dismissal

Pre-K and Kindergarten

Begins
Monday, August 29th

Beware of Scams

Some tenants have been getting information in the mail stating "Benefit Update" or similar things. Please do not call any phone number and give out any information about yourself. Most of these requests are Scammers impersonating the SSA (Social Security Administration or Medicare). Please call the local Social Security Office at 1-866-964-7409 and tell them what you received. They will advise you what to do.

ATTENTION

Pet and Assistance

Animal Owners



Please mark your calendars for the date your permits expire. You will receive notices **at least 30 days** out from the time your permit expires as a reminder. However, you are responsible for turning in all the required documentation within those 30 days before your current permit expires.

If you have any questions, you can call the main office and ask for:

For Pets: *Haley Dent*

For Assistance Animals: *Shayla Yaeger*

Main Office Phone Number

301-724-6606

LEARN THROUGH PLAY

Y Family Center Playgroup is at the JFV Community Room on the 1st and 3rd Wednesday of every month from 11-12. Enjoy a craft, a free book, snack and monthly giveaways! (Day changed from Tuesdays to Wednesday's.)

Wednesday, August 3rd 11-12

Wednesday, August 17th 11-12

Birth to 4 years old

Kids Jokes

Why did the dolphin cross the beach? *To get to the other tide!*

Why don't oysters share their pearls? *Because they're shellfish!*

What kind of candy do you get at the airport? *Plane chocolate*

FOOD GIVEAWAY!

Third Thursday of every month in the parking lot.
(Next one will be on August 18, 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

Free Summer Lunch Program at River Bend Court Ends August 11th.

Monday thru Friday
Lunches will be delivered to the
Community Center around 11:45

8th National Night Out Against Crime

Kick-Off Event
Monday, August 1st
Constitution Park
6:00 - 8:00 pm - Free Swim
With a Live Band
Movie begins at dusk.

Tuesday, August 2nd
5:00 pm - 8:00 pm
Somerville Avenue
Street Activities and Vendors.

Farmers Market

Every Thursday
9:30 - 2 pm
Downtown on the Mall



DIABETES PREVENTION PROGRAM

The Diabetes Prevention Program (DPP) is for individuals over the age of 18 who have prediabetes or are at risk for type 2 diabetes but who **DO NOT** already have diabetes.



Participants will work with a trained lifestyle coach to learn the skills needed to make lasting changes, such as:

- Eating healthier
- Losing weight
- Reducing stress
- Increasing physical activity

The program is available in-person, virtual, online, and a combination to fit your schedule.

PHASE I: LIFESTYLE CHANGES

(First 6 months - Weekly Meetings)

PHASE II: MAINTENANCE

(Second 6 months - Monthly Meetings)

To register, visit

UPMCWesternMaryland.com/DPP

or call UPMC Western Maryland Community Health at **240-964-8424**.

Allegany College Scholarship Deadline

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 any expenses not covered by your Pell grant. You can pick up an application at the Housing Authority Office. Deadline to apply is Friday, August 12th.

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.

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.

Crime Solvers Tip Line

301-722-4300

www.allegany-mineralcountycrimesolvers.com

To report **suspected drug activity**, leave an anonymous tip at 301-759-4660.

UPMC Western Maryland Offers Diabetic Prevention and Management Programs

Informative Speaker from UPMC
Coming to the Family Developments in August



All residents encouraged to attend

WHEN

August 9 th	River Bend Court Community Room	1:00 – 2:00 pm
August 18 th	Jane Frazier Community Room	2:00 – 3:00 pm
August 23 rd	Banneker Gardens Community Room	2:00 – 3:00 pm

Are you diagnosed as a prediabetic or are you at increased risk for type 2 diabetes? The Diabetes Prevention Program (DPP) is an evidence-based program to help individuals over the age of 18 make healthy choices to prevent or delay type 2 diabetes. The program is led by trained lifestyle coaches with flexibility to fit your schedule. Participants can self-refer, or have their provider refer them.

If you currently have a diagnosis of type 1 or type 2 diabetes, *Living Well with Diabetes* is a diabetes self-management program with interactive group education led by a group of healthcare professionals. This education is ideal for those newly diagnosed or those who need a refresher on how to properly manage their condition. A health care provider referral is required.

Find out more about these programs at UPMCWesternMaryland.com/FindOut

Try to attend this worthwhile presentation!



Prediabetes Risk Test

1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested. **You can reduce your risk for type 2 diabetes**

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. Talk to your doctor to see if additional testing is needed or reach out to our Community Health Department at UPMC Western Maryland at 240-964-8424

Date: _____ Name: _____ Date of Birth ____/____/____

I agree to be contacted by Community Health & Wellness: Yes ___ No ___ Best number to reach me is: _____

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention