



# Tower Gazette

## Monthly Newsletter for August 2022

**CUMBERLAND HOUSING  
GROUP**



### 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.

### Exterminator Schedule

August 4<sup>th</sup> Queen City Towers – Morning  
 August 4<sup>th</sup> John F. Kennedy – Afternoon  
 August 17<sup>th</sup> Grande View 101 - 217

### Preventive Maintenance Inspections

August 4<sup>th</sup> John F. Kennedy – 6<sup>th</sup> Floor  
 August 11<sup>th</sup> Queen City Tower – 5<sup>th</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.*

### 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.



**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.

### 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

### Welcome New Staff Members

**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 JFK RAD project. Tyler is a Frostburg State University graduate with has a Bachelor's degree in Political Science.



## **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 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.

## **Queen City Tower Prayer Group and Game Night**

The QCT Prayer Group will be held on Tuesday, August 2<sup>nd</sup>, Tuesday, August 16<sup>th</sup>, and Tuesday, August 30<sup>th</sup> from 2 pm to 3 pm in the community room. All residents and guests are invited to attend. Jeff Steele is in charge of the group.

Game Night at QCT will be held on Sunday, August 14<sup>th</sup> and Sunday, August 28<sup>th</sup> from 6 pm to 8 pm. in the community room. All residents and guests are invited. Jeff Steele is in charge of Game Night.

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

Bible Study will **not** be held in August or September of 2022. We will be starting the Bible Study back up in October at both John F Kennedy and Queen City Tower. It will be posted in the newsletter.

## **Resident Council Meetings**

Resident Councils at both Queen City Tower and John F. Kennedy will **not** be meeting during August. The next scheduled Resident Council meetings will be held in September.

## **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 12<sup>th</sup>.

## **My Groceries to Go**

Those who participate in the “My Groceries to Go” program need to be home on Thursday, August 4, 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 301-783-1755.

## **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!*

## **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. Simply follow the instructions. 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.

## **50/50 Tickets for Sale**

Margaret Petruccy from JFK and Joe Miller from Queen City Tower will be selling 50/50 tickets in August. The drawing will be done at the September Resident Council Meetings. 50% goes to the winner and 50% goes to Resident Council Events.



# UPMC Western Maryland Offers Diabetic Prevention and Management Programs

## Informative Speaker from UPMC

Coming to JFK, QCT and Grande View Apartments in August



All residents encouraged to attend

### WHEN

John F. Kennedy	Friday, August 5 <sup>th</sup>	2:30 – 3:30 pm
Queen City Towers	Thursday, August 11 <sup>th</sup>	2:30 – 3:30 pm
Grande View Apartments	Friday, August 19 <sup>th</sup>	10:00 – 11:00am

**Location:** Community Room

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](http://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+
	<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>
	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*