



# Tower Gazette

Monthly Newsletter for September 2022

**CUMBERLAND HOUSING  
GROUP**



## Exterminator Schedule

September 1<sup>st</sup> Queen City Towers – Morning  
September 1<sup>st</sup> John F. Kennedy – Afternoon  
September 21<sup>st</sup> Grande View 218 - 335

## Preventive Maintenance Inspections

September 1<sup>st</sup> John F. Kennedy – 7<sup>th</sup> Floor  
September 8<sup>th</sup> Queen City Tower – 6<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.*

## Expungement Clinic

Do you have a criminal record in Maryland?

You may be eligible for an expungement.

Expungement Clinic, September 30<sup>th</sup>, 1 to 3:30 pm  
American Job Center  
138 Baltimore Street  
Cumberland, Maryland 21502  
Refreshments provided!

For non-legal questions about the event,  
please call the Job Center at 301-777-1221.

## Notice of Public Hearing

The Housing Authority of the City of Cumberland is required to annually hold a public hearing regarding any changes to the goals, objectives, and policies of the public housing agency and its Capital Fund 5-Year Action Plan. Information related to any proposed changes as well as the Action Plan is available for review at the Central Office of the Cumberland Housing Group located at 635 E. First Street, Cumberland during the hours of 8:00 AM to 4:00 PM Monday through Friday, (except Holidays) or at [www.cumberlandhousing.org](http://www.cumberlandhousing.org). A public hearing will be held on November 3, 2022 at 10:00 AM, at the Jane Frazier Village Community Room connected to the Central Office. Public comments can be submitted to our office prior to the hearing or voiced at the hearing.

***The Cumberland Housing Group  
Offices***

***will be closed on Monday,  
September 5, 2022 in  
observance of Labor Day!***

## **Complaints of Strangers Coming into the Buildings Visitors or Workers Coming into the Buildings must Sign In**

1. When buzzing in your guest/visitors or workers, remind them that they must sign in before going up to your apartment. Sign in sheet is next to the elevator.
2. If you are downstairs and someone wants in, do not let them in the building. Tell them they need to buzz the tenant they are wanting to see, even if you know the person. If tenant does not respond to the buzzer, then visitor will have to come back later when tenant is home.
3. In order to keep the building free of homeless individuals, your cooperation is needed as you are the tenants that are there 24 hours a day; going in or out of the building or just walking around downstairs. Do not let these individuals enter the building behind you and if they ask you to let them in tell them **NO** and to buzz the tenant they want to see.



## 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 Health Department from 9 a.m. to noon, every Wednesday. You can call 240-650-3999 to make an appointment. You can make an appointment for the Moderna, Pfizer, and the Novavax.

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

The QCT Prayer Group will be held on Tuesday, September 13<sup>th</sup> and Tuesday, September 27<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.

### Queen City Tower Game Night

Game Night at QCT will be held on Sunday, September 11<sup>th</sup> and Sunday, September 25<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

Roy Bible will be starting up Bible Study in October for Queen City Tower and John F. Kennedy.

### Resident Council Meetings to Start Back Up in September

**Queen City Tower – Thursday, September 8th at 3 pm**  
**John F. Kennedy – Wednesday, September 21<sup>st</sup> at 3 pm**

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!**

## My Groceries to Go

Those who participate in the “My Groceries to Go” program need to be home on Thursday, September 8, 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 September 15, 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](http://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](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.

Courage is not the towering oak that sees storms come & go;  
it is the fragile blossom that opens in the snow.  
*Alice Mackenzie Swain*



### **Affordable Connectivity Program**

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

### **Who Is Eligible for the Affordable Connectivity Program?**

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the [Federal Poverty Guidelines](#), or if a member of the household meets at least *one* of the criteria below:

Received a Federal Pell Grant during the current award year;

- Meets the eligibility criteria for a participating provider's existing low-income internet program;
- Participates in one of these assistance programs:
  - The National School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
  - SNAP
  - Medicaid
  - Federal Public Housing Assistance
  - Supplemental Security Income (SSI)
  - WIC
  - Veterans Pension or Survivor Benefits
  - or [Lifeline](#);
- Participates in one of these assistance programs and lives on [Qualifying Tribal lands](#):
  - Bureau of Indian Affairs General Assistance
  - Tribal TANF
  - Food Distribution Program on Indian Reservations
  - Tribal Head Start (income based)

### **Apply Now**

1. Go to [AffordableConnectivity.gov](#) to submit an application or print out a mail-in application.
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must **both apply for the program and contact a participating provider to select a service plan.**

### **How Does the ACP Protect Consumers?**

FCC rules protect Affordable Connectivity Program recipients by:

- Empowering consumers to choose the service plan that best meets their needs (including a plan they may already be on);
- Ensuring consumers have access to supported broadband services regardless of their credit status;
- Prohibiting providers from excluding consumers with past due balances or prior debt from enrolling in the program;
- Preventing consumers from being forced into more expensive or lower quality plans in order to receive the ACP;
- Ensuring that consumers are not liable for early termination fees;
- Reducing the potential for bill shock or other financial harms;
- Allowing ACP recipients to switch providers or broadband service offerings; and
- Providing [a dedicated FCC process for ACP complaints](#).

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## More Consumer Information

Check out the Affordable Connectivity Program online by going to [Consumer FAQ for more information about the benefit](#).

### Which Internet Service Providers Are Participating in the Affordable Connectivity Program?

Various internet providers, including those offering landline and wireless internet service, are participating in the Affordable Connectivity Program. [Find internet service providers](#) offering the benefit in your state or territory.

### Need Help With the ACP?

If you need to talk to someone about your eligibility or application status, call the ACP Support Center at (877) 384-2575.

The above information is taken directly from the following website:

<https://www.fcc.gov/affordable-connectivity-program-providers>

### Please see below some of the Maryland Service Providers participating in the Affordable Connectivity Program:

Assurance Wireless	Cricket Wireless
AT&T	Metro by T-Mobile
Breezeline	Q Link Wireless
Boost Mobile	US Connect Wireless
Cintex Wireless	

## Go Slow . . . . Fentanyl is here. Have a plan. Fentanyl acts fast. Be careful.

Most fatal overdoses in Maryland involve fentanyl. For help with substance use or mental health, call 211 and press 1. If an emergency call 911.

The Go Slow campaign was created by BMORE POWER with support from Behavioral Health System Baltimore, the John Hopkins Center for Communication Programs and Mission Media. To learn more about the process for creating Go Slow, read – *Go Slow: Baltimore’s Peer-Led harm Reduction Campaign*.

Hope Station Wellness & Recovery

### Fresh Produce

**Friday, September 23rd**

**11 am – until supplies last.**

Sponsored by

The Western Maryland Food Bank

**632 N. Center Street**

Cumberland Maryland

For more information call 240-362-3152

**(Fresh Produce /Bring a bag!)**

UPMC Western Maryland –

### STRESS LESS FOR BETTER HEALTH

“The natural healing force within us is the greatest force in staying well.” Hippocrates

Learn ways to stay calm amidst chaos by applying breath work, meditation,

guided imagery, visualization and movement skills.

8 -Week Journey

Mondays / September 12 – October 31

IN-PERSON: 2 p.m. – 4 p.m.

Willowbrook Office Complex

Material Management Conference Room, 2<sup>nd</sup> Floor

Registration is Required – Call 240-964-8417

This group is hosted by the

UPMC Western Maryland Community Health and Wellness

