



CUMBERLAND HOUSING GROUP



Tower Gazette

Monthly Newsletter for October 2022

Exterminator Schedule

October 6th Queen City Towers – Morning
 October 6th John F. Kennedy – Afternoon
 October 19th Grande View 101 - 217

Preventive Maintenance Inspections

October 6th John F. Kennedy – 8th Floor
 October 12th Queen City Tower – 7th 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.*

Mercy Medical Angels

Mercy Medical Angels', non-emergency, ground transportation program and provides financially qualifying patients with non-local medical-related treatment traveling more than 50 miles from their home. The typical trip does not exceed 300 miles.

This program provides:

- Gas cards (Provided to help off-set fuel cost for patients)
- Bus tickets (Greyhound, Trailways, etc.)
- Train tickets (Amtrak)

Eligibility:

~ Family income; first page of your most recent Federal tax return, social security, Medicaid, or disability statement.

~Other documents: verification of your medical appointment (a letter from your physician, a printed appointment reminder, or a screen shot of your patient portal showing the appointment date).

It is recommended that you make your request as far in advance as possible and no less than two weeks.

For more information or to apply for services please visit:

www.mercymedical.org/request-assistance

Telephone: 757-318-9174

Other programs from this provider: Angel Wings for Veterans and Healthcare Commercial Airline Assistance.

The Cumberland Housing Group Offices will be closed on Monday, October 10, 2022 in observance of Columbus Day!

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. 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.

Words to ponder...

“As you sail through life, don't avoid rough waters. Sail on because calm waters do not make a skillful sailor. “

Author Unknown



Happy Columbus Day!



COVID – 19 Information

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

On September 1, the CDC announced updated recommendations for Pfizer and Moderna COVID-10 boosters for people age 12 and up. The updated booster dose is a bivalent formula that both boosts immunity against the original coronavirus strain and also protects against the newer Omicron variants that account for most of the current cases – according to CDC.

To stay up-to-date on vaccinations, the CDC recommends an updated booster dose at least 2 months after and individual's last COVID-19 shot - either since their last booster dose, or since completing their primary series. Pfizer's updated booster shot is authorized for individuals 12 and older, and Moderna's is authorized for adults 18 and older. As new variants of the virus emerge, updated boosters are intended to provide optimal protection against COVID-19.

The Allegany County Health Department continues to offer free COVID-19 vaccinations on Wednesdays on the first floor of its offices at 12501 Willowbrook Road, Cumberland. Vaccinations for ages 12 and older are available from 9 a.m. to noon. Vaccinations for children ages 5 to 11 are offered from 3 to 4:30 p.m. Pre-registration is preferred for vaccinations and registration links can be found at health.maryland.gov/allegany. Parents of children under 5 should contact their child's pediatric office to schedule a COVID vaccination.

Free drive-thru COVID-19 testing continues at the Allegany County Fairgrounds, 11400 Moss Avenue, Cumberland on Mondays 2 to 7 pm and on Wednesdays and Fridays from 8 a.m. to 12 pm.

Queen City Tower Prayer Group & Game Night

The QCT **Prayer Group** will be held on Tuesday, October 11th and Tuesday, October 25th from 2 pm to 3 pm in the community room. All residents are invited to attend. Jeff Steele is in charge of the group.

Due to popular demand, **Game Night** at QCT will be held every Sunday in October from 6 pm to 8 pm. in the community room. All residents are invited. Jeff Steele is in charge of Game Night.

Bible Study

Roy Bible will be conducting the Bible Studies.

JFK – Saturday, October 8th and 22nd

QCT – Saturday, October 15th and October 29th

6:30 pm to 7:30 pm in the Community Room

All Residents Welcome!

Resident Council Meetings

Queen City Tower – Thursday, October 13th at 3 pm

John F. Kennedy – Wednesday, October 19th 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, October 6, 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 October 20, 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-](http://www.allegany-mineralcountycrimesolvers.com)

[mineralcountycrimesolvers.com](http://www.allegany-mineralcountycrimesolvers.com)

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

Hope Station Wellness & Recovery

Fresh Produce

Friday, October 28th

11 am – until supplies last.

Sponsored by

The Western Maryland Food
Bank

632 N. Center Street

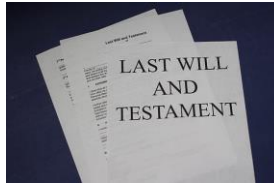
Cumberland Maryland

For more information call 240-
362-3152

(Fresh Produce /Bring a bag!)



Allegany Law Foundation Free Will Clinic



Allegany Law Foundation is offering a free “Will Clinic” to seniors age 60 and over. Participants will be able to complete a simple will, power of attorney, and an advanced directive free of charge. To be added to the wait list for the upcoming “Will Clinic”, please call Allegany Law at (301) 722-3390. Allegany Law is now located at 13 Canal Street, Suite 404, Cumberland, Maryland (inside the Western Maryland Scenic Railroad building). If you have any questions, you can call Allegany Law at 301-722-3390. You can also talk to Pama Wilson, Resident Service Coordinator at 301-722-7977 or 301-724-1544.

Paying Rent

Rent is due the 1st of each month. HACC gives you a grace period until the 7th of each month. After the 7th your rent is considered late and you will pay 5% of your rent as a late fee. If you pay your rent late 4 times within a 12-month period, Cumberland Housing Group (CHG) proceeds with lease termination. If you do not pay your rent in full, CHG files Eviction Actions (Unlawful detainers) in District Court around the 25th of each month.

There are several ways to pay your rent. You can sign up for ACH. This is where your rent automatically comes out of your bank account approximately the 5th of each month. You should check your bank to make sure your payment did come out if you sign up for this option, before you pull your money out of your account. There is a \$25 non-sufficient fee charged to your account if you do not have the money in the account when your Bank tries to pull your payment from the account. In addition, if more than two (2) personal checks or ACH's are returned at any time during the tenancy, no further personal checks or ACH's will be accepted.

If there is a holiday on the 5th or if the 5th falls on a weekend, the money may not be deducted from your account until the following day that is not a weekend or holiday. (For ACH form #168 – pick up from office.) If you decide to go off of ACH you must put it in writing and give to your Property Manager.

You can also pay your rent by dropping a check or money order in the drop off box/door slot at your apartment building office.

You can go to cumberlandhousing.org and click on the “Click here to make a payment” tab. Simply follow the instructions.

Another way to pay your rent is by taking your rent statement to the First United Bank and Trust at 115 W. Harrison Street or 1501 E. Oldtown Road. They will accept your payment and stamp your rent receipt showing it is paid. You can pay by cash at the bank.

Mail

If any mail arrives to your box or at your door that does not belong to you, please do not take it to the office. We are not mail carriers and do not take care of the mail. If you receive someone else's mail, take a pen and write on the mail – “person does not live here, do not deliver their mail to my box”. Place that mail in the outgoing mail box. If you receive mail from anywhere else that does not belong to you, contact that mail carrier and have them come pick up what was delivered to you by mistake. Do not put any mail in the office or have maintenance put it in the office after 4 pm. Thank you for your cooperation in this matter.



Think on This!

Control your temper. Don't be easily angered. Learn how to respond to life instead of reacting to it.



Allegany County Health Department Helping Tenants / COVID - 19

All the tenants at Queen City Tower and John F. Kennedy have received a COVID testing kit and a COVID-19 brochure "What You Should Know.". These were distributed on September 19th at JFK and September 20th at QCT. Any resident at QCT or JFK who would like to have a N-95 mask or a pocket size hand sanitizer can come see me, Pama Wilson (Tuesdays and Thursdays at Queen City Tower, Wednesdays and Fridays at John F. Kennedy.) I did not receive enough N-95 masks or hand sanitizers for each tenant. Therefore, I will be giving them out on a first come, first serve basis. When I run out, my contact from the Health Department will bring me more. So, feel free to stop and ask for one if you need one. I have a few testing kits left over at each hi-rise. So, if you need one, I will give you one.



Flu Shot Clinic **By Pharmicare**

Queen City Tower - Tuesday, October 25, 2022
from 2 pm to 3 pm in the community room.

John F Kennedy – Wednesday, October 26, 2022
From 2 pm to 3 pm in the community room

If you are interested in getting a flu shot, you need to sign up on the sheet that will be posted on the first-floor bulletin board. There will be a time slot when each tenant will receive his/her shot. All residents need to see Pama Wilson in the office the day of the flu shot clinic 15 minutes before your scheduled time. She will assist you in filling out your papers and make copies of your insurance cards.

Insurance that they will accept for the flu vaccine is Medicare (Part B), Medicaid, and 3rd party insurances. If you are not sure of your 3rd party insurance, see Pama a few days before the clinic so she can check with Pharmicare to make sure it is covered. For the 3rd party insurance, Pharmicare will need the prescription card (not the medical) unless you have one card that is for medical and prescription. They need to see the card that has the RX Bin, RX Group, etc. on it – so they can bill from that card.

They will bring the high dose flu vaccine (for those 65 and older) and the regular flu shot for those under 65.

Higson's October Fest



Sunday, October 2, 10 AM – 6 PM

Higson's Farm

2276 E Maple St, Wiley Ford, WV

Come enjoy the day with hayrides, pony rides, bunnies, balloon animals, food, crafts, and more! Pumpkins, cornstalks, and straw will be available!

304-738-8946

This would be a fun day for you
and your family!

Trash at JFK & QCT

Trash needs to be put in bags that fit down the garbage chute. Pizza boxes and bags of trash are not to be put in the trash rooms or left outside. Cardboard is to be torn or cut down and put in bags that fit down the garbage chutes. Large bulk items are to be set outside by the dumpster area after 6 pm on Sundays only. (Bulk trash pick-up is early Monday morning.) Unwanted items should not be put anywhere for other tenants to take!

