



CUMBERLAND HOUSING GROUP

Tower Gazette

Monthly Newsletter for December 2022



Exterminator Schedule

December 1st Queen City Towers – Morning
 December 1st John F. Kennedy – Afternoon
 December 21st Grande View 101 - 217

Merry Christmas from the
 Cumberland Housing Group Board,
 Administration, Property
 Management, Maintenance & Security



*The Cumberland Housing Group
 Offices
 Will be Closing at Noon on
 December 15th and will be closed
 December 26th in celebration of
 Christmas!*

COLA Increase 2023 -

Award Letters Must Be Given to Managers

**Please report your increase to your
 property managers as soon as you get
 your statement of increase.**

The federal government announced in October that the Social Security Cost of Living Adjustment (COLA) for 2023 will be 8.7% increase. Social Security recipients will receive a notice in the mail in December showing their new benefit amount. Social Security Recipients will see an increase in their January 2023 payment. Those receiving SSI will see an increase on December 30, 2022 (but this is your January check coming in December due to the January 1st holiday.)

Allegheny College Scholarship

If you are attending Allegheny 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 expenses not covered by your Pell Grant.

Applications can be picked up at the Housing Authority Office. Deadline to apply for the Spring Semester is Friday, December 9, 2022.

Paying your rent online is EASY!

Go to 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.

Have your
 Grandchildren call
Santa so they can
 tell him what they
 want for Christmas!
 (951) 262-3062



COVID – 19 Information

To get the latest on the COVID-19 Vaccine, call the COVID-19 call the Allegany County Health Department at 240-650-3999.

Queen City Tower Prayer Group

The QCT **Prayer Group** will be held every Tuesday from 2 pm to 3 pm in the community room. All residents are invited to attend. Jeff Steele is in charge of the group.

Game Night

Due to popular demand, **Game Night** at QCT will be held every Sunday 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, December 3rd and 17th

2 pm to 3 pm in the Community Room

All Residents Welcome!

QCT – Saturday, December 10th

2 pm to 3 pm in the Community Room

All Residents Welcome!

(No Bible Studies on December 24th or December 31st because of the holidays.)

Resident Council Meetings

Tenants at QCT and JFK voted not to have a Resident Council Meeting in December.

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!**

Alzheimer's Association

The Alzheimer's Association is dedicated to promoting awareness of the latest Alzheimer's research, resources, and news. Please read the articles on the website or sign up for the e-newsletter to stay informed on the global fight against Alzheimer's.

24/7 Hotline: 1-800-272-3900

www.alz.org/maryland

**Greater Cumberland Maryland
(Maryland's local chapter)**

Offices in Frederick, Salisbury, Towson

Alzheimer's Association offers a variety of virtual events ONLINE. You can find the virtual events and programs online on the [Community Resource Finder](#) or contact our [24/7 Helpline](#) at 800-272-3900 for details.

Currently there are no local Alzheimer support groups.

My Groceries to Go

Those who participate in the "My Groceries to Go" program need to be home on Thursday, December 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 December 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 301-759-5093 or Maryland's Quit line at 1-800-784-8669.

Crime Solvers Tip Line

301-722-4300

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

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

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

Trim A Tree

**Queen City Tower and John F Kenney
Trim A Tree – All Residents Welcome!**

QCT – Saturday, December 3rd at 11 am

JFK, Sunday, December 4th at 3 pm

Community Room

Please look for sign posted on first floor
bulletin board.





Health Insurance Program

New year, new approach

In recognition of the fact that over half of the remaining uninsured could get coverage for free or very low cost and can enroll year-round, the Health Insurance Program at AHEC West has adopted a significantly different approach to its outreach activities.

We are embedding with or offering services for the most vulnerable and low-income populations in order to have the chance to interact with them about health insurance. To this end, the Program has embedded in the Horizon Goodwill Industries “Hagerstown Health Hub” at 200 N. Prospect Street in Hagerstown. In Cumberland, AHEC West has opened “The Possibility Shop” at 138 Baltimore Street, Suite 100.

The Hagerstown Health Hub currently offers a multitude of programs and resources for employment, homelessness, disaffected youth and substance use. It also will offer access to medical and dental care at an onsite clinic. A grocery store is also planned for the site. Currently the Meritus Health Mobile Clinic is there part time. AHEC West provides onsite application assistance three days a week. Our Outreach Team is based there full time. The opportunity to participate with Horizon Goodwill Industries and Meritus Health has significantly strengthened our Washington County outreach efforts.



In Cumberland, AHEC West has opened the “Possibility Shop.” We have four offices at the Shop that we invite other agencies to share. By helping other organizations with their outreach, we bring consumers to us that would otherwise be very hard to reach. Current organizations and programs at the Shop are: Horizon Goodwill – housing navigation and disability applications; Associated Charities – prescription assistance; Allegany County Health Department – Medicaid/MCHP case worker; and Healing Allegany – harm reduction services. Coming soon we will have programs from HRDC and Maryland Wellness. County United Way provides children’s books and other supplies for us to give to consumers.

The Health Insurance Program also participates in the AHEC West and Hyndman Health Center’s mobile clinic collaboration. Look forward to seeing more organizations participating at the Possibility Shop and the Hagerstown Health Hub as the year progresses.



Notice to Cumberland Housing Residents

Public Awareness Program Message Natural Gas Safety Instructions

Natural gas for your appliances is delivered through a jurisdictional natural gas pipeline system. The system is a safe, reliable and efficient way to deliver natural gas for your heating, water heating, cooking, and clothes drying needs. Although safe, tested and regulated, the system's most common hazard is from 3rd party damage from excavation. Before digging or excavations are done, contact Miss Utility at 1-800-257-7777 or 811 and call Cumberland Housing at 301-724-2055. Please read the following safety information:

*Natural gas, like all forms of energy and like many other products found in the home, is capable of doing damage and **MUST** be used properly. Here are some facts everyone should know about gas and gas operated equipment:*

Gas Accidents can be avoided when you follow these safety rules:

1. Teach children that they are not to turn on or light appliances
2. Keep combustibles (curtains, paper, and fluids) away from any open flames.
3. If lighting is required - always light match first and hold it at point of lighting before you turn on gas.
4. Keep burning surface clean of dirt, match ends, grease, etc.
5. Repair and installation is a job for experts. Never attempt to do it yourself.
6. Use equipment for the job it was intended to do - for example, an oven should NOT be used to heat a room.

Your senses can help you to discover a gas leak....

- >SMELL: A distinctive odor has been added to natural gas so that less than 1% of gas in the air can be detected.
- >SIGHT: In some appliances you can see the flame so you know it is working.
- >TOUCH: With some appliances you can feel overheating or cold in the burner area which would indicate trouble.
- > HEARING: If the flame sounds unusually noisy, it may not be burning properly.

If you smell gas:

1. NO FLAMES OR SPARKS! – Immediately put out all smoking materials and pre-existing open flames. Do not operate lights, appliances, telephones or cell phones. Flames or sparks from these sources can trigger an explosion or fire.
2. LEAVE THE AREA IMMEDIATELY – Get everyone out of the building or area where you suspect gas is leaking.
3. REPORT THE LEAK – From a neighbor's home or other nearby building away from the gas leak, call your natural gas supplier right away. If you are unable to reach your natural gas supplier, call 911 or your local fire department.
4. DO NOT RETURN TO THE BUILDING OR AREA - Until your natural gas supplier determines that it is safe to do so.
5. GET YOUR SYSTEM CHECKED - Before you attempt to use any of your natural gas appliances, your natural gas supplier or a qualified service technician must check your entire system to ensure that it is leak free.

