



**CUMBERLAND HOUSING  
GROUP**

# Monthly Newsletter

## For January 2023



### Exterminator Schedule

January 12 <sup>th</sup>	Jane Frazier Village, Buildings 7 – 17
January 13 <sup>th</sup>	Jane Frazier Village, Buildings 1 – 6 & Banneker Garden
January 17 <sup>th</sup>	1034 Frederick Street
January 19 <sup>th</sup>	River Bend Court

### Preventive Maintenance Inspections

January 3 <sup>rd</sup>	Jane Frazier Village, Bldg 7
January 4 <sup>th</sup>	Jane Frazier Village, Bldg 3
January 9 <sup>th</sup>	River Bend Court, Bldg 1

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.

### Do Not Block the Handicap Accesses



We have noticed that there are cars that frequently block handicap accesses to the sidewalk. These cars will be towed at owners' expense.

*The Cumberland Housing Group wishes all residents, maintenance, and staff a very Happy New Year!*

*Offices will be closed on Monday, January 2, 2023.*

*Offices will be closed on Monday, January 16<sup>th</sup> in celebration of Martin Luther King Jr. Day!*

**Happy New Year!**  
**2023**

### **COLA Increases for 2023**

#### **Award Letters Must Be Given to Managers**

If you haven't already done so, please submit to the office all of your new income statements. (These include SS, SSDI, SSI, widow's pension, other pensions, earning increases, etc.)

### **Rent and Utility Allowance Rate Schedule Effective February 1, 2023**

The Housing Authority is required by HUD to annually review and adjust the flat rents and ceiling rents. Flat rents are designed to mirror the HUD Fair Market Rents (FMR's) for this area which are established annually by HUD based upon local rental amounts charged. HUD does provide us an exemption which allows us to set our rates at 80% of HUD's FMR's for this area

The Rent and Utility Allowance Rate Schedule was approved by the Board on November 16, 2022. The Rate Schedule is posted in each development and on the website for review.

You will be advised at your next Annual Re-Certification of what your new rent will be.



## Marijuana and the Housing Authority City of Cumberland

“Adult use of marijuana outside of Maryland’s medical program will become legal on July 1, 2023. The state’s legislative arm must still hash out rules from taxation to regulating sales from marijuana dispensaries. That means it’s unlikely that dispensaries will be able to sell marijuana to anyone at least 21 years old or older in the next seven months. The voter referendum, which passed with 66% of the vote statewide, legalizes recreational marijuana but the state legislature, known as the General Assembly, is tasked to build a framework for the industry.” (The information above was taken from the following website: <https://www.wypr.org/wypr-news/2022-11-15/heres-what-to-expect-in-maryland-when-recreational-marijuana-is-legal-in-2023>).

However, the **Cumberland Housing Group has a No Smoking policy.** This policy bans the use of prohibited tobacco products, including marijuana, medical marijuana, vapes and pens on all Cumberland Housing Group properties. This includes living units, indoor common areas, and in administrative office buildings. This No Smoking policy extends to all outdoor areas up to 25 feet from the Cumberland Housing Group property and administrative office buildings. This rule improves indoor air quality in your apartment and in the apartment buildings; benefits the health of housing residents, visitors, and staff; reduces the risk of catastrophic fires; and lowers overall maintenance cost.

With this being our HUD mandated policy, all tenants, staff, visitors, or anyone on our property are not permitted to smoke any products on our properties and up to 25 feet from the apartment buildings or administrative office buildings. Therefore, smoking Marijuana (when it becomes legal for adults over 21 in July) will not be permitted on our properties as well. Tenants will have to find other forms of Marijuana to take, such as Gummies.



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

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

## FOOD GIVEAWAY!

Third Thursday of every month in the parking lot.

(Next one will be on January 19, 2023).

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.

## STAY WARM

### Conserve Energy by:

- Keep drapes & blinds open during the day on windows facing the sun so that any available sunshine will be absorbed indoors.
- At night, keep drapes and blinds closed and they will act as an insulator to keep heat inside and keep out chilly drafts.
- Do not open windows in cold weather,
- Do not block air registers with furniture and/or curtains.
- Kerosene heaters are **prohibited** by the HACC and the State Fire Marshal.
- Electric heaters will be permitted which have a safety control for tipping, a cut off when a certain temperature is reached, a control for the amount of time it stays on and are currently UL certified.
- Do not turn oven on to use for heat.





**BOYS & GIRLS CLUB**

Do you want to sign your child up to be involved in the Boys & Girls Club

### After School Program

**It's Free  
No Fee to Participate**

**Just stop in the Housing Office or Community Center to pick up an application.**

**All participants MUST have completed application to participate.**



### River Bend Court

Tuesday & Thursday

**Youth Social 3:30 PM – 4:30 PM**

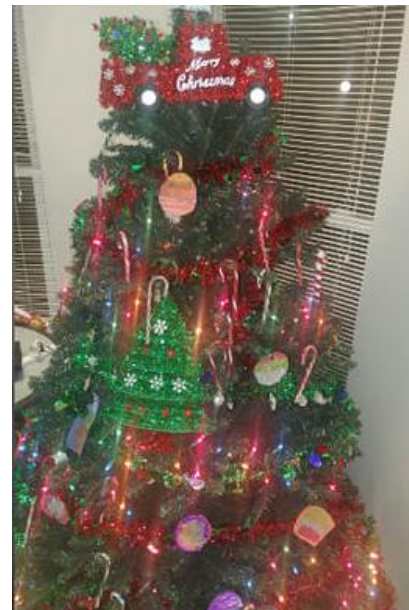
**Movie Time 4:30 PM – 6:00 PM**

### Banneker Gardens

Monday thru Friday 3:30 PM – 6:00 PM

Help with homework, games, crafts and snacks are provided.

B&G Club at Banneker have been busy. The kids drew pictures to be distributed throughout the city. The picture below was given to the Cumberland Housing Group. Artist: River Barnard, Age 7. She calls this: "Everything is Love".



Stephanie & Jimmy Furstenberg donated a Christmas tree for the kids to decorate at the Boys & Girls Club at Banneker Gardens. A Tree Lighting Ceremony was held on December 9<sup>th</sup>. The kids did a countdown to turn on the lights. Thank you, Mr. & Mrs. Furstenberg, for the donation.



Facebook.com/cumberlandhousing

[www.cumberlandhousing.org](http://www.cumberlandhousing.org)

## Literacy Night from December

A Christmas story was read to the children, then they had fun making their Santa hats and making gingerbread houses. Gifts was given to each child in attendance.

Next Literacy Night  
January 9<sup>th</sup>  
4:30 PM – 5:30 PM

Story Time, Activity, Snack &  
You get to take home a **FREE** book.



“People fail to get along because they fear each other; they fear each other because they don’t know each other; they don’t know each other because they have not communicated with each other.”  
~Martin Luther King, Jr.~

### For Pets or Assistance Animals at all Properties:

Pets: You may **NOT** bring the animal onto the property or in your unit until the entire process has been completed



Assistance animals: According to federal regulations, you may have the animal on the property, BUT you have to complete the entire process before being approved. If/when you are fully approved, you will get a letter and permit from housing. If you are unsure of the process, please call Shayla Yaeger at 301-724-6606 ext. 111.

**Y Family Center  
Playgroup**  
\*\*Birth to 4 years old\*\*  
JFV Community Room

January 4<sup>th</sup> &  
January 18<sup>th</sup>  
11:00 AM - Noon

Enjoy a craft, a free  
book, snack and  
monthly giveaways!



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## Carbon Monoxide

### Did you know...?

- You can't see, taste, feel, or smell carbon monoxide (CO).
- Over 500 people in the United States die every year after breathing too much CO.
- This deadly gas can make you very sick or even kill you. The signs of CO poisoning seem like the flu. Many people don't even know they've been breathing in CO. People who survive can suffer brain damage, lose their sight or hearing, or have heart problems. It is a major threat to your family's health. The good news is that you can prevent CO poisoning.
- There can be so much CO in a burning building that breathing smoke for as little as one minute can kill you. Lower levels, such as from smoking, do not kill right away. They can cause many other health problems though. Children, unborn babies, people with asthma, older adults, or people with heart or lung problems are more likely to get hurt from breathing CO. But remember, CO harms even healthy people

### Where Does CO Come from?

Fuel-burning appliances use gas, oil, or wood to produce heat. If they are not working right, they can make CO. Most gas appliances that have been put in and taken care of properly are safe and make very little CO but unvented appliances may not be. Electric appliances do not burn fuel and so make no CO.

### Common sources of CO include:

Gas and oil furnaces, boilers and water heaters	Vehicles
Gas appliances like ovens, stoves or dryers	Tobacco Smoke
Gas and kerosene space heaters	House Fires
Gas and charcoal grills	
Gasoline and liquid propane powered small equipment tools	

Breathing in low levels of CO can hurt your brain, heart, or other parts of your body. At high levels, the brain is so short of oxygen that you cannot think clearly. You lose control of your muscles and may be unable to move to safety. High-level CO poisoning can cause loss of consciousness, coma, and death.

### What are the Signs of CO Poisoning?

People often think CO poisoning is the flu. That's because it can feel like the flu. Signs of low-level CO poisoning may include: headache, nausea, vomiting, dizziness, confusion, tiredness, weakness, sleepiness, tightness in the chest, trouble breathing and changes in senses of sight, smell, hearing, touch and taste.

### CO and Smoking

If you smoke, you breathe in carbon monoxide and many other chemicals. If you smoke indoors, people around you also breathe the smoke (called second-hand or environmental tobacco smoke). Smoking can make minor health problems worse and cause major diseases like cancer and heart disease. If you need help quitting, contact the American Lung Association at 1-880-LUNG-USA.

***At a minimum, yearly testing of carbon monoxide detectors will be performed during unit inspections. If you think there is a problem with your carbon monoxide detector, call the Maintenance Department at 301-724-2055.***

