



CUMBERLAND HOUSING GROUP

Tower Gazette

Monthly Newsletter for January 2023



Exterminator Schedule

January 5th Queen City Towers – Morning
 January 5th John F. Kennedy – Afternoon
 January 18th Grande View 218 - 335

Preventive Maintenance Inspections

January 9th Queen City Towers 9th Floor
 January 5th John F. Kennedy 10th 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.

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.)

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. Remember that you rent is due on the 1st but we give you a grace period until the 7th to pay your rent.

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 16th in celebration of Martin Luther King Jr. Day!

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

DO NOT APPROACH THE MAINTENANCE

Anything that needs to be done in your apartment, requires you to call in a work order. Please call **301-724-2055 with any work orders.** Your cooperation is greatly appreciated. Thank you.



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.

QCT – Saturday, January 7th and 21st
2 pm to 3 pm in the Community Room
All Residents Welcome!

JFK – Saturday, January 14th and 28th
2 pm to 3 pm in the Community Room
All Residents Welcome!

Resident Council Meetings

Queen City Tower

Thursday, January 12th
3 pm

John F Kennedy

Wednesday, January 18th
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!**

John F Kennedy Resident Council

In our last JFK Resident Meeting, which was held on November 16th, it was voted to make Brenda Wasson the new Treasurer and April Horning the new Sergeant of Arms. We now have Rhonda Roy - President, James Robertson - Vice President, Melissa Wiertz – Secretary, Brenda Wasson – Treasurer, and April Horning – Sergeant of Arms. Congratulations to the new members of our JFK Resident Council.

My Groceries to Go

Those who participate in the “My Groceries to Go” program need to be home on Thursday, January 5, 2023. 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 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.

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.

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.





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.

“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.~

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.



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

Gas appliances like ovens, stoves or dryers

Gas and kerosene space heaters

Gas and charcoal grills

Gasoline and liquid propane powered small equipment tools

Vehicles

Tobacco Smoke

House Fires

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.

