



CUMBERLAND HOUSING GROUP

Monthly Newsletter

For June 2023



Exterminator Schedule

June 8 th	Jane Frazier Village, Buildings 7 – 17
June 9 th	Jane Frazier Village, Buildings 1 – 6 & Banneker Gardens
June 15 th	River Bend Court

Preventive Maintenance Inspection

June 5 th	River Bend Court, Bldg. 2
June 6 th	Jane Frazier Village, Bldg. 11
June 7 th	Banneker Gardens, 310 & 312
June 14 th	Banneker Gardens, 314 & 316

*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.*

Aggressive Animals

Assistance animals and pets are becoming more prevalent on CHG properties. That being said, vicious or aggressive animals are not permitted on CHG property. This includes animals that have been previously certified as non-vicious or non-aggressive which have later demonstrated a vicious or aggressive nature. If an animal attacks a person, any report made to the Allegany County Health Department Management Office, will result in an investigation. Governmental procedures must be followed for these investigations. If the Health Department investigation substantiates the attack, and the animal is found to be aggressive, the animal shall be permanently removed from the premises by the owner within twenty-four (24) hours after notification of the findings. If the Health Department determines that the animal is not aggressive, then the animal is allowed to remain on the premises. It is the responsibility of all Tenants to report any such attack to the Health Department.

Attn: Tenants

Lease Addendum Signing Schedule

The Board of Directors at the May 17, 2023, meeting, approved the changes of the House Rules, Pet Ownership Policy and Schedule of Tenant Charges. All tenants **must** stop in the office to see their property manager, to sign the Lease Addendum and receive copies of the new documents. **Failure to sign the Lease Addendum by June 23rd, you will be issued a notice to vacate.** As a reminder, all offices are closed for lunch from Noon to 12:30 PM.

River Bend Court

June 13th
June 14th
June 15th

Banneker Gardens

In the Community Room
June 20th
10:30 am – Noon
2:00 pm – 3:30 pm

Jane Frazier Village

CHG's Main Office
June 12th Buildings 1 – 5
June 13th Buildings 6- 10
June 14th Buildings 11 – 17

Anyone that failed to show up on day they were scheduled for can stop in at the RBC Office on June 20th.

Anyone that failed to show up on day they were scheduled for can stop in the CHG's Main Office on June 21st.



Need a JOB?

Stop in the Main Office and look thru the book at the front counter of places hiring in the area. Lots of opportunities out there.

Summer **FREE** Lunch Program
River Bend Court Community Room
11:30 AM – Noon

Monday thru Thursday
Starting June 19th

Sponsored By:
Emmanuel Episcopal Church

5 Reasons to Keep Your Lawn Neat

1. Mice and snakes are attracted to weeds and long grass.
2. Garbage and litter give mice food and shelter.
3. **YOU** will be charged a fee if the Housing Authority has to remove any garbage bags, pizza box's, etc.
4. Whether or not you have a dog, **clean up any feces** in your yard.
5. Keep your personal items next to the building so that it is not thrown away when maintenance comes to mow your yard.

So, keep your yard nice looking and safe for the kids.

As a Reminder....



Swimming pools or any other water-based entertainment item of any size are NOT ALLOWED.

Project Connect



PRESENTED BY THE CUMBERLAND
POLICE DEPARTMENT

FEATURING

Food, drinks, kids activities (including a bounce house!), and more!
Project Connect is open to the community to those needing assistance.

June 7, 2023

CANAL PLACE

1:00 PM - 3:00 PM

To Avoid Falls

Rugs – Do not use throw rugs in your apartment. The only exception to this is in the bathroom.

Nightlights – Have nightlights in the bathroom and bedroom to avoid falls.

Bathroom Tips – Have a mat in the tub or shower. Have a non-skid rug on the bathroom floor. Always keep the bathroom floor clean and dry.

Spills – Wipe up all spills as soon as they happen.

**All Housing Authority Offices
Will Be Closed June 19th for Juneteenth.**

**Happy Father's Day
to all the dads!**



Path2Help Monthly Program Highlight Family Crisis Resource Center



Family Crisis Resource Center, Inc. provides free, confidential services to survivors of domestic violence, sexual assault/abuse, child abuse, and stalking. FCRC also provides a 22-week Abuse Intervention Program for offenders of intimate partner violence. There is an income-based fee for the Abuse Intervention Program.

Services offered to survivors include:

- 24-Hour Helpline
- Emergency Shelter
- Information & Referral
- Crisis Intervention
- Case Management
- Individual Counseling
- Advocacy and Accompaniment
- Legal Services Program (Protective/Peace Order Representation)
- Sexual Assault Response Team
- Domestic Violence Follow-Ups
- Supervised Visitation & Exchange Program

Family Crisis Resource Center, Inc.
Office: 301-759-9246
24-hour Hotline: 301-759-9244
Online chat – resourceconnect.com/fcrc/chat
Text Chat – 301-970-4242
Facebook: Family Crisis Resource Center, Inc.

Please check out the Path2Help Resource Guide on the Allegany County Health Planning Coalition's Facebook page: [Get Healthy Allegany](#)

For questions or program suggestions, please email Carey Moffatt at moffattcl@upmc.edu.

Nature Activities for Kids

Take advantage of long sunny days by exploring the natural world.

Go bird watching. Take photos and keep track of your sightings.

Grow fresh herbs in containers. Use old coffee cans, milk jugs, mason jars, plastic cups, or anything else you have around the house.

Look for shapes in the clouds. Put a blanket in the grass and stare up at the sky. Take turns talking about what you see in the clouds.

Check out the stars at night. Put a blanket in the grass and stare up at the night sky. Watch for a shooting star. See if you can find the Big Dipper, Little Dipper, etc.

Make a bird feeder. Watch birds visit your yard and add to your list of bird sightings.

Make fairy houses. Use moss, bark, and leaves to create a dwelling.

Go pick your own fruits and vegetables from a local farm.

Constitution Park – Summer Day Camp – For Children Ages 6 to 12 years old.

Outdoor activities, games, arts and crafts, tennis, swimming, and educational experiences. Breakfast and lunch are provided daily. Camp is Monday thru Friday, 9 am – 4 pm with extended hours from 8 am to 5 pm. For more information go to <https://www.cumberlandmd.gov/230/Summer-Day-Camp>. Applications are available online.

2023 Sheriff's Office Summer Splash – Community **Free** Swim

Rocky Gap State Park...Day-use Area
June 16th Noon – 6:00 PM



South Cumberland Library

The “Mini-Market with Western Maryland Food Bank” will start back up in August. In the meantime, check out the library’s website for other summer fun activities and ways to win prizes.

Check out the “Super Mario Kart Tournament” for kids ages 8 – 21. There will also be a “Basics Bike Clinic” at WheelzUp for kids 7 and up. Sign up at the library to pick up a ticket to attend.

FOOD GIVEAWAY!

Third Thursday of every month in the parking lot.

Next one will be on June 15th

Time: 2 pm to 4 pm.

St. John’s Lutheran Church in the parking lot.

400 Arch Street, Cumberland

Questions: call 301-724-7250

All Maryland Residents are Eligible!



DISCOVER THE POWER OF CHOICE!

SMART Recovery® is the leading SELF-EMPOWERING addiction recovery support group. Our participants learn tools for recovery based on the latest scientific research.

We can help people recover from all types of addiction and addictive behaviors, including: alcoholism, drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities.

We are a self-empowering, abstinence based, self-help support group (*NOT a 12-step program*) for both men and women based on concepts of Rational Emotive Behavior Therapy (REBT).

The SMART Recovery 4-Point Program® offers tools and techniques for each program point:

- ➡ Point 1: Building and Maintaining Motivation
- ➡ Point 2: Coping with Urges
- ➡ Point 3: Managing Thoughts, Feelings and Behaviors
- ➡ Point 4: Living a Balanced Life

When: Tuesdays at 7:30 am and Thursdays at 12 pm
Where: Access meetings via Zoom or the SMART Recovery app

Zoom: <https://smartrecovery.zoom.us/j/92428668521>
App: <https://www.smartrecovery.org/smart-recovery-mobile-app/>

Contact: For more information, please contact Carey Moffatt at moffattcl@upmc.edu or call 240-964-8418

Hope Station Wellness & Recovery

Fresh Produce

Thursday, June 22nd until supplies last
632 N. Centre Street

For more information call 240-362-7168.

(Fresh Produce, bring your own bag)

YMCA Play Group at River Bend Court Community Room

at 10:30 am

June 14th and 28th

(Second and Fourth Wednesday of every month)

Ages 5 and under! Come have some fun.

THE METROPOLITAN AFRICAN METHODIST CHURCH IN PARTNERSHIP
WITH THE ALLEGANY COUNTY HEALTH DEPARTMENT PRESENTS

FREE!

Health And Wellness Fair

Door Prizes and Giveaways while supplies last!

Get the help YOU need with Allegany County's best resources!



Saturday, June 3rd, 2023

12:00pm - 4:00pm

**The Metropolitan AME Church
309 Frederick St, Cumberland, MD 21502**

Scales - Pulse Oximeters - Thermometers - Cookbooks - Narcan - And More!



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.



ALLEGANY COUNTY LIBRARY INVITES YOU TO



Connect with other teens in the area to join in on our online events! You decide what events you want to have each month.

For teens ages 13-18

COMMUNITY GAME & TRIVIA DAYS



MOVIE & GRAPHIC NOVEL CLUBS

ART, MEME, HOBBY SHARING



Scan the QR code to sign up

Connect with other teens in the area for our online events on the ACLS Discord! The ACLS Discord is a free, online "invite-only" platform for teens 13-18. Discord servers are organized into topic-based channels where you can collaborate, share, and just talk about your day without clogging up a group chat. It also offers a great platform for online, multiplayer gaming. Allegany County Library System staff moderate the space to keep it safe and inviting!

ALLEGANYCOUNTYLIBRARY.INFO | 301-729-0855



ALLTRANS Participants

There is a new phone line for ALLTRANS. If you want to check on your appointments, you can call 240-410-1515 and follow the prompts. It is automated. You will need your ID number so the system will know who you are.



Summer Family Literacy Courses

Childcare available for ages birth-4 with proof of immunizations

Nutrition Education—Thursday, June 8th

Stress Management— Thursday, June 15th

Become a Master Observer — Thursday, June 22

SMART Goals—What are they and how do I use them?
— Thursday, June 29

Classes will be held at the YMCA Family Center

10 am– noon

Register by calling 301-784-5445



ALLEGANY COLLEGE
of MARYLAND
ADULT BASIC EDUCATION



Crime Solvers Tip Line 301-722-4300

www.allegany-mineralcountycrimeslovers.com

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



Have a Great Summer
And Stay Safe!
O, yeah...Don't forget to use
sunscreen.



Facebook.com/cumberlandhousing

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www.cumberlandhousing.org