



Tower Gazette

Monthly Newsletter for June 2023

**CUMBERLAND HOUSING
GROUP**



Exterminator Schedule

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

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.

Preventive Maintenance Inspections

June 1 st	Queen City Tower – 3 rd Floor
June 1 st	John F. Kennedy – 4 th 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.*

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 need to 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.

John F. Kennedy Tenants

June 7 th	2, 3, 4, and 5 th Floors
June 8 th	6, 7, and 8 th Floors
June 9 th	9, 10, and 11 th Floors

Queen City Tower Tenants

June 15 th	1, 2, and 3 rd Floors
June 16 th	4, 5, and 6 th Floors
June 22 nd	7, 8, and 9 th Floors

Grande View Tenants

June 13th 9:30 am to Noon



Queen City Tower and John F Kennedy

New Schedules

The property manager at John F. Kennedy is Tracy Livengood. The property manager at Queen City Tower is Lorri Wharton. Please contact the property manager at your building if you need assistance. Lorri can be reached at 301-722-7977 and Tracy can be reached at 301-724-1544, M- F 8 am to 4 pm. Pama Wilson, Resident Service Coordinator, will be at Queen City Tower on Mondays and Thursdays and at John F Kennedy on Wednesdays. Please feel free to call Pama on Tuesdays and Fridays at 301-724-6606, Ext 103 if you need her assistance.

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, June 3rd & June 17th
2 pm to 3 pm in the Community Room
All Residents Welcome!

JFK – Will resume in September!

2023 Sheriff's Office Summer Splash – Community Free Swim

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

My Groceries to Go

Those who participate in the “My Groceries to Go” program need to be home on Thursday, June 8, 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 June 15, 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!

Hope Station Wellness & Recovery

Fresh Produce
Thursday, June 22, 2023
10 am until supplies last
632 N. Centre Street
For more information call
240-362-7168

Resident Council Meetings

No Resident Meetings in June, July or August.

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!**

JFK Residents

Everyone needs to **take** the Social Security Statement that was sent to you for 2023 (SS or SSI income) that has no date on it and was perforated (you had to fold the edges and tear off the ends) **to the office**. If you do not have that copy, you can call the local SSA office at 1-866-964-7409, #2 and request one be sent to you. The statement has to have a current date.



Path2Help Monthly Program Highlight Family Crisis Resource Center

UPMC
LIFE CHANGING MEDICINE

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.

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.



Please do not feed the birds bread or food crumbs. This has caused many problems in the past. Birds tend to build nests on our properties. Birds also drop unwanted feces on the cars parked in the parking lots and by the buildings. In addition, our maintenance must clean up the mess that is left on our walk ways from the bread and food items left behind. So please do not feed the birds.

Thought for the Month

**Being grateful for what we have
turns what we have into enough.
Let's be grateful!**

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

Attention Cigarette Smokers

Cigarettes smokers are to put cigarette butts in the cans in the smoking areas or put them in a bag and throw them down the garbage chute. You are not to drop them on the sidewalks or the grounds for maintenance to clean up. We are seeing them on the walks, in the grass, and in the parking lot. This is your home so respect the property. Thank you.



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!



Newsletter Notifications

There have been some questions about the notifications in the newsletters, especially the Exterminator Schedule and the Preventive Maintenance Inspections.

Exterminator Schedule

Yes, you do have to let the exterminators in your apartment to do their inspections. No, you do not need to be home when the exterminators come to your apartment. Yes, they do get to check your bed and furniture for bed bugs. Yes, you do have to be prepared for all bed bug treatments if you have bed bugs. (Please let your property manager know if you are sick with something contagious. Your manager will make the determination if the exterminators are to enter your apartment.)

Preventive Maintenance Inspections

If your floor (or apartment number if you live at Grand View) is being inspected, you do not need to be home for this inspection. Maintenance will enter your apartment if you are there or not between 8 am and 5 pm on the date given. Specific times will not be given to any resident. Choosing to be home during inspections is up to you and you are responsible to change your schedule accordingly.

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.

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.



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





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

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.

Nature Activities to do with your Grandchildren

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.



Have a Great Summer
And Stay Safe!

O, yeah...Don't forget to use sunscreen.



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.

