



**CUMBERLAND HOUSING
GROUP**

Monthly Newsletter

For August 2023



Exterminator Schedule

August 10 th	Jane Frazier Village, Buildings 7 – 17
August 11 th	Jane Frazier Village, Buildings 1 – 6 & Banneker Gardens
August 17 th	River Bend Court

Preventive Maintenance Inspection

August 2 nd	Banneker Gardens - 318, 320
August 7 th	River Bend Court – Bldg. 10 & 9A
August 8 th	Jane Frazier Village – Bldg. 5
August 9 th	Banneker Gardens – 322, 324

*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.*

Important Reminder for August

You must pay your rent by a check or money order only! Rent is due

the **1st**  and no later than the **7th**.

CHANGES DUE TO NEW COMPUTER SYSTEM

As you know, The Housing Authority is changing to a new computer software during July and August.

Important upcoming changes:

- After you receive August rent statements, **NO** monthly statements will be provided to tenants. RentCafe will have all your information, including account balances. We encourage you to sign up, when the system is activated (more information on RentCafe will be sent out in the near future).
- Residents will be able to use the RentCafe portal to pay rent with various types of payment forms, as well as submit and sign paperwork.
- RentCafe is estimated to be ready in mid-August at which time you will receive a letter with your registration code to sign up.
- Providing an updated, active email address, and a phone number to your Property Manager is vital for our new system. **Please do this now!**

**PLEASE BE PATIENT WITH US
AS WE LEARN AND NAVIGATE OUR
NEW SYSTEM!**



Allegany College Scholarship Deadline

If you are attending Allegany 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 any expenses not covered by your Pell grant. You can pick up an application at the Housing Authority Office. Deadline to apply is Friday, August 11th.

Summer **FREE** Lunch Program River Bend Court Community Room

Noon

Monday thru Thursday
Ends August 10th

Sponsored By:
Emmanuel Episcopal Church



9th Annual
National Night Out

Kick-Off
Constitution Park
Free Swim 6:30 – 8:30 pm
Movie begins at dusk (8:45 – 10:10 pm)

National Night Out
Tuesday, August 1st
5 – 8 pm
701 E. First Street

Vendors, Games, Free Food and Lots of Fun!

Maryland Wellness Presents:
Breaking Through Barriers
Recovery, Reentry, Faith Based, Speakers,
Music, Vendors and Fun
September 9th 12 – 6 pm
Constitution Park Amphitheater
Free Food, Resources and Giveaways



**Back to School
Shop Tax-Free Week**

August 13th – 19th

A list of exempt and taxable items is available on the Comptroller's Website at www.marylandtaxes.gov

YMCA Play Group at River Bend Court Community Room

at 10:30 am
August 9th and 23rd
(Second and Fourth Wednesday of every month)
Ages 5 and under! Come have some fun.



Sexting

Tips for Parents & Youth

During this pandemic there has been a dramatic increase in our nation's youth online activities. The ICAC Task Forces are seeing a rise in self-generated sexually explicit material by children... from some younger than 8-years old. This material is also known as sexting, nudes or Child Sexual Abuse Material (child pornography). With a generation of youth as online content creators, it is important for parents to have open communication with their children about content sharing. With both boys and girls involved in sexting behaviors, parents need to have age appropriate conversations with their children, beginning as soon as they have access to any technological device. Conversations with youth should include these sentiments with a clear follow up explanation as to why it is so important to NOT SEND, NOT ask others and NOT share sexually explicit images or videos.

*JAMA Pediatrics, Prevalence of Multiple Forms of Sexting Behavior Among Youth, April 2018:
14.8% teens sent and 27.4% received a sext
12% forwarded a sext without consent*

Sender

- The time to decide if you'll send a nude is long before you are asked...the decision should be "no".
- Plan & practice your response to the requester
- Remember, once shared, you no longer control the material
- Support friends that don't ask, share or forward images / videos
- Show respect & avoid blaming or bullying others
- Report incident to CyberTipline, School Resource Officer, Law Enforcement, Counselor & social media provider / host

Requester

- It is NOT okay to ask
- It applies undue pressure
- It is an abuse of power
- Consequence includes school / sport team / extracurricular activity discipline
- It can create criminal / legal issues

Sharer

- It is a gross violation of trust
- It constitutes cyber abuse
- It presents criminal / legal issues
- Consequence includes school / sport team / extracurricular activity discipline

Conversation Starters for Parents

- Have you ever been asked or pressured to send nude images? What would you do if asked?
- Do you know kids who have sent nudes? How do you feel about that?
- Have you heard of kids sharing nudes without consent? What do you think about that?
- Have you ever received nudes? What did you do with it?
- What do you think happens to kids if a nude is found on someone's phone?



FOOD GIVEAWAY!

Third Thursday of every month in the parking lot.
Next one will be on August 17th
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!

Hope Station Wellness & Recovery

Fresh Produce

August 25th until supplies last
632 N. Centre Street
For more information call 240-362-7168.
(Fresh Produce, bring your own bag)

Crime Solvers Tip Line 301-722-4300

www.allegany-mineralcountycrimeslovers.com

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

Pet/Support/Service Animal Key Reminders:

Pet owners are responsible for the proper and humane care of their pets.

Your animal must be on a leash while indoors in the common areas and outdoors. You must remain outdoors with your animal.

You must clean up after your animal right away. This also includes indoors, for example; a litter box must be kept clean. There should not be an animal odor in your unit.

You must also comply with city, county and state ordinances/laws that pertain to animals.

Animals shall not be left unattended in the unit for longer than 12 hours.

The Cumberland Housing Group may decline approval or revoke authorizations if the tenant fails to comply with the terms.

****This is not the complete policy. If you have additional questions, contact Jennifer Ensor.****

DON'T LET DIABETES TAKE THE WHEEL

Cruise in for:

- Type 1 diabetes support group
- Prediabetes screenings and diabetes education
- Food tastings with a certified dietitian
- Giveaways and a raffle
- Free yoga session at 12 p.m.

Aetna, American Diabetes Association, Maryland Physicians Care, UPMC, and Mrs. Maryland, Judith Kinnie, will be onsite.

**Thursday, August 31, 2023
11 a.m. – 3 p.m.**

Allegany County Frostburg Library
65 E Main Street
Frostburg, MD 21532

Sponsored by UPMC Western Maryland and Allegany County Library System

Stick around for

Cruisin' Main Street

hosted by the Classy Chassis Car Club
at 5 p.m.

UPMC | WESTERN MARYLAND

Need help finding a JOB?

Stop in and see Jennifer Ensor for a list of companies that are hiring. Jennifer can also help you out completing a job application and writing a resume. To make an appointment call Jennifer at 301-724-6606, ext. 106.

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.

