



Tower Gazette

Monthly Newsletter for July 2023

**CUMBERLAND HOUSING
GROUP**



Exterminator Schedule

July 6th Queen City Towers – Morning
July 6th John F. Kennedy – Afternoon
July 19th Grande View 218 - 335

Preventive Maintenance Inspections

July 6th Queen City Tower – 4th Floor
July 6th John F. Kennedy – 5th Floor
July 11th Grande View - 208, 209, 210
July 18th Grande View - 218, 220, 328

*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.*

Fire Prevention Presentation

The Fire Marshal will be onsite to present **“Fire Prevention in a High-Rise Building”**.

All tenants are encouraged to attend.



John F. Kennedy – Friday, July 21st at 10 a.m.

Queen City Towers – Friday, July 21st at 2 p.m.

Place: Community Room

Allegany County Health Department Outpatient Addiction Services

Services Provided:

- Individual, Family, and Group Therapy
- Intensive Outpatient Program
- Continuing Care (Assists patients after traditional treatment has ended)
- Peer Support
- Jail Substance Abuse program (JSAP)
- Adolescent Program
- Overdose Response Program (Naloxone training)
- 12-Hour DWI Education
- Gambling Services
- Buprenorphine Services
- Walk-In Services (Monday - Friday, 8:30 a.m. to 3:00 p.m.)

For more information, call 301-759-5050.

Snap Recipients

“Heat and Eat” \$21.00 payment to some
Some SNAP customers were issued a \$21.00 cash payment on their EBT card this year.

This benefit will be paid once per year and is called "Heat and Eat".

This benefit is automatically paid to SNAP customers who do not actively receive MEAP (Maryland Energy Assistance Program).

MEAP files are compared to SNAP files and the eligible households (SNAP households that do not actively receive MEAP) are electronically identified for eligibility and electronically paid. The local department can neither identify customers that might be eligible or issue payment as this is all done through an electronic match.



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, July 1st & July 15th & July 29th
2 pm to 3 pm in the Community Room
All Residents Welcome!

JFK – Will resume in September!

Hope Station Wellness & Recovery

Fresh Produce
Friday, July 28, 2023
10 am until supplies last
632 N. Centre Street
For more information call
240-362-7168

Please Stop “Bumming”.

All of us are feeling the impact of all the price increases. However, that does not give us the right to harass our fellow neighbors and ask for money, cigarettes, sodas, food, etc. We have had verbal complaints in the office about particular tenants who have a habit of doing this. We are asking for everyone to stop doing this. If you need food, see us in the office. We will try to connect you with an agency who can assist you.

DO NOT SET AIR CONDITIONERS BELOW 68 DEGREES!!!!

No matter what the outside temperature, do not set your air conditioner below 68 degrees. This is what causes the air conditioners to freeze up and not work at all. Tenants can be charged if the air conditioner breaks as a result of doing this. A good idea is to pull your window shades and keep the air conditioner set at 70 degrees to keep your entire apartment cool.

My Groceries to Go

Those who participate in the “My Groceries to Go” program need to be home on Thursday, July 6, 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 July 20, 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!

July - No Resident Council Meetings

Will resume in September.

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!**

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.



Be Fire Smart: General Tips for High-Rise Apartment Dwellers

If a fire occurs, **do not panic**. Stay calm to increase chances of survival.

Remember that smoke rises and also kills.

Do not jump. You may not survive the fall.

Do not waste time gathering personal belongings, but shut the door and take your key.

Learn the location of your building's fire alarms and how to use them.

Even if you can tolerate the smoke while standing, it's safer to crawl to the door.

Do not open the door until you have checked to be sure there isn't fire on the other side. Feel the door knob. If it is hot, do not open the door.

Brace your shoulder or foot against the door and open with extreme caution.

Should you be confronted with a high concentration of super-heated air or smoke, close the door immediately.

If the hall is passable, use one of your pre-designated escape routes.

Do not use the elevator. It may stall due to heat or loss of power.

If you are in a wheelchair, it may be safer to stay in your apartment or in the stairwell until help arrives.

If your escape route is blocked, it may be safer to return to your apartment.

If you must use an inside stairwell, check for smoke before entering the stairwell.

If the stairwell is safe to enter, WALK downward, do not run. Hold onto wall or handrail to prevent falling.

If you must return to your apartment or remain in your apartment because escape routes are blocked, open a window slightly to let smoke escape. **Do not break the window** because you may need to close it if there is smoke on the outside. If it is a fixed window, get low to the ground.

If you must remain in the apartment, close all vents and air ducts. Wet towels and sheets and stuff them around the doors.

Medical Oxygen Safety Tips

- Medical oxygen adds a higher percentage of oxygen to the air a patient breathes. Fire needs oxygen to burn. If a fire should start in an oxygen-enriched area, the material burning will burn more quickly.
- Keep oxygen cylinders at least 5 feet (1.5 meters) from a heat source, open flames, or electrical devices.
- Body oil, hand lotion, and items containing oil and grease can easily ignite. Keep oil and grease away where oxygen is in use.
- Never use aerosol sprays containing combustible materials near oxygen.



UPCOMING CHANGES TO RENT PAYMENTS DUE TO NEW COMPUTER SYSTEM



This will have an effect on your August rent payment!

The Housing Authority will be transitioning to a new computer software at the end of July and during August.

You will still be able to pay by check and money order. There will be changes to other forms of payments. Read below:

- The new system will have an online portal for applicants and residents called RentCafe. Residents will be able to use the portal to pay rent with debit/credit card and ACH (withdraw from your bank account).
- The current bank payments at First United Bank will end on July 15, 2023.
- The current credit card link from our website will no longer be available for use as of July 15, 2023.
- The current payment that comes directly out of your bank account automatically will end after payment of your July rent.
- Once the system is able to be used, we will notify all tenants on how to easily sign up for RentCafe.

Make arrangements now to pay by check or money order for your August rent.

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

Sheppard Pratt's Veterans Services offer suicide prevention services, housing and housing assistance, employment solutions, case management, benefits assistance, and health navigation for eligible veterans who are homeless or at risk of becoming homeless. Services are available across Maryland.

Staff Sergeant Fox Suicide Prevention Program A community-based suicide prevention program serving Maryland, designed to meet the needs of eligible veterans and their families by improving baseline mental health and wellbeing, social supports and financial stability. We connect veterans to benefits, VA care and community resources.

Supportive Services for Veterans Families (SSVF) Through SSVF, we help veterans and their families secure permanent housing. SSVF provides case management and temporary financial assistance with rent, moving or related expenses. SSVF also includes Shallow Subsidy housing services, legal aid, and health navigation.

Homeless Veteran Reintegration Program (HVRP) HVRP helps veterans get meaningful employment through certification programs, training, and job placement. We collaborate with public and private partners to provide supportive services and access to housing.

North Point Veterans Program: Housing Program for Homeless Veterans North Point Veterans Program is a transitional housing program for homeless male veterans, which provides treatment for mental health and/or substance use disorder diagnosis. We provide employment support, financial counseling, assistance securing benefits, mental healthcare, recovery-oriented services, and more.

To learn more about Sheppard Pratt's Veterans Services, email veterans@sheppardpratt.org or call 410-938-4357.



Western Maryland Job Centers offer FREE online workshops!

The Maryland Department of Labor and Western Maryland American Job Centers are offering online educational workshops that are **FREE** to the public. Registration is required in advance. **Please follow the registration directions** and include in your communications, your name, phone number and the title of the workshop for which you plan to participate. Workshop facilitators may ask for additional proof of identification, upon registration.

Resume ABCs – *Learn strategies and tips on how to create a successful resume.*

July 7, 10:00am – 11:30am

Register by emailing Deborah.Wachter@maryland.gov

Job Searching Using Social Media – *Learn how to find open jobs on social media.*

July 11, 10:00am – 11:00am

Register by emailing Katie.Marvin@maryland.gov

In Search of Remote Work – *Learn how to find remote jobs and whether they are right for you.*

July 11, 10:00am – 11:30am

Register by emailing Jennifer.Allnutt@maryland.gov

Basic Interviewing Skills – *Learn tips for effective interviewing for jobs.*

July 11, 1:00pm – 2:00pm

Register by emailing Benjaminj.Russell@maryland.gov

Interview Techniques – *Learn employers' tips about successful interviews.*

July 12, 10:00am – 11:15am

Register by emailing Cassandra.Baker@maryland.gov

Know Your Rights – *Learn about expungement and employment rights.*

July 13, 11:00am – 12:00pm

Register by emailing sparsons@mdlab.org

Starting Over After a Job Loss – *Find out about coping and job seeking strategies.*

July 14, 10:00am – 12:00pm – *MWE advance registration required*

Register by emailing Jennifer.Allnutt@maryland.gov

LinkedIn for Job Seekers – *Build a successful LinkedIn profile for job seeking.*

July 21, 10:00am – 11:00am

Register by emailing Karl.Kohler@maryland.gov

Federal Jobs Workshop – *Learn techniques for finding the right federal job.*

July 25, 9:30am – 12:30pm – *MWE advance registration required*

Register at least one week prior, by emailing Jennifer.Allnutt@maryland.gov

Job Searching Using Social Media – *Learn how to find open jobs on social media.*

July 25, 10:00am – 11:00am

Register by emailing Katie.Marvin@maryland.gov

Basic Interviewing Skills – *Learn tips for effective interviewing for jobs.*

July 25, 1:00pm – 2:00pm

Register by emailing Benjaminj.Russell@maryland.gov



Risk Control Policy

The Cumberland Housing Group considers the safety of its residents, its staffers, and other members of the public who come in contact with its facilities or services to be of utmost importance. The Cumberland Housing Group will not tolerate unsafe acts or conditions created by its staffers or tenants. It is a positive responsibility of the Cumberland Housing Group staffers and tenants to bring any and all unsafe conditions promptly to the attention of management. All concerned are expected to adhere to the safety rules and procedures relevant to their employment or residency responsibilities, including such matters as safe driving, proper use of equipment and appliances, and adequate supervision of and concern for small children. Fulfillment of safety responsibilities should be considered in the performance evaluation of each Cumberland Housing Group staffer. The Cumberland Housing Group commits to make every effort to comply with all local, state and federal safety and health regulations and to enforce the policies and procedures set forth in its own Risk Control Guide and related health and safety plans.

All offices of the Cumberland Housing Group will be closed July 3rd and 4th in celebration of Independence Day.

Have a Safe & Happy 4th of July.



Your Credit History

Your credit history is important. It tells businesses how you pay your bills. Those businesses then decide if they want to give you a credit card, a job, an apartment, a loan or insurance. Find out what is in your credit report. Be sure the information is correct. Fix anything that is not correct.

How do I check my credit report?

This is easy to do by phone:

- Call Annual Credit Report at 1-877-322-8228
- Answer questions from a recorded system. You have to give your address, Social Security number, and birth date.
- Choose to only show the last four numbers of your Social Security number. It is safer than showing your full Social Security number on your report.
- Choose which credit reporting company you want a report from. (You get one free report from each company every year.)
- That company mails your report to you. It should arrive 2-3 weeks after you call.

What do I do with my credit report?

Read it carefully. Make sure the information is correct:

- Personal information-are the name and address correct?
- Accounts-do you recognize them?
- Is the information correct?
- Negative information-do you recognize the accounts in this section of the report?
- Is the information correct?
- Inquiries-do you recognize the places you applied for credit? (If you do not, maybe someone stole your identity.)

The report will tell you how to improve your credit history. Only you can improve your credit history. It will take time. But if any of the information in your report is wrong, you can ask to have it fixed.

How do I fix mistakes in my credit report?

- Write a letter. Tell the credit reporting company that you have questions about your report.
- Explain which information is wrong and why you think so.
- Say that you want that information corrected or removed from your report.
- Send a copy of your report with the wrong information circled.
- Send copies of other papers that help explain your opinion.
- Send this information Certified Mail. Ask the post office for a return receipt.
- The reporting company must look into your complaint and answer you in writing.

The receipt is proof that the credit reporting company got your letter.

