



## CUMBERLAND HOUSING GROUP

# Monthly Newsletter For November 2023



### Exterminator Schedule

|                           |   |
|---------------------------|---|
| November 9 <sup>th</sup>  | Jane Frazier Village, Buildings 7 – 17                      |
| November 10 <sup>th</sup> | Jane Frazier Village, Buildings 1 – 6<br>& Banneker Gardens |
| November 16 <sup>th</sup> | River Bend Court &<br>1034 Frederick Street                 |

### Preventive Maintenance Inspection

|                           |                                |
|---------------------------|--------------------------------|
| November 1 <sup>st</sup>  | Jane Frazier Village – Bldg. 8 |
| November 7 <sup>th</sup>  | River Bend Court – Bldg. 5     |
| November 14 <sup>th</sup> | River Bend Court – Bldg. 7     |

*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.*

### **Jane Frazier Village Tenants Window Air Conditioners Must be Removed by October 31<sup>st</sup>.**

In accordance with your lease, all window air conditioners must **be removed from all windows by October 31<sup>st</sup>**. Any tenant that does not comply will be tagged. If Maintenance Personnel is dispatched to remove any air conditioner, a charge of \$9.40 **per air conditioner** will be posted to your account. Please remember that in addition to removing the unit, all screens must be in good repair and re-installed. Please contact the Maintenance Department during normal business hours if you require assistance in re-installing any screen. If no repairs are needed, there is no charge for this service.

Staff will be around week of Nov. 1<sup>st</sup> checking to see if air conditions have been removed.

### River Bend Court Tenants

This will be your last month to receive a rent statement and newsletter. You will soon be receiving a letter advising how to set up the Rent Café online portal.

### Banneker Garden Residents

In the past few weeks, clothing and food items have been left by the mailboxes located by units 322 – 324. This is not a drop off place for items. Items left there can be ruined by weather or contaminated by bugs and then you take them into your apartment. If you are leaving items there for a certain tenant, take items directly to the tenant's apartment.

### COLA Increase for 2024

#### **Social Security, SSI, Railroad, Veterans and Civil Service Pension Recipients**

The federal government announced on October 13, 2023, that the Social Security Cost of Live Adjustment (COLA) for 2024 will be 3.2%. You will receive a notice in the mail in early December showing your new benefit amount. Recipients will see an increase in their January 2024 payment. Those receiving SSI will see the increase on December 31, 2023. **Please submit your award letter showing your increase to your property manager as soon as you get your statement.**

### All Developments - Fall Clean Up Time

As winter approaches and the leaves begin to fall, it is the time to clean your yard and properly store all toys and lawn furniture away. Please rake leaves and remove trash from your respective areas and dispose of properly. If you have any bushes, clean under and around them.

If you are a pet owner, you are responsible for removing all pet waste each time your pet has a bowel movement. Furthermore, do not throw cat litter in the yards. Litter is to be placed in a plastic bag and taken to the dumpster.

Any bushes, plants, or flowers should be trimmed away from all fences or buildings.

In addition to keeping your lawn areas in good condition, please do not throw food or cooking grease in your yard. Not only does it kill the grass, but it will also attract unwanted rodents. All entry doors should be scrubbed and wiped clean, as well as window ledges.





## 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 and Wednesdays at 7:30am and Thursdays at 12pm  
 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](mailto:moffattcl@upmc.edu) or call 240-964-8418

## 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.

## Adult Daycare Program

HRDC is taking applications for adult daycare. Please contact Rhonda Lowery at 301-783-1817 for information about their program.

## 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.



*Daylight Savings Time Ends at  
2 a.m. on Sunday, Nov. 5<sup>th</sup>*

*Turn your clocks back an hour  
before you go to bed.*

**The Cumberland Housing Group** will be CLOSED on Friday, November 10<sup>th</sup> for Veterans Day. We would like to thank all of our Veterans for your service to our Country.

We will also be CLOSED on Thursday, November 23<sup>rd</sup> and Friday, November 24<sup>th</sup> for the Thanksgiving Holiday.



**Crime Solvers Tip Line** 301-722-4300  
[www.allegany-mineralcountycrimesolvers.com](http://www.allegany-mineralcountycrimesolvers.com)  
 To report **suspected Drug Activity**, leave an anonymous tip at 301-759-4660.





## Boys and Girls Club After School Program

**Banneker Gardens  
Community Room**

**Free – No Fee to Participate**

**Drop by the Center to pick up an application.**

**Monday thru Friday 3:30 pm – 6:00 pm**

**Help with homework, games, crafts  
and snacks are provided.**

### **FOOD GIVEAWAY!**

November 16, 2023 Time: 2:00 pm to 4:00 pm.

**St. John's Lutheran Church.**

**Located in the church parking lot.**

400 Arch Street, Cumberland

### **Hope Station Wellness & Recovery**

Fresh Produce

November 17, 2023 at 10:00 am

until supplies last

Located at 632 N. Centre Street

For more information call

240-362-7168

### **YMCA Play Group**

**River Bend Court Community Room**

**Nov. 14<sup>th</sup> and 28<sup>th</sup> at 10:30 am**

**Ages 5 and under!**

**Come have some fun.**

### **CHA Scholarship**

**Brandon Smith** was the most recent recipient of the Cumberland Housing Authority Scholarship. He will start at Allegany Community College for the Fall Semester. His focus is in Business, specifically Marketing and Sales. He said based on his previous experiences, he figured out what he would need to help complete



his goal. He hopes to one day own his own Home Inspection business. Thank you for making the CHA group proud! We wish you much success in your future endeavors!

### **Project Connect Presented by the Cumberland Police Department**

Project Connect is Organizations and local resources provide information and assistance for services based on individual's needs. Services Include:

- Housing
- Medical
- Clothing
- Employment peer support
- Much More
- Facebook Page

**Next Project Connect event will be  
November 8<sup>th</sup> 12 – 2 pm  
138 Baltimore Street**

**Check out their Face Book Page.  
Project Connect Cumberland MD**

### **Reminder of Public Hearing**

The Housing Authority of the City of Cumberland is required to annually hold a public hearing regarding any changes to the goals, objectives, and policies of the public housing agency and its Capital Fund 5-Year Action Plan. Information related to any proposed changes as well as the Action Plan is available for review at the Central Office of the Cumberland Housing Group located at 635 E. First Street, Cumberland during the hours of 8:00 AM to 4:00 PM Monday through Friday, (except Holidays) or at [www.cumberlandhousing.org](http://www.cumberlandhousing.org). A public hearing will be held on November 2, 2023 at 10:00 AM, at the Jane Frazier Village Community Room connected to the Central Office. Public comments can be submitted to our office prior to the hearing or voiced at the hearing.

### **RISK CONTROL POLICY**

The Housing Authority of the City of Cumberland and the Cumberland Housing Alliance, Inc. (collectively referred to as Cumberland Housing) 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. Cumberland Housing will not tolerate unsafe acts or conditions created by its staffers or tenants. It is a positive responsibility of Cumberland Housing staffers and tenants to bring any and all unsafe conditions promptly to the attention of Cumberland Housing 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 staffer. Cumberland Housing 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.



Facebook.com/cumberlandhousing

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[www.cumberlandhousing.org](http://www.cumberlandhousing.org)



## Heating Start Up


All thermostats are set to operate in a 65 to 75-degree range regardless of who pays the utility bill. That is considered a properly operating heating system degree range. If the temperature in your rental unit is below 65 degrees or warmer than desired, notify the Maintenance Department at **301-724-2055** and your temperature control will be checked to see if it is operating correctly and adjusted as needed. **DO NOT**, under any circumstance, attempt to force the temperature control higher than the stop is set. This action will break the temperature control and you will get no heat until a new temperature control is installed. If you cause this to happen, you will be charged for the new temperature control and labor for installation.

If for any reason the tenant is unable to maintain sufficient heat, he/she shall immediately notify the CHG. The tenant shall be charged for all damages resulting from failure to maintain sufficient heat or failure to notify the CHG, except for causes beyond tenant's control. Tenant agrees to maintain sufficient heat to the dwelling unit to prevent freezing of piped water.


**Note:** Any call received by the CHG after normal working hours for the lack of heat in an apartment below 68 degrees, where it is determined by the maintenance staff person by using a temperature measuring device that the temperature is at or above 68 degrees, the tenant will be charged for the service call. The charge will be for time spent on the service call at the current maintenance overtime rate per hour including travel time per the most recently approved Schedule of Tenant Charges.

Tenants can also help conserve energy by following some of the procedures listed below:

1. Keep drapes and blinds open during the day on windows facing the sun so that any available sunshine will be absorbed indoors.
2. At night, keep drapes and blinds closed and they will act as an insulator to keep heat inside and keep chilly drafts off the occupants.
3. Do not open windows in cold weather.
4. Do not block air registers with furniture and/or curtains.
5. Kerosene heaters are **prohibited** by the HACC and the State Fire Marshal.
6. 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



## From Soup to Coats



Friday, November 3, 2023  
10 AM - 1 PM

**The Possibility Shop**  
138 Baltimore Street  
Cumberland, MD 21502

**Please Come Out!**  
We have coats in all sizes and shapes, gloves, hats, scarves, shoes, and hot soup!

The goal of this event is to provide as many coats, hats, scarves, shoes, and gloves to as many individuals as we can before the cold weather arrives.

For more information, contact:  
Terri Foote, Horizon Goodwill Industries  
240.580.5351 or [tfoote@goodwill-hgi.org](mailto:tfoote@goodwill-hgi.org)



## 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           | Vehicles      |
| Gas appliances like ovens, stoves or dryers               | Tobacco Smoke |
| Gas and kerosene space heaters                            | House Fires   |
| Gas and charcoal grills                                   |               |
| Gasoline and liquid propane powered small equipment tools |               |

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.***






# PLAYGROUPS

NOVEMBER




**Infant Playgroup at Jane Frazier Village**  
November 2nd | 10 - 11AM  
*For families with children ages 0 - 18 months living in the South Penn school district.*

**Participation prize: Portable sound machine!**




**Toddler Playgroup - Swim Lessons at the YMCA**  
November 7th | 10 - 10:30AM  
*For families with children ages 2 - 4 living in the South Penn school district.*

**Participation prize: Floatie vest!**




**Infant Playgroup - Swim Lessons at the YMCA**  
November 9th | 10 - 10:30AM  
*For families with children ages 0 - 18 months living in the South Penn school district.*

**Participation prize: Swim diaper and water toy!**




**Toddler Playgroup at Jane Frazier Village**  
November 21st | 10 - 11AM  
*For families with children ages 2 - 4 living in the South Penn school district.*

**Participation prize: Routine chart/take home incentives!**



**Toddler Playgroup - Swim Lessons at the YMCA**  
November 28th | 10 - 10:30AM  
*For families with children ages 2 - 4 living in the South Penn school district.*


**Participation prize: Floatie vest!**



**Infant Playgroup - Swim Lessons at the YMCA**  
November 30th | 10 - 10:30AM  
*For families with children ages 0 - 18 months living in the South Penn school district.*


**Participation prize: Infant water toy!**

TODDLER:



SCAN

INFANT:



SCAN

Please scan QR code to register.  
Registration also accepted by phone or email.

**(301) 876-9022** [daniel.snyder@acpsmd.org](mailto:daniel.snyder@acpsmd.org)  
[lisa.michaels@acpsmd.org](mailto:lisa.michaels@acpsmd.org)

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." –Oprah Winfrey



What are you "Thankful for this Thanksgiving"?





## ATTEND EVENTS, WIN PRIZES WITH THE PRIZE BOX PROGRAM!

The Judy Center Early Learning Hub at South Penn is excited to announce our Prize Box Program!

Starting in November, families will receive a prize for each Judy Center event attended! Prizes include items such as floatie vests, music and story players, water toys, and more.

**PLUS** after 3, 6, 9, and 12 events attended, families will get to choose a prize from our prize box!

The prize box includes YMCA family memberships, family photo sessions, themed gift baskets for parents, infant soft play toys, and more.

*All Judy Center events qualify with the exception of Literacy Night.*






Call the South Penn Judy Center for more information: (301) 876-9022  
[www.alleganyjudycenters.com](http://www.alleganyjudycenters.com)

## Thanksgiving Proclamation

"Now, therefore, I do recommend and assign Thursday, the 26th day of November next, to be devoted by the people of these States to the service of that great and glorious Being who is the beneficent author of all the good that was, that is, or that will be." –George Washington's Thanksgiving Proclamation, October 3, 1789

