



CUMBERLAND HOUSING GROUP

Tower Gazette

Monthly Newsletter for November 2023



Exterminator Schedule

November 2nd Queen City Towers – Morning
November 2nd John F. Kennedy – Afternoon
November 15th Grande View 218-335

Preventive Maintenance Inspections

November 7th Grande View 102, 325, 327
November 14th Grande View 329, 330, 333

*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.*

Queen City Towers & John F. Kennedy Residents

Now that the weather is getting cooler, **do not** open the windows in the hallways or leave the balcony doors open.

There is to be **No Smoking** in the Queen City Tower parking lot. This includes over by the retaining wall too.

You must be 25 feet off the property to smoke. Violators will be issued a lease violation.

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. 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.

Grande View Residents

Cumberland Housing has contracted snow removal for this season to an outside company. Service Pro Landscaping is the company who will be removing snow in the parking lot and sidewalks, as well as applying salt. Please do your best to assist them during forecasted bad weather by parking on the front side of the building only, or the accessible parking on the one side of the building if you have a handicap placard. If you have any questions or concerns, please do not call the contractor. All calls should be placed to your property manager or the main office.

Also, please do not place small Walmart-style shopping bags down the trash chute. The sensors will not pick up the size of the bag and is putting the compactor in error mode. This will clog the entire chute. Only 13 gallon kitchen bags should be placed in the trash chutes.

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.**

John F. Kennedy Tenants

Now that construction is starting, and the entrance to the building is closed where tenants waited for the buses in the lobby, please be mindful of those tenants waiting at the other entrance into the parking lot for their ride.

As a reminder, do not interrupt the construction workers. They are there to do a job.



My Groceries to Go

Those who participate in the “My Groceries to Go” program need to be home on Thursday, November 2, 2023. **JFK's** food box will arrive to your door around 9 am and **QCT'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!

November 16, 2023-Time: 2 pm to 4 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 10:00 am until supplies last

Located at 632 N. Centre Street

For more information call

240-362-7168

Adult Daycare Program

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

COVID-19 Testing

PCR Testing is held on Tuesdays and Thursday

@ the Allegany County Health Department

from 9:00 am-12:00 pm-Drive up Only.

To Request testing please call

301-759-5015

COVID-19 Vaccines

Vaccines are held on Wednesdays @ the Allegany County Health Department from 9:00 am-12:00 pm-Walk In.

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.

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.

Resident Council Meetings

QCT-Thursday November 2nd @ 3:00pm

JFK-Wednesday November 15th @ 3:00pm

JFK meetings will be held every other month.

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!**

Bible Study

Roy Bible will be conducting the Bible Studies.

QCT – Saturday, November 4th & November 18th

2 pm to 3 pm in the Community Room

All Residents Welcome!

JFK – Saturday, November 11th & November 25th

2 pm to 3 pm in the Community Room

All Residents Welcome!

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.



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



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.

The Cumberland Housing Group will be CLOSED on Friday, November 10th 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 23rd and Friday, November 24th for the Thanksgiving Holiday.



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

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



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 8th 12 – 2 pm
138 Baltimore Street

Check out their Face Book Page.
[Project Connect Cumberland MD](#)



Carbon Monoxide

RISK CONTROL POLICY

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 grill	
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.

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.

