



**CUMBERLAND HOUSING  
GROUP**

# Tower Gazette

## Monthly Newsletter for June 2024



### Exterminator Schedule

1<sup>st</sup> Thursday of each month  
**Queen City Tower** (a.m.) **JFK** (p.m.)

3<sup>rd</sup> Wednesday of each month  
**Grande View**  
**101 – 217** Feb., April, June, Aug., Oct. and Dec.  
**218 – 335** Jan., March, May, July, Sept, Nov

### Preventive Maintenance Inspections

June 11                      QCT 3rd Floor  
May 10<sup>th</sup>                  Grandview- Apt 107, 323, 326, 331

*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.*

### **Reminder QCT Towers**

There is to be no garbage placed by the recycling bins! You are on camera and you will be charged.

Monday morning bulk pick up day - large items must be out Sunday evening after 6 pm.

**All Offices will be closed every Tuesday until 10:30 am for Staff Meetings.**

**All Housing Authority Offices Will Be Closed Wednesday, June 19<sup>th</sup> for Juneteenth.**

**Happy Father's Day to all the Dads and Step-Dads!**

### **Attn: Tenants**

### Lease Addendum Signing Schedule

The Board of Directors at the May 15, 2024, meeting, approved the changes of the **Pet Ownership Policy**. All tenants **must** 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 25, 2024, you will be issued a notice to vacate. As a reminder, all offices are closed for lunch from Noon to 12:30 PM.

#### JFK Tenants

June 11<sup>th</sup>      2<sup>nd</sup> - 5<sup>th</sup> Floors  
June 12<sup>th</sup>      6<sup>th</sup> - 8<sup>th</sup> Floors  
June 13<sup>th</sup>-      9<sup>th</sup> - 11<sup>th</sup> Floors

#### Grande View Tenants

June 6<sup>th</sup>              10:00 AM - Noon

#### Queen City Tower Tenants

June 14<sup>th</sup>            2<sup>nd</sup> – 5<sup>th</sup> Floors  
June 17<sup>th</sup>            6<sup>th</sup> – 9<sup>th</sup> Floors



**FOOD GIVEAWAY!**  
**The 3<sup>rd</sup> Wednesday every Month**

June 19, 2024-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**  
**The 3<sup>rd</sup> Friday every Month**

Fresh Produce  
June 21, 2024 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

**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.

**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.

**Resident Council Meetings**

Resident Council meetings will resume in  
September

Please see a council member for information and  
signup sheets for activities during the summer.  
Reminder - We are looking for a Vice President  
and Secretary for QCT.  
QCT is having a July 4<sup>th</sup> Picnic see a member or  
signup sheets for information.

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!**

**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.

**Gospel Music**

The second Tuesday of each month there is  
Gospel music with Paul Powers and Buster  
Jackson from 2pm to 3pm in the Community  
Room. Jeff Steele is in charge for **QCT**.

**Game Night**

Due to popular demand, Game Night at **QCT** will  
be held every Sunday now, from 5 pm to 8 pm in  
the community room. All residents are invited.  
Jeff Steele is in charge of Game Night. Join us  
for a game of corn hole beginning at 5 pm.

**UPMC Community Health and Wellness**

Free Programs and classes.  
Support  
Fitness  
Health

To learn more call 240-964-8424.

**UPMC Diabetes Self Management Program**

Physician Referral Required to attend for  
services. To learn more call 240-964-8787.



### 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.

**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.


### **Freezer Use**

When using the freezer in your refrigerator, please do not overpack it with items. The vent in the back needs to have space around it in order for it to work properly. If items are blocking the airflow, your food items will not stay frozen and water will begin to form inside.



**REGISTER HERE**

-  Experience hands-on learning and real-world dental practices.
-  Gain mentorship about the different career paths in dentistry.
-  Explore the many faces of dentistry from clinical practice to research.

 Western Maryland: June 22, 2024  
Baltimore: July 27, 2024  
Eastern Shore: August 24, 2024

Any questions please contact Dr. Kathryn Pawlak at [kathryn.pawlak@gmail.com](mailto:kathryn.pawlak@gmail.com)

## **Get Creative this Summer with your Grandchildren or other family members....**

### **Start A Movie Night Tradition**

Movie nights are perfect for families and friends who need a night off from their busy lives. Start a family tradition by hosting a weekly movie night and take turns each week picking out a movie. Have everyone dress in their favorite pajamas, make plenty of movie snacks, and snuggle up on the couch.

### **Teach them how to cook simple foods**

Teach the kids how to make their favorite food — such as grilled cheese or cupcakes. Making meals together is a great way to bond with your kids, and they'll feel proud as they're eating the finished product.

### **Reinforce the positives!**

Reward the kids for their good behavior with small prizes and positive phrases like, "I'm so proud of you for cleaning your room all by yourself" to continue to motivate them.



**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 3<sup>rd</sup> 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.

