



**CUMBERLAND HOUSING
GROUP**

Monthly Newsletter

For July 2024



Exterminator Schedule

2 nd Thursday of each month	Jane Frazier Rows 7 through 17 and Central Office
2 nd Friday of each month	Jane Frazier Rows 1 through 6 and Banneker Gardens
3 rd Thursday of each month	River Bend Court
3 rd Thursday – Every other Month	1034 Frederick Street Feb., April, June, August, October, December

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

All Housing Authority Offices Will Be Closed July 4th & 5th in celebration of Independence Day.

*Have a Safe & Happy
4th of July.*

Most Fireworks are against the law and are NOT allowed on any housing property.

Preventive Maintenance Inspections

July 9 th	Jane Frazier Village – Building 16
July 10 th	Banneker Gardens – 201, 202 and 203
July 11 th	River Bend Court – Building 11

*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.*

River Bend Court and Banneker Gardens Tenants 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.

Dryer Lint Filters

During a recent inspection, it was noted that lint filters are not being cleaned. Lint must be removed from the dryer after each use. Also, articles of clothing and/or paper products, etc. are not to be stored on top of the washer or dryer. This is a fire hazard.

Utility Reimbursement Payments

If you receive a **Utility Reimbursement check**, please cash the check immediately. You are receiving this check because you occupy a unit that has tenant-paid utilities. Therefore, this money is for you to pay your electric bill.

If the check is not cashed after 3 years, the payment goes to the State of Maryland, and you will need to contact the State to get the money that is due to you.

If you receive a check and do not know what it is for, please contact your property manager.

River Bend Court Tenants

A contractor will be onsite to clean, seal and stripe the parking lot areas. All vehicles will need to be removed from the parking lot by 6 am on the morning that work is to begin. Please do not remove any cones, taped or roped off areas or barriers to prevent parking in the work areas. Make sure that your visitors or workers are aware of the dates. If any vehicle is in these designated areas, the vehicle will be towed immediately at the owner's expense by Buckley's Towing. This includes any vehicles during the evening and overnight hours.

The schedule is as follows:

July 8 – 10	The parking lot below Building 1 towards the train tracks.
July 11 & 12	The parking lot along Oldtown Road.
July 15 & 16	The parking lot along Lamont Street





**Boys and Girls Club
After School Program**

**Banneker Gardens
Community Room**

Boys and Girls Club Summer Camp

Banneker Gardens
June 17th thru August 9th
Monday – Friday 9:00 am – 3:00 pm

**Judy Center Activities at
Jane Frazier Village**

Infant & Toddler Playgroup
July 11th, 18th and 25th
10:00 am – 11:00 am

Call to Register at 301-876-9022 or stop in the
Center on day of activity.

FOOD GIVEAWAY!

The 3rd Wednesday every Month

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

The 3rd Thursday every Month

Fresh Produce
10:00 am until supplies last
Located at 632 N. Centre Street
For more information call
240-362-7168

**Banneker Garden Tenants
"Prayer Request" Program**

Patrick Younger, Apt. #332, would like to offer a
"Prayer Request" program for the Banneker
Community. If anyone would like to be prayed for or
just want to talk, place your request in his box outside
his apartment.

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.

Reminder!!!

All Tenants that received the letter
about the musical hosted by The
Cumberland Theatre need to return
the permission slips by July 5th. We
need to get a head count of all those
interested in attending.



The show is at the Cumberland
Theatre, 101 Johnson Street

****The first 20 people
with reservations will
be going.**

Let's Go to The Theatre!!

July 12, 2024

Free event for 18 kids in the
5th & 6th grades
and 2 adult parents as chaperones
Free bus transportation is provided.

Pick-up and drop-off at
Jane Frazier Office on First Street at 6:45 PM
The bus will return around 10:30 PM
Casual Dress

This event is for residents of the Cumberland Housing
Authority. Call Jennifer Ensor from the Housing Authority at
301-724-6606, or email
jennifer.ensor@cumberlandhousing.org to make reservations

This is for all kids ages 10-12.

Parents:

We still need another Chaperone!

**If interested, please contact:
Jennifer Ensor- Resident Service
Coordinator**

**To pick up and fill out a permission
slip for yourself.**

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

11:30 AM – Noon

Monday thru Thursday
Starting June 17th

**If any parents would like to volunteer to
pass out the lunches, contact Shauna at
240-362-9225.**

Sponsored By:
Emmanuel Episcopal Church

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.



Added to the Barring List

**Lawrence McPherson
Nicholi Sneden**

If you see any person on the property that is barred, you can contact the Cumberland Police Dept. at 301-777-1600.

Remember to respect your neighbors privacy and space. This is everyone's home and we all are welcome to enjoy all aspects of the building and outside areas.



Free Children's Clothing Closet



First Thursday of every month
6:00pm – 7:30pm

Mountain City Church
19 Beall Street, Frostburg MD

Free Meal! There will also be a free meal at the Clothing Closet.

Donations are accepted.

by calling 301-689-6332 or you can bring them the day of the event. Donations must be gently used children's clothes free from stains and tears.



Do you...

- Perform housework for someone?
- Help them shop for food?
- Help them bathe or get dressed?
- Drive them to appointments?
- Pick up their medication?
- Get up in the night to make sure they are safe?

**Feel stressed?
There is help**

alleganyco.trualta.com



Free online training and support is available to caregivers like you

- Improve your confidence, reduce stress, and prevent burnout
- Connect with other caregivers through community chat rooms
- Access on-demand resources to suit your schedule
- Suit your learning preference with videos, articles, audios, interactive scenarios in English and Spanish

A Variety of Topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention
- Documents and decision-making
- Meaningful activities
- Grief and loss
- Caring for kids

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"The caregiver portal was my first support system when caring for my mother with dementia.

There is so much helpful information in one place and I learned so much about providing care."

Laura W, caring for her mother

Sign up today!
alleganyco.trualta.com



OPIATE/STIMULANT CRISIS BEDS

UPMC Western Maryland offers grant-funded Crisis Beds for those seeking treatment for opiate/stimulant use (through the State Opioid Response.) The focus is on empowerment, support, and assistance through the recovery process.

You will have a comprehensive assessment to determine the most appropriate level of care and treatment. The Behavioral Health team offers various treatment approaches that could include:

- Multiple daily therapeutic group sessions
- Medication Management Services
- Family meetings, if appropriate
- Peer Support Services
- Care coordination – navigating treatment options
- Induction of Medication-Assisted Treatment (MAT) - Suboxone
- Re-stabilization of MAT
- Typical stay is 3-4 days
- Patient and family education
- Linkage to community resource
- Follow-up upon discharge

Accessing the service:

- 24/7 Evaluations available through the Emergency Department at UPMC Western Maryland.
- Medical staff will do an initial assessment as to the reason for your visit.
- A medical professional will complete an evaluation.
 - Throughout the entire process it is important to be honest about your history, your wants and needs, and why you are here.
- Once you have been cleared medically, you will be seen by a Crisis Counselor, who will get your mental health/ substance use history.
- After all evaluations are complete, and if a bed is available, you could be considered for placement.

Contact us:

Our Crisis Hotline addresses urgent or emergency needs: **240-964-1399**.
Counselors are available 24 hours per day, 365 days per year to provide face-to-face or crisis line intervention.

Our Peer Support staff are also available to answer any questions you may have:
Office Phone: 240-964-2035

**Reminder.....
SWIMMING POOLS
or any other
water based entertainment
item of any size is
NOT ALLOWED**

Crime Solvers Tip Line 301-722-4300
www.allegany-mineralcountycrimesolvers.com
To report **suspected Drug Activity**, leave an anonymous tip at 301-759-4660.

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.

**Safety Reminder –
Disposing of Needles**

All Sharps (used needles) for medical/other use, need to be disposed of in a separate closed container before placing the needle in the trash. Examples of closed containers are old soda/water bottles, coffee cans or old laundry detergent bottles. Please be mindful of our Maintenance Staff who handles the garbage.

YOU ARE INVITED!




National Night Out - Cumberland
"America's Night Out Against Crime"
August 6, 2024 - 5-8 p.m.
701 E. First St. & Somerville Ave




Hello everyone!

We've been notified by our banking establishment that they are no longer going to accept money orders that are not filled out properly or that have the signature in the incorrect place. As a friendly reminder, please make sure you fill out your money order as seen in the pictures below. Also, please only sign the front of your money order(s) and not the back.

Thank You,
Property Management




OPEN ART STUDIO



Every Other Wednesday at
Open HeART Space
6:00 – 8:00pm
\$30/person

BOOK ONLINE AT LEAST 48 HOURS
IN ADVANCE:
www.OpenHeARTSpace.net



What is Open HeART Space?

OHS is a safe, welcoming, and creative space where people can come to gain insight into mental health challenges and work to overcome them.

OHS Clients:

- Humans experiencing challenges
- People wanting to make positive changes
- Individuals seeking help from trauma
- Those who want to strengthen connections
- People who would like to try a different approach than traditional talk therapy
- People who want to be seen and heard

For More Information Contact OHS at:
240-378-0818

Or stop in our office at:

12 Decatur Street, Cumberland

Monday and Tuesday; 10 AM – 6 PM
Wednesday and Thursday: 9 AM – 4 PM
Friday: 9 AM – 5 PM

Email: openheartspace12@gmail.com

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