



CUMBERLAND HOUSING GROUP

Tower Gazette

Monthly Newsletter for July 2024



Exterminator Schedule

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

3rd 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

July 10th QCT 4th Floor

July 19th Grandview- Apt 208, 209, 210, 218, 220 and 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.*

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.

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.

Reminder.....JFK RESIDENTS

As you know, the trash chutes are not usable. The garbage is being removed at least once per day during normal business hours by staff and construction crews. It has been brought to our attention that tenants are not properly bagging their garbage before putting it in the designated area. No loose trash should be deposited into the bin or in the area. All trash must be bagged properly, tied to prevent items from spilling out, any bags with holes in them should be double bagged. Do not put items with liquid that can spill out in the bags. Rinsing containers will help keep smells limited.

Bulk Pick Up will occur by Housing Staff on Friday mornings. Please take your bulk items to the first parking space next to the drive around the building opposite the fence. If you are unsure which space this is, please see your property manager. Bulk items should be moved to this location on Thursday evenings ONLY. Housing staff will not move your items from inside the building. It is your responsibility to get items to the correct parking space.

Everyone needs to do their part while this construction progresses.

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.

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. This is a fire hazard.



From Anita...

Hello Residents! I am starting a new Housekeeping Program for tenants that have housekeeping issues. This program will help you avoid eviction notices for poor housekeeping. It will guide you to keep your apartment up to Cumberland Housing's HUD Approved Housekeeping Standards. I can help you learn best practices to clean and keep your apartment clutter free. This will especially be helpful to JFK tenants as we move you into your new apartments! A few letters have already been sent out, so let's get you started in the program. You can reach me at QCT on Mondays, Wednesdays and Fridays. I am at JFK on Tuesdays and Thursdays.

I look forward to working with you!

FOOD GIVEAWAY!

The 3rd Wednesday every Month

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 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

Adult Daycare Program

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

Reminder to all Tenants

- Keep off maintenance driveway.
- Do not allow pets or ESA animals on grassy area beside maintenance driveway.
- When disposing of boxes, they must be broken down.
- There is to be no food or furniture sitting outside of your apartment or in the hallways.
- Do not leave any trash sitting outside of your apartment on in the hallways.
- QCT Tenants - Bulk or large items need to be placed by the dumpster on Sunday evenings only. JFK Tenants refer to page 1 for bulk items.

Queen City Tower Tenants
No Garbage is to be placed behind
the shed or that area.

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.

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 4th 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.

HOPE STATION

Come and join Hope Station for a Craft Day to be held every Thursday beginning at 11am. For more information call: 240-362-7168.

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.

Crime Solvers Tip Line 301-722-4300

www.allegany-mineralcountycrimesolvers.com

To report **suspected Drug Activity**, leave an anonymous tip at 301-759-4660.

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

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.

TRUALTA

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

TRUALTA

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

alleganyco.trualta.com

Sign up today!
alleganyco.trualta.com

"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



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:

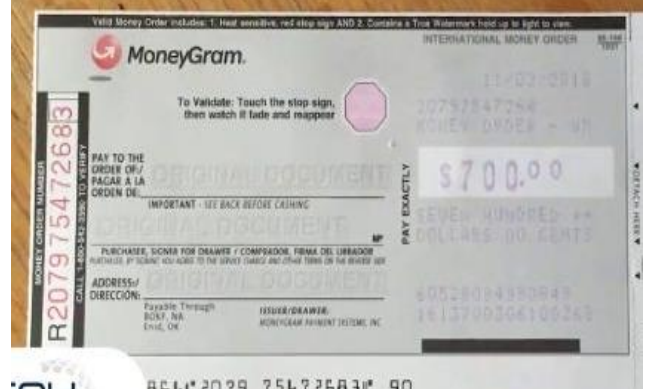
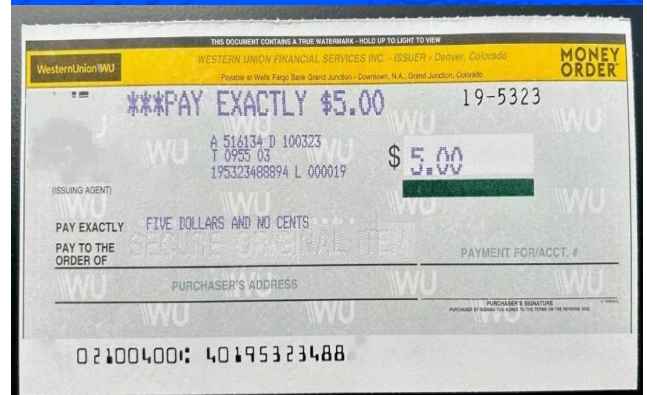
Our Crisis Hotline addresses urgent or emergency needs: **240-964-1399**.
Counselors are available 24 hours per day, 365 days per year to provide face-to-face or crisis line intervention.

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

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



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.

