



CUMBERLAND HOUSING GROUP

Monthly Newsletter For November 2025



Exterminator Schedule

2 nd Thursday of each month	Jane Frazier Rows 7 through 17 & Central Office
2 nd Friday of each month	Jane Frazier Rows 1 through 6 & 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 and December

Preventive Maintenance Inspections

November 4 th	River Bend Court – Row 7
November 7 th	Jane Frazier Village – Bldg. 8

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 30 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 31st.

Please remember that in addition to removing the air conditioner, 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.

Due to the Government Shutdown, **SNAP Benefits** may not be deposited on EBT cards starting November 1st. Last page of the newsletter has a list of food pantries if you need help with food.

Mental Health Resources

- The **9-8-8 Suicide & Crisis Lifeline** provides 24/7 free and confidential support via phone or chat.
- Seek help at any of these **Behavioral Health Walk-in and Urgent Care Centers** across Maryland.

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.

The Cumberland Housing Group will be CLOSED on Tuesday, November 11th 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 27th and Friday, November 28th for the Thanksgiving Holiday.

Notice 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 6, 2025 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.



Added to the Barring List

Jamar Peck
Michael Cox

Shenay Symone Bright
Robert "Bobby" Long

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



Allegany County, Maryland
Applications Close November 15th
Applications can be submitted online.

Go to toysfortots.org

Select "request a toy" and complete application.

Once application is submitted you will be notified of a pick-up date and time. Any family that receives Medical Assistance, WIC, TANF, SNAP, free/reduced lunch or financial assistance qualifies. Once an application is submitted you will be notified via email or phone of completion.

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.



Western Maryland Regional Fall JOB FAIR

Wednesday, November 5
12pm – 2pm

Country Club Mall (former rue21 storefront)
LaVale, MD

Impacted federal workers and federal contractors are encouraged to attend!

Employers & Resources

Beitzel Corporation, Pillar Innovations, Rural King, Jersey Mike's Subs, Comfort Keepers Home Care, WVU Medicine, Rocky Gap Casino Resort, Department of Public Safety and Correctional Services, U.S. Air Force, Department of Juvenile Services, Federal Correctional Institution, Sheetz, Schroeder Industries, Maryland Unemployment Insurance, Cinlas, Seniors Fix, ProCare Home Health, Allegany County Detention Center, Electrical Workers Local 307, Total Biz, Cumberland Police Department, Human Resources Development Commission (HRDC), FedEx, Ulla Beauty, Jackson Hewitt, GameStop, U.S. Army, Baltimore Crisis Response Inc., Amcor (Berry Global), Garrett Container Systems, Chick-Fil-A LaVale, Forever Media, Mountain Laurel Medical Center, LaVale Veterinary Hospital, Friends Aware, Allegany County Public Schools Transportation Division, Mellott, Mountain City Rehab Center, Thomas Subaru, Thomas B. Finan Center, Maryland Insurance Administration, Allegany College of Maryland, Archway Station, ACT Personnel, and the State of Maryland

Western Maryland Consortium, Veteran Employment Program, American Job Center and the Senior Community Service Employment Program

Applicants should dress appropriately and be prepared to meet with employers to apply for positions. For details, please call the American Job Center at 301-777-1221.



**River Bend Court
Office Hours
Monday - Friday
12:30 pm – 4:00 pm**

**Judy Center Activities at
Jane Frazier Village**

Toddler Playgroup
November 4th, 18th and 22nd
10:00 am – 11:00 am

Infant Playgroup
November 6th, 13th and 20th
10:00 am – 11:00 am

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

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



**Boys and Girls Club
After School Program
Banneker Gardens
Community Room**

Monday thru Friday 3:30 pm – 6:00 pm

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

In September the Girl Scouts leader stopped in. They
made Oobleck (a non-Newtonian fluid made from a
simple mixture of cornstarch and water) that acts as
both a solid and liquid depending on the amount of
pressure applied to it. They also learned about the
effects of pollution.



**Hope Station Wellness &
Recovery
The 4th Friday every Month**
Fresh Produce
10:00 am until supplies last
Located at 632 N. Centre Street
For more information call
240-362-7168

**FOOD GIVEAWAY!
The 3rd Thursday 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



*Daylight Savings Time Ends
at 2a.m. Sunday, Nov. 2nd.*

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

**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.



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. 100.



This month, the AHEC West Health Insurance Program team is preparing for Open Enrollment, which begins on Nov. 1 and continues until Jan. 15, 2026. We encourage everyone in the community to take advantage of this opportunity, as it's the only time of year when individuals can sign up for a private health plan without meeting specific requirements. Our navigators are in high demand and completed more than 5,400 appointments in FY25. Don't wait — book your appointment with a navigator by calling 888-202-0212! We are excited about the upcoming year and are eager to help community members access services through the Health Insurance Program.

AHEC West | 39 Baltimore Street Suite 201 | Cumberland, MD 21502 US

301.777.9150



Facebook.com/cumberlandhousing

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.



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.

NOVEMBER 2025

Maryland Job Centers offer FREE online workshops!

Advanced registration is required. To register, email the facilitator listed and include in your communications, your name, the title of the workshop, and the date of the workshop. Facilitators may ask for additional proof of identification, upon registration.

F.R.E.S.H. (Facing Reentry with Excellence Supports Health)

November 4 (1:00 p.m. – 2:00 p.m.)

Discuss conflict resolution and the “musts” of interviews
Register online at <https://tinyurl.com/2bddhfmj>

Resume Skills

November 14 (11:00 a.m. – 1:00 p.m.)



Learn the mechanics of how to write an attention-grabbing resume. Register by emailing Carl.Brown1@maryland.gov

A-I Today (Artificial Intelligence)

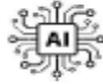
November 6 (10:00 a.m. – 11:00 a.m.)



Learn about how artificial intelligence impacts the workplace and our world. Register by emailing David.Levesque@maryland.gov

A-I Today (Artificial Intelligence)

November 19 (10:00 a.m. – 11:00 a.m.)



Learn about how artificial intelligence impacts the workplace and our world. Register by emailing David.Levesque@maryland.gov

Basic Interviewing Skills

November 7 (1:00 p.m. – 2:00 p.m.)



Learn interview styles and tips about effective interviewing. Register by emailing BenjaminJ.Russell@maryland.gov

Job Searching Using Social Media

November 20 (10:00 a.m. – 11:00 a.m.)



Learn how to use and find open jobs on social media. Register by emailing Katie.Marvin@maryland.gov

The Gig Economy

November 12 (10:00 a.m. – 11:00 a.m.)



Learn about how to define the gig economy, how it has evolved, and how you might be able to take advantage of the gig economy.

Register by emailing David.Levesque@maryland.gov

LinkedIn for Job Seekers

November 21 (10:00 a.m. – 11:00 a.m.)



Learn to build a successful LinkedIn profile for job seeking. Register by emailing Karl.Kohler@maryland.gov

Job Searching Using Social Media

November 13 (10:00 a.m. – 11:00 a.m.)



Learn how to use and find open jobs on social media. Register by emailing Katie.Marvin@maryland.gov

Basic Interviewing Skills

November 21 (1:00 p.m. – 2:00 p.m.)



Learn interview styles and tips about effective interviewing. Register by emailing BenjaminJ.Russell@maryland.gov



Equal Opportunity Employer/Program: American Job Centers are committed to diversity in the workplace and do not discriminate on the basis of race, religion, color, gender, age, orientation, national origin or disability. Auxiliary aids and reasonable accommodations are available upon request, with advanced notification.

WES MOORE, GOVERNOR • ARUNA MILLER, LT. GOVERNOR • PORTIA WU, SECRETARY



FOOD PANTRIES / GIVE-AWAYS, MEALS AND NON-FOOD SUPPLIES

Food Pantries

Second Baptist Church		1 Grand Ave Cumberland	Tuesday 9:30AM- 12:30PM
Lavale Assembly Church	301-759-2863	525 National Highway	Monday-Friday 10AM-11AM
Interfaith Community Pantry	301-777-7882	301 Cumberland St Cumberland	Monday-Friday 10AM-3PM
Interfaith Food Pantry	301-687-1728	44 W Main St Frostburg	Tuesdays and Thursdays 9AM-10:30AM
Hope Station	301-362-7168	632 N Centre St Cumberland	Make appointment 24 hrs in advance Monday-Friday 9AM-1:30PM
Gateway West Church	301-724-2378	401 Industrial Blvd Cumberland	Tuesday 10AM-1PM Friday 8AM-5PM
Salvation Army	301-777-7600	701 E First St Cumberland	Monday, Wednesday & Friday 2PM-4PM
Lavale UMC	301-722-6800	565 National Highway Lavale	Tuesday 1PM 2:30PM & 5PM-6PM Thursday 1PM-2:30PM
New Day Church	240-362-7621	15003 Wyoming Ave Cresaptown	Every Tuesday from 10:30-12:30
St Anthony Place Food Pantry at St Mary's Church	301-777-1750	300 E Oldtown Rd Cumberland	Monday, Wednesday, Friday 1PM-3PM
First Church of the Nazarene	301-777-1480	508 E Oldtown Rd Cumberland	

Monthly Food Giveaway

St Lutheran Church in large church parking lot	301-724-7250	400 Arch St Cumberland	3rd Thursday of every month 2PM-4PM
HOPE Station		632 N Centre St, Cumberland	3rd Friday each month

These locations also do food drops at various times

Western MD Food Bank		Frederick St, Cumberland	usually posted on Facebook the day of the event
Mount Savage Fire Hall		15701 Iron Rail St, Mt Savage	
Bruce Outreach Center	301-359-9706	398 Philos Ave, Westernport	
Healing Hunger Food Service		12504 Naves Crossroad, Cumberland	

Free Meals

Union Rescue Mission	Breakfast 8:30 AM	
Take away meals	Lunch 12:00	
	Dinner 5:30 PM	

By volunteering a little of your time, you can received cleaning supplies, paper products and hygiene items

Bountiful Blessings located at St Pa	301-722-6604	154 N Smallwood St Cumberland	2nd & 4th Thursday of each month 4-6PM
Must have photo ID with current address			
No income guidelines and recipients can come to every session.			
Baby items available for children up 24 months old			
Parent or guardian must show photocopy of child's birth certificate or crib card from the hospital			

George's Creek Food Pantry,
located in the basement of the Bethel Holiness Church across from George's Creek Elementary School. Open the first and third Tuesdays of each month from 10 a.m. to 12 noon. People can visit once per month. Non-perishable food items plus a \$20 voucher to be used at the Frostburg Save-a-Lot.

