



# Tower Gazette

## Monthly Newsletter for November 2025

**CUMBERLAND HOUSING  
GROUP**



### Exterminator Schedule

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

### **Grande View**

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

### Preventive Maintenance Inspections

November 7<sup>th</sup> Grande View 102, 325, 327, 329,  
330 and 333

#### JFK Apts.

Nov. 19<sup>th</sup> 1101, 1102, 1001, 1002, 901, 902, 801, 802, 701, 702

Nov. 20<sup>th</sup> 601, 602, 501, 502, 401, 402, 301, 302, 201, 202

*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.*

### Attention High Rise Residents

**Safety begins with you! Under no circumstances should you be allowing any person into the buildings unless that visitor is for you.** Person walking in must call the person they are wanting to visit so that the tenant can let them in.

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

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.

### 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](http://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.





*Daylight Savings Time Ends  
at 2a.m. Sunday, Nov. 2<sup>nd</sup>.*

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

**FOOD GIVEAWAY!**

**The 3<sup>rd</sup> Thursday of 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 4<sup>th</sup> Friday of 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.

**JFK**

Monthly meal provided by Christ Lutheran Church will be delivered on Saturday, November 15th between 3 & 3:30 pm. Thank you to all the volunteers! It is greatly appreciated!

**JFK Office Hours**

Monday, Wednesday, Friday 8:00 am -12:00 pm  
(Closed 12:30 pm - 4:00 pm)

Tuesday & Thursday 12:30 pm - 4:00 pm  
(Closed 8:00 am -12:00 pm)

Do Not Disturb office staff during closed hours.  
If you need an appointment during the time the office is closed, please call to make an appointment.

**Resident Council Meetings**

**JFK Residents** – Resident Council is on break due to construction. If you have any concerns please see Rhonda Roy, President. Watch for memos regarding voting and session start up.

Resident Councils serve as the voice of the residents at each Multi-Family and 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!**

**MEETINGS WILL RESUME IN EARLY 2026-JFK**

**Queen City Tower Prayer Group**

**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 oversees 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**

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 oversees 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.

**Bible Study**

Roy Bible will be conducting the Bible Studies.

**QCT – Dates to be announced.**

2 pm to 3 pm in the Community Room  
All Residents Welcome!

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





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



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!*

### Participating Employers Include:

Beitzel Corporation, Pillar Innovations, Rural King, Amcor (Berry Global), Comfort Keepers Home Care, WVU Medicine, Rocky Gap Casino Resort, Department of Public Safety and Correctional Services, Department of Juvenile Services, Federal Correctional Institution, Schroeder Industries, Maryland Unemployment Insurance, U.P.M.C. Western Maryland, Seniors Fix, ProCare Home Health, Electrical Workers Local 307, Total Biz, Cumberland Police Department, Human Resources Development Commission (HRDC), FedEx, and the State of Maryland ... with more registering to participate daily!

### Participating Community Resources Include:

Western Maryland Consortium, American Job Center, Veteran Employment Program, 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.

## 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.



## 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.

**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.

### **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.

# 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](mailto:Carl.Brown1@maryland.gov)

### **A-I Today (Artificial Intelligence)**

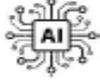
**November 6 (10:00 a.m. – 11:00 a.m.)**



Learn about how artificial intelligence impacts the workplace and our world. Register by emailing [David.Levesque@maryland.gov](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 receive cleaning supplies, paper products and hygiene items**

Bountiful Blessings located at St Paul's	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 to 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.

