



**CUMBERLAND HOUSING
GROUP**

Tower Gazette

Monthly Newsletter for October 2025



Exterminator Schedule

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

Grande View

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

Preventive Maintenance Inspections

Oct. 22nd & 23rd	Queen City Towers - 7th Floor
Oct 1 st	Grande View 101, 104,105,106, and 211
Oct 9 th	Grande View 212,213, and 214
Oct 15 th	Grande View 217 and 219

*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.*

The Cumberland Housing Group Offices will be closed on Monday, October 13th in observance of Columbus Day!

Happy Halloween



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

Tenants with Key Cards

It is a lease violation to give your key card to someone else to use. This includes friends and caregivers.

Overnight guests are limited to 14 nights per year, per unit. Allowing guests to stay longer is a lease violation.

Rent and Utility Allowance Rate Schedule Effective January 1, 2026

The Housing Authority is required by HUD to annually review and adjust the flat rents and ceiling rents. Flat rents are designed to mirror the HUD Fair Market Rents (FMR's) for this area which are established annually by HUD based upon local rental amounts charged. HUD requires our rates to be set at no less than 80% of HUD FMR's for this area.

The Rent and Utility Allowance Rate Schedule was approved by the Board on September 17, 2025. The Rate Schedule is posted in each development and on the website for review.

COLA Increase Rent Adjustment

Annually in October, the Social Security Administration (SSA) announces the cost-of-living adjustment (COLA). The increase has always been picked up at your next Annual Re-certification.

Due to the Housing Opportunity Through Modernization Act of 2016 (HOTMA), HUD has changed the requirement for Public Housing tenants. On January 1, COLA will increase your income for Social Security, SSI or SSDI benefits; therefore, rent adjustments will be effective January 1st of each year.

Your property manager will be making the rent adjustment effective for January 1, 2026 based on the projected COLA increase of 2.7%. All rent changes will need to be signed by November 30, 2025. Your property manager will contact you once the paperwork is ready for you to sign.

Grande View Tenants
Anita will not be on site the week of October 20th



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.

FOOD GIVEAWAY!

The 3rd 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 4th 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, October 18th 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 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 – Oct. 4th & 18th

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

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.

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.



OCTOBER 2025

Western 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.

Job Searching Using Social Media

October 7 (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

October 15 (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

Basic Interviewing Skills

October 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

October 21 (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

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

October 7 (1:00 p.m. – 2:00 p.m.)

Discuss conflict resolution and the "musts" of interviews. Register online at <https://tinyurl.com/3twdesab>

Basic Interviewing Skills

October 21 (1:00 p.m. – 2:00 p.m.)



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

Resume ABCs

October 8 (10:00 a.m. – 11:15 a.m.)



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

A-I Today (Artificial Intelligence)

October 22 (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)

October 9 (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

LinkedIn for Job Seekers

October 31 (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



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





10 Oct

LOCATION
Salvation Arm
701 E First St, Cumberland

9:00am - 1:00pm
COMMUNITY
RESOURCE DAY

Previously known as Homeless Resource!

HOT FOOD
10:30AM-1PM

GET THE HELP YOU NEED

TRANSPORTATION

(every 15 minutes starting at 9:45am at 2 locations)
Canal Place/WMD Scenic Railroad (By Statue of Mule)
Roses Dept Store (By Bus Stop)

Westport - In front of Town Hall (Pickup at 9:30am - Return at 2:00pm)
Frostburg - 7-11 Store & 101 Meshach Frost Village (Pickup at 9:30/9:45am - Return at 2:00/2:15)

HEALTH - insurance, vaccines, behavioral/mental health, dental, HIV Testing and more

PET SERVICES - Rabies vaccines & grooming

SOCIAL SERVICES - social security, cash assistance, food stamps, child support and more

HOUSING - housing locations, assistance (electric, rent, heating, etc.) and more

CLOTHING - HAIRCUTS - Voter Registration Birth Certificates - Photo IDs (application & ONLY) - Food Boxes and giveaways...

Thank you to our Platinum Sponsors & Gold Sponsors for making this day possible. Logos for Maryland physicians care, Horizon, Priority Partners, CityReach Church, UPMC Western Maryland, and others.

Allegany County Health Department
H.E.A.L. Mobile
Health Education & Access Link

Coming to a neighborhood near you!

Bringing public health services, education, and access to communities throughout Allegany County, Maryland!

Available Mobile Services:

- Telehealth: Cancer prevention, education, and screenings
- WIC: Nutrition education, benefits, and breastfeeding support
- Reproductive Health: Pregnancy testing, STI testing and treatment, wellness screenings, contraceptives, and education for adolescents and adults
- Maternal Health Care
- Substance Use Disorder Services
- Immunizations
- Dental services: Screenings, fluoride, sealants, restorative care, extractions, and x-rays for children and adults
- Healthy Families education, support, and referrals to resources
- Medicaid and MCHP enrollment and renewals
- Medical care coordination

Services may vary depending on need, location, and resource availability. Interested in hosting H.E.A.L. Mobile services in your area? Call us to learn more!

QR code with text: Got ideas for the H.E.A.L. Mobile? We want to hear from you!

Allegany County HEALTH DEPARTMENT
12501 Willowbrook Road SE
Cumberland, MD 21502

301.759.5000

myalleganyhealth.org/healmobile

Supported by the Maryland Community Health Resources Commission. The values presented here are those of the grantee organization and not necessarily those of the Commission, its Executive Director, or its staff. ACHRC complies with applicable federal and state laws and does not discriminate on the basis of race, color, religion or creed, sex, age, ancestry or national origin, marital status, physical or mental disability, sexual orientation and gender identity. ACHRC is fully accredited by the Public Health Accreditation Board (PHAB) and by the Commission on Accreditation of Rehabilitation Facilities (CARF) International.

Healthy Heart Ambassador Blood Pressure Self-Monitoring Program



- Do you have high blood pressure (BP) or take medication to control your BP?
- Do you struggle to keep your BP controlled?
- Do you worry about the health risks of having high BP?

If you answered YES to any of these questions, take advantage of a NO COST program that will teach simple yet effective skills to:

- Manage and understand blood pressure
- Set and achieve health goals
- Adopt healthier eating habits
- Increase physical activity



During the four-month program, participants will receive:

- A FREE blood pressure monitor
- Training on how to track your blood pressure at home
- Two personalized virtual or in-person support sessions per month with a trained Healthy Heart Ambassador
- Monthly virtual or in-person Nutrition Education Seminars



Eligibility Requirements

- ✓ Allegany County resident
- ✓ Over 18 years old
- ✓ High blood pressure diagnosis
- ✓ No cardiac events in the previous one year (heart attack, stroke)
- ✓ Do not have an irregular heart beat (atrial fibrillation or other arrhythmias)
- ✓ Do not have or are not at risk for lymphedema (swelling in the limbs)

Get More Information and Enroll Today

- Call: 301-759-5262
- Website: myalleganyhealth.org/healthyheart
- Scan this QR Code:

ACT NOW! The sooner you get your BP under control, the better your chances of avoiding heart disease and other health problems!



Help with Prescription Drug Copays

HRDC can help with the payment of a prescription drug copay for you if you are:

- An Allegany County Resident
- Aged 60 and Over
- Meet Income and Asset Guidelines
- Have an active or new prescription with a participating pharmacy

Please contact your local senior center for more information:

Cumberland—301-783-1721

Frostburg—301—689-1865

George's Creek—301-463-1841

Westernport—301-359-1860

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