



CUMBERLAND HOUSING GROUP

Monthly Newsletter For October 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

October 7 th	River Bend Court – Building 5
October 8 th	Jane Frazier Village – Building 4
October 14 th	Jane Frazier Village – Building 15

*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.*

Quiet Time

Quiet time is 10:00 p.m. to 8:00 a.m. each day. However, if you are being loud, playing music load, etc., and it is bothering your neighbor during other hours, you are disrupting their peaceful enjoyment and will be issued a lease violation. Being considerate of your neighbors is a must. If you live above or below another family, try to adjust your home life to cause as little annoyance as possible to your neighbors. For any serious disturbances of any kind, contact the Police Department. Repeated disturbances or conviction in court of related crimes and/or municipal or civil infractions can result in eviction for the tenant.

All tenant complaints must be presented to the CHG in writing and signed by the complaining party for any formal action to be taken. All such complaints will be reviewed by the CHG and a response, if necessary, will be given in a timely manner. The CHG will document in the tenant file all complaints not placed in writing or in the Security Reports at the time the complaint is received.

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.

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.



Please join us for the 2025 Fire Safety Poster Contest



Schedule

- Jane Frazier Community Room: October 6th, 2025
1:00–2:00pm
- River Bend Court Community Room: October 6th, 2025
3:00–4:00pm
- Banneker Gardens Community Room: October 10th, 2025
3:00–4:00pm

AGE GROUPS

- 6-8
- 9-11
- 12-14

1st, 2nd, & 3rd
place prizes will
be awarded in
each age group



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.

Tenants are required to clean up litter and other forms of trash after their family members or guests in all common areas such as sidewalks, entrances, porches, yards, parking areas, hallways, laundry facilities, community rooms and other common use areas. If you see trash remove it and always deposit your trash in a waste container.

All entrances, sidewalks, walkways, hallways, door entries, stairs, parking areas, etc. which are designed for the exclusive use of tenants, are to never be blocked and must be kept free from hazards and trash; free of debris and litter; and keeping yard and walks free of bicycles, strollers, toys, wheel chairs, furniture, or other similar articles and are to be stored inside of the rental unit.

1st Week of November – Annual Fall Outside Inspection

Property Managers will be checking:

1. That all air conditioners have been removed;
2. All yards have been cleaned up;
3. All screens are in and,
4. All sheds have locks



Jane Frazier Village Tenants Window Air Conditioners Must be Removed by October 31st

In accordance with your lease, all window air conditioners must **be removed from all windows by October 31st**. Any tenant that does not comply will be tagged. If Maintenance Personnel is dispatched to remove any air conditioner, a charge of \$9.40 **per air conditioner** will be posted to your account. Please remember that in addition to removing the unit, 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.

Angel Tree Christmas Assistance
Applications are
OPEN
for Children ages 0-12 (as of 12/25/25)
living in Allegany, Garrett, Mineral or Hampshire Counties

APPLY ONLINE
www.SaAngelTree.org

Deadline to apply:
October 31, 2025 @ 12pm

**APPLICATIONS WITHOUT ALL REQUIRED DOCUMENTS WILL NOT BE
REVIEWED AND LATE APPLICATIONS ARE NOT ACCEPTED**

We reserve the right to deny any application from anyone receiving Christmas assistance through another agency.
We reserve the right to deny any application that provides false, inaccurate, or incomplete information.
Approval is not guaranteed.

Angel Tree is a registered trademark of The Salvation Army.



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

**Judy Center Activities at
Jane Frazier Village**

Toddler Playgroup
October 7, 14, and 28th
10:00 am – 11:00 am

Infant Playgroup
October 2, 9, 16, 23, and 30th
10:00 am – 11:00 am

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

Literacy Night
South Pen 5:00 – 6:15 pm

**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

**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. 106.

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



**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.**



For the week of 9/19, the kids had Girls Scouts with one of the local troop leaders, Tammy Fox. So far, they have made Oobleck (a non-Newtonian fluid made from a simple mixture of cornstarch and water that acts as both a solid and a liquid depending on the amount of pressure applied to it) and learned about the effects of pollution.

In other words, the girls made **"Slime."** To make, combine about two cups of cornstarch with one cup of water, gradually mixing until the desired consistency is reached. You can add food coloring for a fun, colorful experience. If mixture is too dry, add a few more drops of water. If it is too liquid, add more cornstarch.



Residents This would be a good time to make sure your smoke detector is working. If it is not, contact the Maintenance Dept. at 301-724-2055.

CHARGE into Fire Safety™

Lithium-Ion Batteries in Your Home

Most of the electronics we use in our homes every day are powered by lithium-ion batteries. In fact, most everything that's rechargeable uses this kind of battery.

 e-bikes	 hoverboards	 tablets	 cordless vacuum cleaners
 e-vehicles	 power tools	 mobile phones	 remote control cars
 e-scooters	 laptops	 e-cigarettes/vapes	 drones
 golf carts	 smart watches	 headphones	 toys

LITHIUM-ION BATTERIES store a lot of energy in a small place. These batteries can overheat, start a fire, or explode if overcharged or damaged. By learning how to **BUY, CHARGE, and RECYCLE** these batteries safely, you can help prevent a fire in your home.

 <p>BUY only listed products. When buying a product that uses a lithium-ion battery look for a safety certification mark such as UL, ETL, or CSA. This means it meets important safety standards.</p>	 <p>STOP using your device right away if the battery smells weird, gets too hot, makes popping noises, changes in shape or color. If it is safe, move the device away from anything that can catch fire. Call 9-1-1.</p>
 <p>CHARGE devices safely. Always use the cables that came with the product to charge. Follow the instructions from the manufacturer. Buy new chargers from the manufacturer or one that the manufacturer has approved.</p>	 <p>RECYCLE batteries responsibly. Don't throw lithium-ion batteries in the trash or regular recycling bins because they could start a fire.</p>
 <p>CHARGE your device on a hard surface. Don't overcharge your device. Unplug it or remove the battery when it's fully charged.</p>	 <p>RECYCLE your device or battery at a safe battery recycling location. Visit call2recycle.org to find a recycling spot near you.</p>



NATIONAL FIRE PROTECTION ASSOCIATION
The Leading Information and Knowledge Resource on Fire, Electrical, and Related Hazards

nfpa.org/education | ©2025 NFPA®

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10 Oct

LOCATION
Salvation Army
701 E First St, Cumberland

9:00am - 1:00pm

COMMUNITY
RESOURCE DAY

Previously known as Homeless Resource Day

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 2:00/2:15pm)

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 & info ONLY) - Food Boxes and giveaways...

Thank you to our Platinum Sponsors &



Gold Sponsors for making this day possible

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!



301.759.5000

myalleganyhealth.org/healmobile

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Healing Circle Group Therapy at Maryland Wellness

MENTAL HEALTH IN A DIGITAL WORLD



Supporting young people as they learn balance in a digital world

Balancing Screens and Self-Care:

- 10 week series designed for youth ages 10-13 navigating mental health in today's digital age.
- Focuses on building healthy habits around technology, screen time, and social media.
- Led in a supportive, interactive group setting with games, discussions, and creative activities.
- Encourages connection, self-expression, and balance between online and offline life.

What You'll Learn Each Week:

- Recognize signs of screen time overload or tech addiction.
- Practice fun, offline activities that reduce stress and boost mood.
- Explore the impact of social media on emotions and friendships.
- Build healthy boundaries with phones, apps, and gaming.
- Develop coping strategies and social skills in a positive peer group.



Interested in Joining?

To participate in our group therapy sessions, you must be a current client of Maryland Wellness or fill out our referral form.

Scan the QR code to get started today!

Maryland Wellness
519 N. Mechanic St.
Cumberland, MD 21502

Starting Sept. 29th
Every Monday Night
5:00 PM-6:00PM



Call: (301)777.9600 | Email: cumberland@mdwellness.org



[Facebook.com/cumberlandhousing](https://www.facebook.com/cumberlandhousing)

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



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!



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

Happy Halloween



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

This publication was supported by the Maryland Department of Health and the Centers for Disease Control and Prevention as part of the National Cardiovascular Health Program.



Please join us for

HALLOWEEN AT THE PARK!

OCTOBER 19, 4PM-7PM

- COSTUME CONTEST - 4PM AT THE AMPHITHEATER
- CANDY TIME! - 4:30
- HAYRIDE THROUGH THE PARK
- HAUNTED TRAIL
- HOT CHOCOLATE WITH FRIENDS OF CONSTITUTION PARK

Constitution Park
770 Parkview Avenue, Cumberland, MD



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



Facebook.com/cumberlandhousing