



**CUMBERLAND HOUSING
GROUP**

Monthly Newsletter

For January 2026



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



The Cumberland Housing Group wishes all residents, maintenance, and staff a very Happy New Year!

Offices will be closed on Thursday and Friday, January 1 & 2, 2026!

Our offices will also be closed Monday, January 19th for Martin Luther King, Jr. Day

Preventive Maintenance Inspections

January 5	Jane Frazier Village – Building 3
January 12	Jane Frazier Village – Building 7
January 13	River Bend Court – Building 1

*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.*

Stay Warm Out There!



Added to the Barring List

**Sherman Denmark
Rochelle Heward
Jermiah Tigner
Timothy Weatherbie**

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

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

Failure to Report Your Income

Not turning in your income within 10 days of the change is a lease violation.

Tennants can be evicted for failure to report an increase in income as you are committing FRAUD. Tenants will also be charged for the back rent owed.

Doors and Windows

Reminder: Tenants are **not permitted to attach anything to the doors and windows** in the unit. This includes tape, screws, nails, staples, or otherwise mounted to them including but not limited to stickers, signs, wreaths, decorations, hooks, cameras, etc.

All Christmas Decorations must be taken down by January 15th.



HEATING

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.



TIPS for when you are alone and having a heart attack.

1. Take a 2-minute break and read this: Let us say it is 5:25 pm and you are driving home after an unusually hard day's work.
2. You are tired and frustrated. Then you get chest pains. The pain starts to radiate in your arm and jaw. It feels like being stabbed in the chest and heart. You are only a few miles away from the nearest hospital or home.
3. Unfortunately, you do not know if you can make it.
4. Maybe you have taken CPR training, but the person running the course has not told you how to help yourself.
5. How do you survive a heart attack when you are alone when it happens? A person who is feeling weak and whose heart is beating hard has only about 10 seconds before losing consciousness.
6. But you can help yourself by coughing repeatedly and very strongly! Deep breaths before every cough. Coughing should be repeated every second until you arrive at the hospital or until your heart starts to beat normally.
7. Deep breathing gives oxygen to your lungs and coughing movements boost the heart and blood circulation. Heart pressure also helps to restore a normal heartbeat. Here's how cardiac arrest victims can make it to the hospital for the right treatment.
8. Cardiologists say if someone gets this message and passes it on to 10 people, we can expect to save at least one life.
9. FOR WOMEN: You should know that women have additional and different symptoms. Rarely have crushing chest pain or pain in the arms. Often have indigestion and tightness across the back at the bra line plus sudden fatigue.

Snow Removal

A major concern during winter is the **clearing of ice and snow**. Residents of Jane Frazier Village, River Bend Court & Banneker Gardens are responsible for clearing ice and snow from the front and rear sidewalks leading to their units within 24 hours of the end of precipitation as per City of Cumberland ordinance. Residents who fail to promptly clear their walks within that time will be charged when the Maintenance Department has to perform the work. Residents should exercise good judgment in placing snow that they remove from the walks. Never throw it out into the streets or other areas where your neighbors or the Maintenance Department will have to move it again. Do not place shoveled snow against the building or foundation. Please do not use salt or other chemicals on your walks as they damage the concrete, grass and plants. You can use kitty litter. The Maintenance crews get to the public walks and drive areas as soon as possible. Residents may be required to move their vehicles to allow for clearing of snow.



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

**Judy Center Activities at
Jane Frazier Village**

Toddler Playgroup
January 6th, 13th, 20th, & 27th
10:00 am – 11:00 am

Infant Playgroup
January 8th, 15th, 22nd, & 29th
10:00 am – 11:00 am

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

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.



**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.**

**A representative from the Family Crisis
Resource Center, stopped by the center and
spoke to the kids.**

**More activities planned form 2026. Get signed
up to join in the fun.**



Ideas Needed

We are exploring new ideas for special programming, especially in our family communities, and your input is important. Whether it is a workshop, event, or activity you would like to see, let us know! Email your ideas to: housing@cumberlandhousing.org

**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.

STAY WARM

Conserve Energy by:

- Keep drapes & blinds open during the day on windows facing the sun so that any available sunshine will be absorbed indoors.
- At night, keep drapes and blinds closed and they will act as an insulator to keep heat inside and keep out chilly drafts.
- Do not open windows in cold weather,
- Do not block air registers with furniture and/or curtains.
- Kerosene heaters are **prohibited** by the HACC and the State Fire Marshal.
- 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.
- Do not turn oven on to use for heat.

"If you can't fly then run,
If you can't run then walk,
If you can't walk then crawl,
But whatever you have to do
you have to
Keep moving forward."
~ Martin Luther King, Jr.~



New Inspection Standards by HUD

NSPIRE (National Standards for the Physical Inspection of Real Estate)

NSPIRE is a new inspection model from HUD that prioritizes health, safety, and functional defects over appearance, aiming to improve the quality of life for residents and the physical conditions of properties.

What NSPIRE Means for Tenants:

- **Reduced Health and Safety Hazards:** NSPIRE inspections are designed to identify and address potential health and safety hazards in the home, helping to create a safer and healthier living environment for tenants. The main concern is the condition of your apartment.
- **Focus Areas:** The inspection will look at the unit, the inside of the building (common areas, building systems), and the outside of the building. The inspection will also focus on critical areas of habitability and safety, including fire safety, water safety, mold and moisture, carbon monoxide, infestation, lead-based paint, structural integrity, and habitability.
- **Items you can be written up for by the inspector:**
 - Dirty apartment
 - Clutter or overabundance of personal items
 - Unsanitary conditions
 - *If you have a floor fan missing the cover
 - *Busted lights in your ceiling fans
 - Light bulb not working in your refrigerator
 - Torn Rubber gasket on refrigerator and freezer door
 - Dryer vent not hooked up correctly
 - *Cracked television or computer screens

*You may be required to remove these items from the premises or place in the dumpster, as they are items you will be written up for that will cause the inspection to be failed.

- Smoke/carbon monoxide detectors not securely fastened
- Mold/mildew in bathrooms
- Bathroom exhaust fans are not clean and free of dirt and dust
- Clogged/Leaking toilet
- Bathroom tub/showers are clogged
- Grab bars in bathrooms that have any movement and not secure
- Refrigerator handles/drawers/shelves missing or damaged, light bulb not working, or torn gasket around refrigerator door and freezer
- All burners and oven must produce heat
- Outlet/switches are damaged

For Tenants: This means that you must keep your apartment in a clean and sanitary condition. This includes regularly cleaning all rooms and properly disposing of trash and controlling pets. For more information to the Housekeeping Standards see this section in the House Rules. Tenants are responsible for cleaning all areas of the premises, including kitchen, living room, hallways, laundry area, bedrooms, closets, bathrooms, stairs, walls, windows and outdoor walkways.

Messy Units: If staff finds that you have a cluttered, messy unit, or overabundance of personal items, staff will communicate the issue with you and advise you of what needs to be done. (The lease requires regular cleaning of the unit.)

Unsanitary Conditions: An excessive amount of garbage, animal or human feces, extreme filth, or an infestation of rodents or other pets. If your apartment has visible dirt and grime, bad smells, pest problems, serious clutter, or a less-than-sparkling bathroom, it's officially reached the "dirty" status.

Unsafe Living Conditions: Damaged walls, floors, and ceilings. Unsanitary conditions (trash accumulation and animal droppings).



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.

JANUARY 2026

Get better work search results with skills learned from the Job Center's no-cost, virtual one-hour sessions!

Register at least two days in advance by emailing the facilitator your name, the workshop title, and workshop date. Facilitators may request additional identification. Advanced registration in the Maryland Workforce Exchange (MWEjobs.Maryland.gov) is required.

Job Searching Using Social Media

January 6 (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

Job Searching Using Social Media

January 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

Basic Interviewing Skills

January 6 (1:00 p.m. – 2:00 p.m.)



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

Basic Interviewing Skills

January 20 (1:00 p.m. – 2:00 p.m.)



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

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

January 13 (1:00 p.m. – 2:00 p.m.)

Discuss the five "musts" of interviews

Register online at <https://tinyurl.com/2bddhfmj>

The Gig Economy

January 21 (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

A-I Today (Artificial Intelligence)

January 14 (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

January 23 (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

Resume ABCs

January 14 (10:00 a.m. – 11:30 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)

January 28 (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



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



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