



**CUMBERLAND HOUSING  
GROUP**

# Tower Gazette

## Monthly Newsletter for January 2026



### Exterminator Schedule

**Friday, January 2, 2026**  
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

January 21<sup>st</sup> & 22<sup>nd</sup> Queen City Towers  
9<sup>th</sup> Floor

*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.*

### To All Residents

When you spill something on the hallway floors or the elevator, please clean up your mess. Do not expect maintenance staff to do it as they are not always in the building.

### Attention JFK Tenants Please Respect the Office Hours

Monday-Friday  
8:00 am -12:00 pm

**(Closed 12:30 pm - 4:00 pm)**

**Do Not Disturb office staff during closed hours.**

Please Do Not knock on the door or yank on the door when the office is closed. If you need an appointment during the time the office is closed, please call to make an appointment.



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

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

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

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

**All Christmas Decorations must be taken down by January 15<sup>th</sup>.**

### 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.**

### **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.



**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, January 17<sup>th</sup> between 3 & 3:30 pm. Thank you to all the volunteers! It is greatly appreciated!

Stay Warm Out There!



**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.

**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!

**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.



## 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.

"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.~

## 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).



# 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

