



**CUMBERLAND HOUSING  
GROUP**

# Monthly Newsletter

## For July 2026



### Exterminator Schedule

- |   |   |
|---|---|
| <b>2<sup>nd</sup> Tuesday</b> of each month<br>Change in day effective July 1 <sup>st</sup>     | Jane Frazier Rows 7<br>through 17                   |
| 2 <sup>nd</sup> Friday of each month  | Jane Frazier Rows 1<br>through 6 & Banneker Gardens |
| 3 <sup>rd</sup> Thursday of each month  | River Bend Court                                    |
| 3 <sup>rd</sup> Thursday – every other month<br>Feb., April, June, August, October and December | 1034 Frederick Street                               |

All Housing Authority offices  
will be closed  
July 3<sup>rd</sup> in celebration of  
Independence Day.

Fireworks will start around  
9:15 pm  
at Constitution Park.

*Have a Safe & Happy  
4<sup>th</sup> of July*

### Preventive Maintenance Inspections

- |                       |                                    |
|-----------------------|------------------------------------|
| July 8 <sup>th</sup>  | Jane Frazier Village – Building 16 |
| July 15 <sup>th</sup> | Banneker Gardens 201, 202 and 203  |
| July 16 <sup>th</sup> | River Bend Court – Building 11     |

*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.*

### **Allegany County Health Department Outpatient Addiction Services**

Services Provided: Individual, Family, and Group Therapy

- Intensive Outpatient Program
- Continuing Care (Assists patients after traditional treatment has ended)
- Peer Support
- Jail Substance Abuse program (JSAP)
- Adolescent Program
- Overdose Response Program (Naloxone training)
- 12-Hour DWI Education
- Gambling Services
- Buprenorphine Services
- Walk-In Services (Monday - Friday, 8:30 a.m. to 3:00 p.m.)



POLICE • COMMUNITY PARTNERSHIPS

Tuesday, August 4<sup>th</sup>

**Reminder.....  
SWIMMING POOLS  
or any other  
water based entertainment  
item of any size is  
NOT ALLOWED**

### Added to the Barring List

**Angel Darr**

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

*Farmers Market at the Canal Place,  
Thursday's & Saturday's from  
9:30 am to 1:00 pm.*

[www.cumberlandhousing.org](http://www.cumberlandhousing.org)

For more information, call 301-759-5050.



Facebook.com/cumberlandhousing

**Summer FREE Lunch Program  
River Bend Court Community Room**

**11:30 AM – Noon**

**Monday thru Thursday  
Starting June 23<sup>rd</sup> and will run  
through August 14<sup>th</sup>.**



**If any parents would like to volunteer to  
pass out the lunches, contact Kal'Lee or Laura at  
240-362-9225.**

**River Bend Court and Banneker Gardens Tenants  
DO NOT SET AIR CONDITIONERS  
BELOW 68 DEGREES!!!!**

No matter what the outside temperature, do not set your air conditioner below 68 degrees. This is what causes the air conditioners to freeze up and not work at all. Tenants can be charged if the air conditioner breaks as a result of doing this. A good idea is to pull your window shades and keep the air conditioner set at 70 degrees to keep your entire apartment cool.

**Banneker Garden Tenants**

**PLEASE DO NOT LEAVE BAGS OF ITEMS AT THE MAILBOXES.** If staff finds out who is doing this, tenant(s) will receive a lease violation letter.

Your cooperation is appreciated so that further action does not have to be taken.

**Dryer Lint Filters**

Lint must be removed from the dryer after each use. Also, articles of clothing and/or paper products, etc. are not to be stored on top of the washer or dryer. This is a fire hazard.

**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.

**Hope Station Wellness &  
Recovery  
The 4<sup>th</sup> 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 3<sup>rd</sup> 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

**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 a Domestic Violence situation and needs help, please call the Family Crisis Resource Center Hotline 301-759-9244 for assistance.

**Judy Center Activities at  
Jane Frazier Village**

**Toddler Playgroup**  
July 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>  
10:00 am – 11:00 am

**Infant Playgroup**  
July 2<sup>nd</sup>, 9<sup>th</sup>, 16, 23<sup>rd</sup>, and 30<sup>th</sup>  
10:00 am – 11:00 am

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

**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.



# Be Fire Smart: General Tips for High-Rise Apartment Dwellers

If a fire occurs, **do not panic**. Stay calm to increase chances of survival.

Remember that smoke rises and also kills.

Do not jump. You may not survive the fall.

Do not waste time gathering personal belongings, but shut the door and take your key.

Learn the location of your building's fire alarms and how to use them.

Even if you can tolerate the smoke while standing, it's safer to crawl to the door.

Do not open the door until you have checked to be sure there isn't fire on the other side. Feel the door knob. If it is hot, do not open the door.

Brace your shoulder or foot against the door and open with extreme caution. Should you be confronted with a high concentration of super-heated air or smoke, close the door immediately.

If the hall is passable, use one of your pre-designated escape routes.

Do not use the elevator. It may stall due to heat or loss of power.

If you are in a wheelchair, it may be safer to stay in your apartment or in the stairwell until help arrives.

If your escape route is blocked, it may be safer to return to your apartment.

If you must use an inside stairwell, check for smoke before entering the stairwell.

If the stairwell is safe to enter, WALK downward, do not run. Hold onto wall or handrail to prevent falling.

If you must return to your apartment or remain in your apartment because escape routes are blocked, open a window slightly to let smoke escape. **Do not break the window** because you may need to close it if there is smoke on the outside. If it is a fixed window, get low to the ground.

If you must remain in the apartment, close all vents and air ducts. Wet towels and sheets and stuff them around the doors.

## Medical Oxygen Safety Tips

- Medical oxygen adds a higher percentage of oxygen to the air a patient breathes. Fire needs oxygen to burn. If a fire should start in an oxygen-enriched area, the material burning will burn more quickly.
- Keep oxygen cylinders at least 5 feet (1.5 meters) from a heat source, open flames, or electrical devices.
- Body oil, hand lotion, and items containing oil and grease can easily ignite. Keep oil and grease away where oxygen is in use.
- Never use aerosol sprays containing combustible materials near oxygen.



# JULY 2026

**Get better work search results with skills learned from the Job Center's no-cost, virtual 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](https://MWEjobs.Maryland.gov)) is required.**

## Job Searching Using Social Media

**July 7 (1:00 p.m. – 2:00 p.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

**July 28 (1:00 p.m. – 2:00 p.m.)**



Learn styles of interviews and tips for successful interviews. Register by emailing [Katie.Marvin@maryland.gov](mailto:Katie.Marvin@maryland.gov)

## Basic Interviewing Skills

**July 14 (1:00 p.m. – 2:00 p.m.)**



Learn styles of interviews and tips for successful interviews. Register by emailing [Katie.Marvin@maryland.gov](mailto:Katie.Marvin@maryland.gov)

## A-I for Beginners

**July 30 (10:30 a.m. – 12:00 p.m.)**



Take a walk through ways that AI can boost your resume and improve your career searching skills. Register online at <https://forms.gle/k7aRp3XQSnjUEY4F7>

## Job Searching Using Social Media

**July 21 (1:00 p.m. – 2:00 p.m.)**



Learn how to use and find open jobs on social media. Register by emailing [Katie.Marvin@maryland.gov](mailto:Katie.Marvin@maryland.gov)

## LinkedIn for Job Seekers

**July 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](mailto:Karl.Kohler@maryland.gov)

## Resume ABCs

**July 22 (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](mailto:Cassandra.Baker@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

