



Tower Gazette

Monthly Newsletter for July 2026

**CUMBERLAND HOUSING
GROUP**



Exterminator Schedule

Queen City Tower (a.m.) JFK (p.m.)
Thursday, June 4, 2026

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

- July 8th JFK 205, 207, 208, 209, 210, 305, 307, 308, 309, and 310
- July 21st Queen City Towers – 3rd Floor
- July 22nd Grande View 208,209,210,328,220, and 328

*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.*

ATTENTION 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.

Please Stop “Bumming”.

All of us are feeling the impact of all the price increases. However, that does not give us the right to harass our fellow neighbors and ask for money, cigarettes, sodas, food, etc. We have had verbal complaints in the office about particular tenants who have a habit of doing this. We are asking for everyone to stop doing this. If you need food, see us in the office. We will try to connect you with an agency who can assist you.

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

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

Have a Safe & Happy 4th of July



POLICE - COMMUNITY PARTNERSHIPS

Tuesday, August 4th

Grande view tenants

Rules to Remember:

- Clean washers and dryers after using!
- Clean up after your pet!
- Smoking is only allowed in designated area!
- Sign in sheets must be used for guests!
- If you have a complaint, put it in writing!

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.**



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, July 18th from 2:00 pm – 4:00 pm. Thank you to all the volunteers! It is greatly appreciated!

QCT - Bible Study

Roy Bible will be conducting the Bible Studies.

Dates will be posted.

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.

Crime Solvers Tip Line 301-722-4300

www.allegany-mineralcountycrimesolvers.com

To report **suspected Drug Activity**, leave an anonymous tip at 301-759-4660.

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 meetings will tentatively **resume in September**. More information to come at a later date. 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!**

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.

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.)

For more information, call 301-759-5050.



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) 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

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

Basic Interviewing Skills

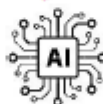
July 14 (1:00 p.m. – 2:00 p.m.)



Learn styles of interviews and tips for successful interviews. Register by emailing Katie.Marvin@maryland.gov

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

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

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



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

