Tower Gazette

Monthly Newsletter for November 2026

CUMBERLAND HOUSING GROUP

Maryland Smoke Free Apartments

EQUAL HOUSING OPPORTUNITY

Exterminator Schedule

Exterminator Treatments Start at 8 AM

November 5th **Queen City Tower** (a.m.) **JFK** (p.m.)

November 18th **Grande View Units 218 – 335**

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

Preventive Maintenance Inspections

Inspections will be done between 8AM and 4PM

Nov. 10th **Grande View** 102, 325, 327, 329, 330 and 333

Nov. 16th **JFK Apts**. 1102,1002, 902, 802, 702, 602, 502, 402, 302, and 202

*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.*

Are you Signed up for the RentCafe Portal?

What's great about the RentCafe portal?

1. You can pay your rent through the portal. ACH payments will be free. Payments made by debit/credit card; you will be charged a fee.
2. You can find out your balance 24/7 without calling the office.
3. Newsletter is emailed to you.
4. Any notice about events, or activities in the community will be emailed to you.
5. Changes in the Lease or House Rules will be emailed to you.
6. Any other important information you need to know will be emailed to you.

If you are not signed up for RentCafe, contact your property manager or Paula at the main office.

JFK Office Hours

8 AM – Noon
Office will be closed.

Noon – 12:30 pm
Office will be closed for lunch.

12:30 pm - 4 pm
Office will be opened.

Do Not Disturb office staff during closed hours. If you need an appointment during the time the office is closed, please call to make an appointment.

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. Public comments can be submitted in writing to our office prior to the hearing or voiced at the hearing. The public hearing will be held on November 5, 2026 at 10:00 AM, at the Jane Frazier Village Community Room connected to the Central Office.

The Cumberland Housing Group
Will be CLOSED on Wednesday, November 11th for Veterans Day. We would like to thank all of our Veterans for your service to our Country.





We will also be CLOSED on Thursday, November 26th and Friday, November 27th for the Thanksgiving Holiday.

Congratulations to the new JFK Resident Council Board Members!

Vice-President: Roy Bible
Secretary/Treasurer: Angela Udit
Sergeant at Arms: Ricky Dolly

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, November 21st between 3 & 3:30 pm. The dinner with be the traditional Thanksgiving dinner with all the trimmings. Tenants not on the list who want a meal, need to contact Rhonda Roy before the deadline on November 6th.

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!

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.

Game Night

Game Night at QCT will be held every Sunday 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.



November 17th 3:00 - 4:30 pm

Resident Council Meetings

JFK Residents – Resident Council meeting will be held November 18th at 3 PM. If you have any concerns please see Rhonda Roy, President.

Resident Councils serve as the voice of the residents at each Multi-Family and Public Housing developments. 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.

Heating Start Up

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.

Note: *Any call received by the CHG after normal working hours for the lack of heat in an apartment below 68 degrees, where it is determined by the maintenance staff person by using a temperature measuring device that the temperature is at or above 68 degrees, the tenant will be charged for the service call. The charge will be for time spent on the service call at the current maintenance overtime rate per hour including travel time per the most recently approved Schedule of Tenant Charges.*

Tenants can also help conserve energy by following some of the procedures listed below:

1. Keep drapes and blinds open during the day on windows facing the sun so that any available sunshine will be absorbed indoors.
2. At night, keep drapes and blinds closed and they will act as an insulator to keep heat inside and keep chilly drafts off the occupants.
3. Do not open windows in cold weather.
4. Do not block air registers with furniture and/or curtains.
5. Kerosene heaters are **prohibited** by the HACC and the State Fire Marshal.
6. 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.

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.



Daylight Savings Time Ends at 2 a.m. Sunday, Nov. 1st.

Turn your clocks back an hour before you go to bed.

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

Carbon Monoxide

Did you know…?

- You can't see, taste, feel, or smell carbon monoxide (CO).
- Over 500 people in the United States die every year after breathing too much CO.
- This deadly gas can make you very sick or even kill you. The signs of CO poisoning seem like the flu. Many people don't even know they've been breathing in CO. People who survive can suffer brain damage, lose their sight or hearing, or have heart problems. It is a major threat to your family's health. The good news is that you can prevent CO poisoning.
- There can be so much CO in a burning building that breathing smoke for as little as one minute can kill you. Lower levels, such as from smoking, do not kill right away. They can cause many other health problems though. Children, unborn babies, people with asthma, older adults, or people with heart or lung problems are more likely to get hurt from breathing CO. But remember, CO harms even healthy people

Where Does CO Come from?

Fuel-burning appliances use gas, oil, or wood to produce heat. If they are not working right, they can make CO. Most gas appliances that have been put in and taken care of properly are safe and make very little CO but unvented appliances may not be. Electric appliances do not burn fuel and so make no CO.

Common sources of CO include:

Gas and oil furnaces, boilers and water heaters
Gas appliances like ovens, stoves or dryers
Gas and kerosene space heaters
Gas and charcoal grills
Gasoline and liquid propane powered small equipment tools
Vehicles
Tobacco Smoke
House Fires

Breathing in low levels of CO can hurt your brain, heart, or other parts of your body. At high levels, the brain is so short of oxygen that you cannot think clearly. You lose control of your muscles and may be unable to move to safety. High-level CO poisoning can cause loss of consciousness, coma, and death.

What are the Signs of CO Poisoning?

People often think CO poisoning is the flu. That's because it can feel like the flu. Signs of low-level CO poisoning may include: headache, nausea, vomiting, dizziness, confusion, tiredness, weakness, sleepiness, tightness in the chest, trouble breathing and changes in senses of sight, smell, hearing, touch and taste.

CO and Smoking

If you smoke, you breathe in carbon monoxide and many other chemicals. If you smoke indoors, people around you also breathe the smoke (called second-hand or environmental tobacco smoke). Smoking can make minor health problems worse and cause major diseases like cancer and heart disease. If you need help quitting, contact the American Lung Association at 1-880-LUNG-USA.

At a minimum, yearly testing of carbon monoxide detectors will be performed during unit inspections. If you think there is a problem with your carbon monoxide detector, call the Maintenance Department at 301-724-2055.

Barred Individuals

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

Allowing someone who is BARRED from the property to visit you, or stay in your apartment, is a Lease Violation that can lead to you being evicted.

Attention High Rise Residents

Safety begins with you! Under no circumstances should you be allowing any person into the buildings unless that visitor is for you. Person walking in must call the person they are wanting to visit so that the tenant can let them in.

NOVEMBER 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.

Basic Interviewing Skills
November 5 (1:00 p.m. – 2:00 p.m.)



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

Building a Social Media Profile for Job Seeking
November 12 (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

Resume ABCs
November 13 (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 for Beginners
November 19 (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/AR7Z4gmsMst1C41u8*

Basic Interviewing Skills
November 19 (1:00 p.m. – 2:00 p.m.)



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

LinkedIn for Job Seekers
November 20 (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

Maryland DEPARTMENT OF LABOR

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.*