



CUMBERLAND HOUSING

Unlocking the Doors for Your Future



Monthly Newsletter for August 2018

Exterminator Schedule

August 2 nd	Queen City Towers – Morning John F. Kennedy – Afternoon
August 9 th	Jane Frazier Village, Buildings 7 – 17
August 10 th	Jane Frazier Village, Buildings 1 – 6 & Banneker Gardens
August 16 th	Fort Cumberland Homes

REAC INSPECTIONS AT JANE FRAZIER VILLAGE

August 23rd and 24th

More information will be sent our during the week of August 6th

REAC INSPECTIONS AT QUEEN CITY TOWERS

The Maintenance Staff and the Property Manager at QCT would like to extended our sincerest appreciation to Linda Conner and Pam Sulser for the many hours that they donated in order to help make the building the best it could be for our recent inspection.

Due to their kindness and pride in their building, they saved our staff at least two full days of labor by cleaning and scrubbing the hallways, common areas, and wiping doors and elevators clean. If you are a resident of Queen City Tower, and see these generous ladies, please say a big "THANK YOU!"

Banneker Gardens Resident Council

Congratulations Kenneth Weedon on being voted as the Vice President of the Banneker Gardens Resident Council. Reminder, there will not be a meeting in August. When meetings resume in September, they will be on the first Tuesday of the month at 1:30.

Kick-Off Event for *National Night Out Against Crime*

Monday, August 6th - Constitution Park

6:00 pm 8:00 pm - Free Swim
8:30 pm - Free Outdoor Movie
"Sherlock Gnomes"
(Bring a blanket or lawn chair.)

Please be sure to join us for *Cumberland's 4th Annual Night Out* - Americas National Night Against Crime.

Tuesday, August 7th
5:00 - 8:00 pm
701 E. First Street

There will be demonstrations, activities, games, inflatable's, donut eating contest, free food & drinks, giveaways and more. Various services in the local area will also have a table set up. Hope to see all tenants out at the event.

REFRIGERATOR GASKETS

It has been brought to our attention that numerous refrigerator seals have been destroyed beyond repair and are being replaced at an alarming rate. Depending on the size of your refrigerator, the seal could cost between \$35.00 and \$70.00. Almost all of the developments have newer refrigerators, being installed in December, 2014.

If a seal is dirty or has spilled food items on it, the suction will cause the seal to be damaged by splitting or pulling apart from the door. If a seal is damaged, a piece cannot be replaced or repaired, the entire seal needs to be installed. If any seal is found damaged due to the items described, **you will be charged for the full amount of the seal.** Please do your best to keep the seals clean.



*School Starts
Wednesday, August 29th
and there is a
3 Hour Early Dismissal*



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 301-759-5050 or Maryland's Quit line at 1-800-784-8669.

Little Free Libraries

The Little Free Libraries have been installed at Jane Frazier Village (on 2nd St) and Banneker Gardens (by the mailbox).

These little libraries are courtesy of the YMCA K.I.D.S Project. The purpose of the Little Free Library is based on the honor system—take a book, leave a book. Or if you have books at home that you are willing to donate, please add them to the library. Miss Amanda and Miss Rachel will regularly check the libraries to keep them stocked.

Boys and Girls Groups Schedule for August

Jane Frazier Village

August 1st from 1-2 Boys Group
 August 8th from 1-2 Girls Group
 August 15th from 1-2 Boys Group
 August 22nd from 1-2 Final Girls Group and
 2:15-3 Final Boys Group

Banneker Gardens

August 1st from 1-2 Girls Group
 August 8th from 1-2 Boys Group
 August 15th from 1-2 Girls Group
 August 22nd from 1-2 Final Boys Group and
 2:15-3 Final Girls Group

Allegany College Scholarship Deadline

If you are attending Allegany College, live in one of our communities and qualify for financial aid, the Housing Authority scholarship may be just for you. The scholarship picks up transportation, lunches and any expenses not covered by your Pell grant. You can pick up an application at the Housing Authority Office. Deadline to apply is Friday, August 10th.

Back to School Maryland Tax Free Week for Shopping 8/12 - 8/18

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.



Ms. Jaime and Ms. Amanda beside the Little Library at Jane Frazier Village.



Ms. Amanda and her helpers filling the Little Library at Banneker Gardens.



“Moving For Strength”

John F Kennedy – Fridays – 2:30 to 3 pm.

Every Friday until August 10

Queen City Tower – Wednesdays – 2:30 to 3 pm.

Every Wednesday until August 15

LETS EXERCISE!! Simple, easy and fun exercise class designed to help you get fit and stay active! Class is for all fitness levels and we will be using resistance bands and you may use a chair, if needed. Exercise can help you reduce chronic pain ~ prevent injury ~ improve balance ~ increase stamina ~ boost energy ~ reduce stress ~ promote happiness ~ strengthen bones ~ and more!

Instructed by: Jen Thomas, STEP Program Coordinator, ACE Certified Personal Trainer, Health & Wellness Coach. ALL are welcome to participate!

John F Kennedy - Narcotics Anonyms/Alcoholics Anonyms – Every Friday @ 3:30 pm

Every Friday in the Community Room

All residents are welcome to attend. Patrick Younger is a recovering addict and his goal is to assist and encourage others with social interactions. These meetings are free and no money donations will be accepted. Pertinent information will be given out. The goal is to build a positive network and support each other in our recovery.

Rhonda Roy will be assisting Patrick with these groups that will be held every Friday at 3:30 p.m.

Attention John F. Kennedy Residents Need Help to Quit Smoking?

***Please join us on Wednesday, August 15, 2018
2:00 pm in the Community Room***

Our presenter will be Kathy Dudley, a Health Educator with the Allegany County Health Department's Behavioral Health Prevention and Promotion Program. Kathy will talk about nicotine addiction, available free cessation services to all residents and the steps to quitting that are proven to be the most successful. A question and answer period will be provided after the presentation. (Residents from all developments are welcome to attend!)

Queen City Tower - Crochet Group

Fridays at 3 pm
All Welcome!

Resident Council Meetings

Resident Councils Meetings for Queen City Tower and John F. Kennedy will not be held for the months of June, July, and August. The regular meetings will resume in September.

Partnership For Affordable Foods (PAF)

(A lot of food for a small price!)

Queen City Tower will be collecting for the PAF program on **Saturday, August 4, 2018, from 2:00 p.m. to 3:00 p.m., and on Monday, August 6, 2018, from 3:00 p.m. to 4:00 p.m.** in the community room. There is a \$7 donation in order to receive the food and it must be paid on the dates above. Distribution will be on Thursday, **August 9, 2018**, at approximately 11:15 a.m. Residents who donate the \$7 must be in the community room by **11:45 A.M. on Thursday, August 9, 2018**, to pick up the PAF order or the items will be forfeited.

TEFAP – Free Government Foods

The food will arrive on Tuesday, August 7, 2018. It will be best to try to pick it up on August 8, 2018. The sooner you pick the food up after the 8th, the better chance you have of being able to get the food. You can pick up the TEFAP at the sites listed below. Call first before going to make sure they still have food available

Dan Snyder, Hope Station, 632 N. Centre Street
... 240-362-7168 ... Monday through Friday,
noon - 5 pm

Interfaith Food Pantry (HRDC Head Start Building), 301 Cumberland Street ...
301-707-4445 ... Monday through Friday,
10 am to 3 pm

Karen Wells, Salvation Army, 701 East First Street...
301-777-7600 ... Monday through Friday 9:00
am to 12 noon and 1pm to 3:30 pm

You need to take your photo identification card or driver's license with you. Please note you will be asked to sign a self declaration verifying your income and stating you will only get the food once a month from one agency. If you have any additional questions, please feel free to contact, Pama Wilson, Resident Service Coordinator.



**Queen City Tower and John F. Kennedy
Mobility Management**

Need help with transportation to your medical appointments? This program may meet your needs.

Join us to learn about the **Mobility Management Program** offered through HRDC. Mobility Management is a need based transportation program available to all residents who reside in Allegany County. The Mobility Management Program is a coordinated transportation voucher system that serves low-income, elderly, and disabled residents. Individuals are assisted with completing applications and navigating the often daunting systems. HRDC does not charge clients for the MMP services. Residents will be informed of how to become a participant, what constitutes an eligible ride, and hours of operation.

**John F. Kennedy – Wednesday,
August 15, 2:30 pm
Queen City Tower – Thursday,
August 16, 2:00 pm**

Blood Pressure Check

John F. Kennedy

Wednesday, August 1 @ 2:30 pm and
Wednesday, August 15 @ 3:00 pm
Queen City Tower
Thursday, August 16 @ 2:30 and
Thursday, August 30 @ 2:30 pm

**Queen City Tower Prayer Group
Every Tuesday, at 2:00 P.M.**

The prayer group, which is open to all residents, is an opportunity for people to share concerns, encourage each other, and to lift our needs to a higher power. We invite all residents to attend this group every Tuesday at 2:00 pm for fellowship and light refreshments. Jennifer Lewis will facilitate the group. We hope to see you there.

**Game Night at Queen City Tower Every
Tuesday at 6 p.m.**

All residents are welcome to participate in game night that will be held every Tuesday at 6 pm in the community room. We look forward to an evening of fun, so please join us!

Queen City Tower - Patricia Bane – Game Leader

**Resistance Band Exercise Class
STRETCH for STRENGTH**



Simple, easy and fun exercise class designed to help you get fit and stay active!

Reduce chronic pain ~ prevent injury ~ improve balance ~ increase stamina ~ boost energy
~ reduce stress ~ promote happiness ~ strengthen bones ~ more!

Instructed by: Jen Thomas, STEP Program Coordinator
ACE Certified Personal Trainer and Health & Wellness Coach

WHERE: Jane Frazier Village Community Room

WHEN: Wednesdays, July 25 - August 29 /10:30am-11:00am

COST: FREE! All welcome!

Call 301-777-9150 x109 or email jthomas@ahecwest.org to register.



**CITY REACH
BACK 2 SCHOOL Bash
AUGUST 11TH
@ CANAL PLACE
1-4 PM**

Kids MUST BE PRESENT
SCHOOL SUPPLIES GIVE AWAY
BOOK BAGS, PENCILS, PAPER ETC
(while supplies last)
FOOD, GAMES, BOUNCY HOUSES
zoo, pony rides, face painting,
free hair cuts for kids

FOR MORE INFO

DAVID SMITH (240) 920-2403



Cumberland Housing Event and Activity Schedule

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Prayer Group @ QCT 2 pm Game Night @ QCT 6 pm	1 Exercise @ QCT 2:30 pm Blood Pressure @ JFK 2:30 pm Exercise at JFV 10:30-11 Inspect JFK 6th Floor Inspect QCT 5th Floor	2 Exterminator QCT (AM) - JFK (PM) <i>Inspect BG 318, 320, 322, 324</i> <i>Inspect FCH Bldg 7</i>	3 Exercise @ JFK 2:30 pm Crochet Group @ QCT 3 pm NA/AA Group @ JFK 3:30 pm Bible Study @ JFK 6:30 pm	4 QCT PAF Collection 2 pm Bible Study @ QCT 6 pm
5	6 QCT PAF Collection 3 pm	7 TEFAP FREE Govt. Foods Arrives @ Sites Rent Due Prayer Group @ QCT 2 pm Game Night @ QCT 6 pm <i>Inspect JFV Bldg 5</i>	8 Exercise @ QCT 2:30 pm Exercise at JFV 10:30-11	9 PAF Dist. @ QCT 11:15 am Exterminator JFV - Bldgs 7-17	10 Exercise @ JFK 2:30 pm Crochet Group @ QCT 3 pm NA/AA Group @ JFK 3:30 pm Exterminator JFV 1-6 & BG	11
12	13	14 Prayer Group @ QCT 2 pm Game Night @ QCT 6 pm	15 Exercise @ QCT 2:30 Nicotine Addiction @ JFK 2 pm Mobility Management @ JFK 2:30 pm Blood Pressure @ JFK 3 pm	16 Exterminator - FCH Mobility Management @ QCT 2:00 pm Blood Pressure @ QCT 2:30 pm	17 Crochet Group @ QCT 3 pm NA/AA Group @ JFK 3:30 pm Bible Study @ JFK 6:30 pm	18 Bible Study @ QCT 6 pm
19	20 Unpaid RENTS will be filed in Court	21 Prayer Group @ QCT 2 pm Game Night @ QCT 6 pm	22 Exercise at JFV 10:30-11	23 REAC Inspection JFV	24 Crochet Group @ QCT 3 pm NA/AA Group @ JFK 3:30 pm REAC Inspection JFV	25
26	27	28 Prayer Group @ QCT 2 pm Game Night @ QCT 6 pm	29 Exercise at JFV 10:30-11	30 Blood Pressure @ QCT 2:30 pm	31 Crochet Group @ QCT 3 pm NA/AA Group @ JFK 3:30 pm Bible Study @ JFK 6:30 pm	

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.

JFV - Jane Frazier Village FCH - Fort Cumberland Homes JFK - John F. Kennedy QCT - Queen City Towers Insp - Preventive Maintenance Insp