



CUMBERLAND HOUSING GROUP



Monthly Newsletter for July 2018

Reminder.....No Smoking Policy Goes into Effect July 1st

This means **NO SMOKING ANYWHERE** on Housing Authority property. If you need to smoke or use your e-cigarette, you need to be 25 feet off the property. Besides tenants, this includes Housing Authority Staff, visitors, care providers etc.

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.

REAC Inspections.

HUD Inspector will be on site:

July 12th Queen City Towers
July 26th John F. Kennedy

More information on this will be sent to you closer to the time of the inspection.

Exterminator Schedule

July 5 th	Queen City Towers – Morning John F. Kennedy – Afternoon
July 12 th	Jane Frazier Village, Buildings 7 – 17
July 13 th	Jane Frazier Village, Buildings 1 – 6 & Banneker Gardens
July 19 th	Fort Cumberland Homes



National Night Out Against Crime

Kick-Off Event
Monday, August 6th Constitution Park
6:00 - 8:00 pm - Free Swim
8:30 - Free Outdoor Movie
"Sherlock Gnomes"

Tuesday, August 7th
5:00 - 8:00 pm
Somerville Avenue
Street Activities and Venders.

Most Fire Works are against the law and are not allowed on any housing property.

All Housing Authority Office's will be Closed July 4th in Observance of the Holiday. Rent payments can be placed in our drop box at the main office.

Have a Safe & Happy 4th of July.



Summer Picnics at the Hi Rises

Queen City Tower – July 4th at 4 pm
John F. Kennedy – July 7th at 4 pm

The Queen City Tower residents will be enjoying hot dogs, hamburgers and iced tea at this year's summer picnic. Following the picnic, during the fireworks, snow cones and popcorn will be served.

The John F. Kennedy residents will be enjoying hot dogs, hamburgers, fried chicken, and iced tea at this year's summer picnic.

Bible Study

John F. Kennedy

Friday, July 6, and Friday, July 20
6:30 p.m. to 7:30 p.m.

Queen City Tower

Saturday, July 7, and Saturday, July 21
6 p.m. to 7 p.m.

Blood Pressure Check

John F. Kennedy

Wednesday, July 4 & Wednesday, July 18 – 2:30 p.m.

Queen City Tower

Thursday, July 12, and Thursday, July 26 – 2:30 p.m.

Queen City Tower Prayer Group

Every Tuesday, at 2:00 P.M.

We invite all residents to attend this group every Tuesday 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.

Community Room

All residents are welcome to participate in game night. We look forward to an evening of fun, so please join us!

Queen City Tower - Patricia Bane – Game Leader

Queen City Tower - Crochet Group

Fridays at 3 pm – All Welcome!

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

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!)

John F. Kennedy will be collecting for the PAF program on **Friday, July 6, 2018, from 3:00 p.m. to 4:00 p.m., and on Monday, July 9, 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, **July 12, 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, July 12, 2018**, to pick up the PAF order or the items will be forfeited.

TEFAP – Free Government Foods

The food will arrive on Tuesday, July 3, 2018. It will be best to try to pick it up on July 5, 2018. The sooner you pick the food up after the 4th, 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.



Adult Medical Day Care Program Fair

Queen City Tower – Thursday, July 12, 3 p.m.

John F. Kennedy – Wednesday, July 18, 3 p.m.

Are you interested in meeting new friends and enjoying activities? If so, come on down to the community rooms at John F. Kennedy and Queen City Tower to visit the Adult Medical Day Care tables. You may find that one of them will meet your individual needs.

“Adult Medical Day Centers are operated for the purpose of providing medical day care services in an ambulatory setting to medically compromised adults who do not require 24-hour inpatient care, but, due to their degree of impairment, are not capable of full-time independent living.”
<https://health.maryland.gov/ohcq/AMDC/Pages/index.aspx>

Listed below are comments written to you from the Adult Medical Day Programs who will be attending the fair.

Willow Creek Adult Day Center is committed to enhancing your quality of life. If you are seeking assistance to maintain independent living in our community, Willow Creek can assist you with this. If you like to have fun, good food, and staff that are committed to helping you, Willow Creek is the place for you. There will be a drawing for a \$25 Wal-Mart card for the people who are interested in hearing about Willow Creek.

At **Evergreen Adult Day Services** our participants experience an enhanced quality of life through companionship and a wide variety of interesting activities. It's like a home away from home. Home cooked breakfast and lunch are provided daily along with nutritious snacks. Our participants enjoy going on our weekly outings as well as going on our lunch bunch trips. We offer a variety of activities to engage mind, body and spirit. Activities include social events, entertainment, Bingo, and other games, crafts and shopping trips. We look forward to meeting you, come visit our table and find out more about our program! We would love to have you join our family!

At **Cumberland Covenant House** our mission is to assist clients in remaining as independent as possible. We have full-time on-site nurses, fresh meals prepared in our kitchen and activity coordinators to fill the monthly calendar with daily activities, crafts, and live entertainment. We transport clients to and from the center and to medical appointments.

All residents are welcome to come to the Fair!

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

To Begin on Friday, July 20th at 3:30 p.m. in the Community Room

It was voted on at the last JFK Resident Council Meeting to have Patrick Younger start a NA/AA Group beginning on Friday, July 20, 2018, 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.

Help Need!!

The Housing Authority is thinking about having a separate Newsletter for the tenants at the HI-Rise buildings.

We are currently taking suggestion on what to call this Newsletter. All suggestions need to be submitted in writing and place your name and apartment number at the bottom. All written suggestions are to be forwarded to Pama Wilson by July 20th.



Banneker Garden Resident Council

Next meeting will be held on September 5th in the Community Room at 1:30 p.m. to vote for a Vice President.

RISK CONTROL POLICY

The Housing Authority of the City of Cumberland and the Cumberland Housing Alliance, Inc. (collectively referred to as Cumberland Housing) considers the safety of its residents, its staffers, and other members of the public who come in contact with its facilities or services to be of utmost importance. Cumberland Housing will not tolerate unsafe acts or conditions created by its staffers or tenants. It is a positive responsibility of Cumberland Housing staffers and tenants to bring any and all unsafe conditions promptly to the attention of Cumberland Housing management. All concerned are expected to adhere to the safety rules and procedures relevant to their employment or residency responsibilities, including such matters as safe driving, proper use of equipment and appliances, and adequate supervision of and concern for small children. Fulfillment of safety responsibilities should be considered in the performance evaluation of each Cumberland Housing staffer. Cumberland Housing commits to make every effort to comply with all local, state and federal safety and health regulations and to enforce the policies and procedures set forth in its own Risk Control Guide and related health and safety plans.

You're Invited to Attend - *Summer Girls Group*

Program will run July 11th thru August 22nd

Jane Frazier Village Community Room
July 11th and July 25th 1 - 2 pm

Banneker Gardens Community Room
July 18th 1 - 2 pm

Girls are amazing and when girls support other girls incredible things happen. Life's tough, it's great to have friends to lean on and to laugh with. Join Sandy Folk of Family Crisis Resource Center every other Wednesday this summer. She will be hosting discussion on healthy relationships, dating violence and red flags, stress, building self-esteem, sexting and the dangers and other hot topics such as body image and online bullying. There will be activities each week to go along with the discussions.

For Girls ages 11 -18. Bring a friend along and she does not have to reside in our housing.

The most important thing a girl wears is her confidence 

For more information, contact Sandy Folk at 301-759-9246.

This summer program is offered in partnership with the Housing Authority and Family Crisis Resource Center (FCRC)

You're Invited to Attend - *Summer Boys Group*

Program will run July 11th thru August 22nd

Jane Frazier Village Community Room
July 18th 1 - 2 pm

Banneker Gardens Community Room
July 11th 2 - 3 pm
July 25th 1 - 2 pm

Join Joe Clark of Family Crisis Resource Center (FCRC) every other Wednesday this summer to discuss topics such as self-esteem, dating violence, respect, bullying and much more. There will be activities each week to go along with the discussions.

For Boys ages 11 -18. Bring a friend along and he does not have to reside in housing.

For more information, contact Joe Clark at 301-759-9246.



“Moving For Strength”

John F Kennedy – Fridays – 2:30 to 3 pm starting on July 6 – August 10
Queen City Tower – Wednesdays – 2:30 to 3 pm starting July 11- 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

TO REGISTER: Sign up on the sheet on the first floor bulletin board. ALL are welcome to participate!

Questions call Jen Thomas @ 301-777-9150 x 109 or call Pama Wilson, Resident Service Coordinator, @ 301-722-7977 or 301-724-1544.

Three Reasons to Keep Your Lawn Neat

1. Mice and snakes are attracted to long weeds and grass.
2. Garbage and litter give mice food and shelter.
3. **YOU** will be charged a fee if the Housing Authority has to mow your lawn or remove your garbage.

So keep your yard nice looking and safe for the kids and look at the money you can save by doing it yourself.



Farmers Market

Downtown Mall
Every Thursday 9:30 - 1:00 pm

Canal Place
Every Saturday 9:30 - 1:00 pm

Vendors accept cash,
SNAP, WIC, debit and credit cards.



We're here to help you earn your Maryland High School Diploma

Find out more about our services:

- Classes at all levels, from basic educational skills through high school diploma
- Two programs to earn a MARYLAND High School Diploma
- Employability skills training
- College and career transition services
- Assessment of academic skills and employability skills
- Classes held at convenient locations throughout Allegany County
- Childcare available

See attached flier for more information or call 301-784-5445.



Cumberland Housing Event and Activity Schedule

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>Inspect QCT 4th Floor</i>	3 TEFAP Free Govt. Food Arrives @ Sites Prayer Group @ Queen City Tower 2 pm Game Night @ Queen City Tower 6 pm <i>Inspect JFV Bldg 16</i>	4 Independence Day Summer Picnic @ Queen City Tower 4 pm Blood Pressure @ JFK 2:30 pm	5 Exterminator QCT (AM) - JFK (PM) <i>Inspect BG 201, 202, 203 Inspect FCH Bldg 4 & 10</i>	6 Exercise @ JFK 2:30 pm JFK PAF Collection 3 pm Crochet Group @ QCT 3 pm Bible Study @ JFK 6:30 pm	7 RENT DUE Summer Picnic @ John F. Kennedy 4 pm Bible Study @ QCT 6 pm
8	9 JFK PAF Collection 3 pm	10 Prayer Group @ Queen City Tower 2 pm Game Night @ Queen City Tower 6 pm	11 Exercise @ QCT 2:30 pm	12 PAF Dist @ JFK 11:15 Exterminator JFV - Bldgs 7-17 Adult Medical Day Program Fair @ QCT 3 pm Blood Pressure @ QCT 2:30 REAC Inspection QCT	13 Exterminator JFV 1-6 & BG Exercise @ JFK 2:30 pm Crochet Group @ QCT 3 pm	14
15	16 <i>Inspect JFK 5th Floor</i>	17 Prayer Group @ Queen City Tower 2 pm Game Night @ Queen City Tower 6 pm	18 Exercise @ QCT 2:30 pm Blood Pressure @ JFK 2:30 pm Adult Medical Day Program Fair @ JFK 3 pm	19 Exterminator - FCH	20 Exercise @JFK 2:30 Unpaid RENTS will be filed in Court Crochet Group @ QCT 3 pm NA/AA Group @ JFK 3:30 pm Bible Study @ JFK 6:30 pm	21 Bible Study @ QCT 6 pm
22	23	24 Prayer Group @ Queen City Tower 2 pm Game Night @ Queen City Tower 6 pm	25 Exercise @ QCT 2:30 pm	26 REAC Inspection JFK Blood Pressure @ QCT 2:30 pm	27 Exercise @ JFK 2:30 pm Crochet Group @ QCT 3 pm NA/AA Group @ JFK 3:30 pm	28
29	30	31 Prayer Group @ Queen City Tower 2 pm Game Night @ Queen City Tower 6 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