



# CUMBERLAND HOUSING

Unlocking the Doors for Your Future



## Tower Gazette Monthly Newsletter for September 2018

### Tower Gazette

For some time now, the Housing Authority Office Staff have been talking about doing a separate newsletter for the Hi-Rises.

So here you are: The new addition of the newsletter for you all is going to be called the **Tower Gazette**. All information in the Tower Gazette will be for residents of John F. Kennedy and Queen City Towers.

### Exterminator Schedule

Sept. 6<sup>th</sup>      Queen City Towers – Morning  
                    John F. Kennedy – Afternoon

**NO - SMOKING Policy has been in effect for two months now. This means NO SMOKING anywhere on Housing Authority property. You must be 25 feet off the property to smoke.**

**Staff is receiving complaints of tenants smoking in their unit. This is a serious lease violation.**

**Your cooperation is appreciated in abiding by the lease so that further action does not have to be taken.**

### 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.

### *All Housing Authority Offices*

*Will Be Closed*

*Monday, Sept. 3<sup>rd</sup>, in*

*Observance of Labor Day*

### REAC Inspection Scores

I am pleased to announce that our facilities passed the HUD inspections that we had over the last couple months.

Jane Frazier Village scored a 96%  
Banneker Gardens scored a 94%  
Queen City Towers scored a 98%  
John F. Kennedy scored a 87%

The Housing Authority continues to remain a high performer.

Thanks to all staff and some tenants that help getting our facilities in shape. It takes a lot of hard work and a team that works well together to accomplish the things we did.

Steven J. Kesner  
Chief Executive Officer

### Notice to John F. Kennedy & Queen City Tower Residents

If your unit was entered during the REAC inspections this summer, and there were any items that needed corrected, you will be receiving a notice during the months of September and October of when these items will be addressed by the Maintenance Department. These notices will go to ONLY those units that were inspected.



**Speakers for the Month – Renee Mason &  
Rebecca Vardiman  
Topic – Choose Civility**

Thursday, September 13 - Queen City Towers  
Wednesday, September 19 – John F. Kennedy  
2 pm to 2:30 pm - Community Rooms

Choose Civility: Allegany County is a grassroots initiative to improve and enrich Allegany County by promoting civil conversations and kindness toward others. The Choose Civility initiatives started in Howard County and are inspired by the book *Choosing Civility: The Twenty-five Rules of Considerate Conduct* by Johns Hopkins University professor Dr. P.M. Forni. The Allegany County Library System and the Women's Action Coalition of Greater Allegany County formed the Allegany Chapter and have begun to form a countywide coalition of government agencies, nonprofits, businesses, and educational systems with the goal of working together to encourage others to choose civility in their personal and work lives."

Packets including bookmarks, clings, and stickers for participants will be included in the presentation.

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**John F. Kennedy - Narcotics  
Anonyms/Alcoholics Anonyms  
(or any addiction)**

**Friday, September 14 @ 3:30 pm  
Friday, September 28 @ 3:30 pm**

*Every Other 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 other Friday at 3:30 p.m.

**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**

Queen City Tower – September 13 at 3 p.m.  
John F. Kennedy – September 19 at 3 p.m.

Resident Councils serve as the voice of the residents at each 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!

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**Partnership For Affordable Foods (PAF)**  
*(A lot of food for a small price!)*

John F. Kennedy will be collecting for the PAF program on **Saturday, September 8, 2018, from 2:00 p.m. to 3:00 p.m., and on Monday, September 10, 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, **September 13, 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, September 13, 2018**, to pick up the PAF order or the items will be forfeited.

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**TEFAP – Free Government Foods**

The food will be available for pick up on Wednesday, September 5<sup>th</sup> after noon. The sooner you pick the food up after noon on the 5th, 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 ...  
301-777-7882 ... 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.



**Bible Study provided by Cumberland  
Community Church**

**John F. Kennedy**

Friday, September 14, and Friday, September 28 @ 6:30 pm in the community room.

**Queen City Tower**

Saturday, September 1, Saturday, September 15, and Saturday, September 29 @ 6 pm in the community room.

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**Blood Pressure Check**

**John F. Kennedy**

Wednesday, September 5 @ 2:30 pm and  
Wednesday, September 19 @ 2:30 pm

**Queen City Tower**

Thursday, September 13 @ 2:30 and Thursday,  
September 27 @ 2:30 pm

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**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.

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**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! Patricia Bane – Game Leader

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**Queen City Tower - Crochet Group**

Fridays at 3 pm  
All Welcome!

**Women at JFK and Queen City Tower**

Stretching To EmPower (STEP) Yoga Wellness program will start a 10-week session beginning on Thursday, October 4<sup>th</sup> from 2-3:30 pm at John F. Kennedy community room. The program is 10 weeks and will conclude on December 13. (No STEP on Thanksgiving)

The first 30-minutes is wellness education and then we will have yoga for 60 minutes.

The class is FREE – yoga mats are provided – as well as infused water and a snack. This program is for WOMEN only. Come give it a try and meet new friends and become a healthier happier YOU! (Women can participate sitting on a chair. Transportation will be provided for those from Queen City Tower!)



**Confused About Health Insurance**

Tuesday, September 11<sup>th</sup>  
6 PM - 7 PM  
LaVale Library

A FREE workshop to help you make an informed Choice

- \* Know your insurance options
- \* Prepare for unexpected expenses
- \* Develop a long-term strategy
- \* Take control of your healthcare costs

Presented by:

Dr. Jesse Ketterman, Extension Educator  
Lisa McCoy, RD, Extension Educator

Sponsored by University of Maryland  
Extension Office



# Cumberland Housing Event and Activity Schedule

# September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Bible Study @ QCT 6 pm
2	3 Labor Day All Housing Authority Offices are Closed	4 Prayer Group @ QCT 2 pm Game Night @ QCT 6 pm	5 TEFAP Free Govt. Food Available after noon Blood Pressure @ JFK 2:30 pm	6 <b>Exterminator</b> QCT (AM) - JFK (PM) Inspect JFK 7th Floor Inspect QCT 6th Floor	7 Rent Due Crochet Group @ QCT 3 pm	8 JFK PAF Collection 2 pm
9	10 JFK PAF Collection 3 pm	11 Prayer Group @ QCT 2 pm Game Night @ QCT 6 pm	12	13 JFK PAF Dist. 11:15 am  Choose Civility @ QCT 2 pm QCT Resident Mtg - 3 pm	14 Crochet Group @ QCT 3 pm NA/AA Group @ JFK 3:30 pm Bible Study @ JFK 6:30 pm	15 Bible Study @ QCT 6 pm
16	17	18 Prayer Group @ QCT 2 pm Game Night @ QCT 6 pm	19 Choose Civility @ JFK 2 pm Blood Pressure @ JFK 2:30 pm JFK Resident Mtg - 3 pm	20 Unpaid RENTS will be filed in Court	21 Crochet Group @ QCT 3 pm	22
23	24	25 Prayer Group @ QCT 2 pm Game Night @ QCT 6 pm	26	27 Blood Pressure QCT @ 2:30 pm	28 Crochet Group @ QCT 3 pm NA/AA Group @ JFK 3:30 pm Bible Study @ JFK 6:30 pm	29 Bible Study @ QCT 6 pm
30		<b>Notes</b> 9/13/2018 Blood Pressure QCT @ 2:30 pm				

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<http://www.vertex42.com/calendars/>

**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