



CUMBERLAND HOUSING

Unlocking the Doors for Your Future



Tower Gazette Monthly Newsletter for November 2018

Exterminator Schedule

Oct. 4th Queen City Towers – Morning
John F. Kennedy – Afternoon

Public Hearing

The Housing Authority of the City of Cumberland has updated its 5 Year Capital Fund Plan. It is available for review at the Central Office located at 635 E. First Street, Cumberland during the hours of 8:00 AM to Noon and 1:00 PM to 4:00 PM Monday through Friday, (except Holidays). A public hearing to cover the new work items proposed for the FFY 2018 grant will be held on December 13, 2018 at 10:00 AM, at the Jane Frazier Village Community Room connected to the Central Office.

**All Housing Authority Offices
Will Be Closed
Monday, November 12th, in
Observance of Columbus Day
And
November 22nd and 23rd for the
Thanksgiving Holiday**



**Don't forget to Thank those
men and women who
previously served and are
currently serving
and protecting our Country!**

Cost-of-Living Adjustment (COLA) Information for 2019

Social Security and Supplemental Security Income (SSI) benefits for more than 67 million Americans will increase 2.8 percent in 2019.

The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 62 million Social Security beneficiaries in January 2019. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2018. (Note: some people receive both Social Security and SSI benefits.)

Great American Smoke Out

Sponsored by the American Cancer Society, the "Great American Smoke Out" day will be November 15th. This event encourages smokers to use this day to make a plan to quit or to plan in advance and quit on that day.

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



WMHS Annual Thanksgiving Meal
Attention Residents

Please sign up on the sheet posted on the first floor bulletin board by Friday, November 9, 2018, by noon, if you would like to receive a Thanksgiving meal on Saturday, November 17, 2018. We are not sure what time they will be delivering the meals but will post it when we find out. The meal will be as follows:

Turkey and Dressing
Mashed Potatoes and Gravy
Corn
Green Beans
Cranberry Sauce
Rolls and Butter
Pumpkin Pie

Program Made Possible By: Allegany County HRDC, Mineral County Family & Aging Services, Our Lady of the Mountains, The Pharmacare Network, and Western Maryland Health System.

Join us to learn about the [Mobility Management Program \(Transportation\)](#) offered through HRDC.

Queen City Tower – Thursday, November 8 at 2 pm
John F. Kennedy – Wednesday, November 21 at 2 pm
Community Room

Mobility Management is a last-resort need based transportation program. The Mobility Management Program is a coordinated transportation voucher system that serves low-income, elderly, and disabled residents in Allegany County. HRDC does not charge clients for the transportation services we provide. Residents will be informed of how to become a participant, what constitutes an eligible ride, and hours of operation.

For Women Only
Thursdays @ 2:30 pm

Stretching To Empower (STEP) Yoga Wellness program will continue every Thursday **from 2-3:30 pm** at John F. Kennedy's 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.

Transportation will be provided for those from QCT.

Resident Council Meetings

Queen City Tower –November 8 at 3 pm
John F. Kennedy – November 21 at 3 pm

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!

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, November 3, 2018, from 3:00 p.m. to 4:00 p.m., and on Monday, November 5, 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, **November 8, 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, November 8, 2018**, to pick up the PAF order or the items will be forfeited.

TEFAP – Free Government Foods

The food will be available for pick up on Wednesday, October 7th after noon. The sooner you pick the food up after noon on the 7th 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,



Queen City Tower Activities

Blood Pressure Check

November 8 and November 22 @ 2:30 PM

Crochet & Quilting Group

Fridays at 3 pm Patricia Bane will be teaching any resident who would like to learn how to crochet and quilt. Please come down and join us.

Game Night -- Every Monday at 6 p.m.

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

Bible Study provided by Cumberland Community Church

November 10 and November 24 @ 6:00 PM

Prayer Group

Every Tuesday, at 2:00 PM

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.



Penny Bingo Every Wednesday at 6 pm beginning on November 7th

You read it right. Residents are invited to come to the community room at 6 pm every Wednesday to enjoy an evening of Bingo. The **Caller** will be Brandy Ritchey. We are looking forward to an evening of fun. Bring your pennies!



Nov 4, 2018 - Daylight Saving Time Ends (Also called [Fall Back](#) and [Winter Time](#))

When local daylight time is about to reach Sunday, November 4, 2018, **2:00:00 am** clocks are turned **backward** 1 hour to Sunday, November 4, 2018, **1:00:00 am** local standard time instead.

Sunrise and sunset will be about 1 hour earlier on Nov 4, 2018 than the day before.

There will be [more light in the morning](#).

John F. Kennedy Activities

Blood Pressure Check

November 7th and November 21st @ 2:30 pm

Bible Study provided by

Cumberland Community Church

November 9, and November 23 @ 6:30 pm



Every Monday at 6 pm

All residents are welcome to join us for Bingo every Monday in the community room. The **Bingo Caller** is John Evans. He will be in charge of Bingo. The rules of Bingo need to be followed. Looking forward to a night of fun every Monday! Bring your pennies.

Movie Night

Thursday, November 15, 2018 ... 6PM

All residents are welcome to attend the "Movie Night". Judy Musgrove will be in charge of movie night.

Game Night -- Every Saturday at 6 p.m.

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

Coffee & Donut Sale

The Resident Council will be selling coffee and donuts on Saturday, November 3, 2018 from 10 am to 11 am in the community room. Coffee will \$.50 and donuts are \$.75. The proceeds go to resident activities.

When is Medicare Open Enrollment?

The annual Medicare Open Enrollment period has started for 2019 coverage. Open enrollment will run from October 15, 2018, to December 7, 2018.

During the annual enrollment period (AEP) you can make changes to various aspects of your coverage.

- You can switch from [Original Medicare](#) to Medicare Advantage, or vice versa.
- You can also switch from one [Medicare Advantage](#) plan to another, or from one [Medicare Part D](#) (prescription drug) plan to another.
- And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria.

- You must be enrolled in [Medicare Part A and B](#).
- You must live in the plan's service area.
- You cannot have [End-Stage Renal Disease](#) (some exceptions apply).



Cumberland Housing Event and Activity Schedule

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Exterminator QCT (AM) - JFK (PM) Yoga Wellness @ JFK 2 pm Inspect JFK 9th Floor	2 Crochet Group @ QCT 3 pm	3 Coffee & Donuts @ JFK 10 am JFK PAF Collection 3 pm Game Night @ JFK 6 pm
4	5 JFK PAF Collection 3 pm Game Night @ QCT 6 pm Bingo @ JFK 6 pm	6 Prayer Group @ QCT 2 pm	7 Rent Due TEFAP Free Govt. Food Available after noon Blood Pressure @ JFK 2:30 pm Bingo @ QCT 6 pm	8 JFK PAF Dist. 11:15 Guest Speaker @ QCT 2pm Blood Pressure @ QCT 2:30 pm QCT Resident Mtg - 3 pm Yoga Wellness @ JFK 2 pm	9 Crochet Group @ QCT 3 pm Bible Study @ JFK 6:30 pm	10 Game Night @ JFK 6 pm Bible Study @ QCT 6 pm
11 Veterans Day	12 Housing Offices Closed Game Night @ QCT 6 pm Bingo @ JFK 6 pm	13 Prayer Group @ QCT 2 pm	14 Bingo @ QCT 6 pm	15 Movie Night @ JFK 6 pm Yoga Wellness @ JFK 2 pm	16 Crochet Group @ QCT 3 pm	17 Free Thanksgiving Meal Game Night @ JFK 6 pm
18	19 Unpaid RENTS will be filed in Court Game Night @ QCT 6 pm Bingo @ JFK 6 pm	20 Prayer Group @ QCT 2 pm	21 Guest Speaker @ JFK 2 pm Blood Pressure @ JFK 2:30 pm JFK Resident Mtg - 3 pm Bingo @ QCT 6 pm	22 Thanksgiving Blood Pressure @ QCT 2:30 pm Housing Offices Closed	23 Crochet Group @ QCT 3 pm Bible Study @ JFK 6:30 pm Housing Offices Closed	24 Game Night @ JFK 6 pm Bible Study @ QCT 6 pm
25	26 Game Night @ QCT 6 pm Bingo @ JFK 6 pm	27 Prayer Group @ QCT 2 pm	28 Bingo @ QCT 6 pm	29 Yoga Wellness @ JFK 2 pm	30	Game Night @ JFK 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