



Monthly Newsletter for July 2016

Exterminator Schedule

July 7 th	Queen City Towers – Morning John F. Kennedy – Afternoon
July 14 th	Jane Frazier Village, Buildings 7 – 17
July 8 th	Jane Frazier Village, Buildings 1 – 6 & Banneker Gardens
July 21 st	Fort Cumberland Homes

Preventive Maintenance Inspections Schedule

July 7 th	John F. Kennedy - 5th Floor
July 12 th	Queen City Towers - 4 th Floor
July 13 th	Banneker Gardens - 201, 202 & 203
July 14 th	Fort Cumberland Homes - 10A, 10B & 10C
July 19 th	Fort Cumberland Homes - 4A, 4B & 4C
July 21 st	Fort Cumberland Homes - 10D & 10E
July 26 th	Jane Frazier Village - 16A, 16B, 16C 7 16D
July 28 th	Jane Frazier Village - 16E, 16F & 16G

A copy of the inspection will be left in your unit for your information. If any repairs need to be completed, maintenance will be returning within twenty days to complete them. 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.

Congratulations Graduates from the Leadership Class at Banneker Gardens



June 8, 2016, was the last night for the Leadership Class. A graduation ceremony was held. Michele Brinsfield, instructor for the class from the YMCA, handed out Certificates and an iPad to those who had perfect attendance. Two boys were present each week and completed all 20 lessons. Congratulations, James Faucet (left) and Rian Robertson (right).

The class learned about communication, listening, values and making choices and styles of leadership. The class also completed a service project - removing trash and landscaping the enormous planter boxes facing Frederick Street.

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.



Information for Residents at John F. Kennedy & Queen City Tower

Presentation on:

“How to manage money as you get older & prepare for possible nursing home, funeral expenses, and passing your estate on to your survivors”

These are things many of us do not want to think about or plan for, but once something happens that involves any of the above, one realizes the importance of planning ahead.

Guest Speakers are as follows:
Nick Scarpelli – Scarpelli’s Funeral Home
Carl Miltenberger – Elder Law Attorney
Jeff Metz – Egle Nursing Home

Queen City Tower Presentation - Thursday, July 7, 2016 at 2:00 P.M.
John F. Kennedy Presentation - Wednesday, July 20, 2016 at 2:00 P.M.

Free Government Commodity Foods (TEFAP)

You have received your notices about where you can pick up the TEFAP Foods. Please be aware that in July the TEFAP will be picked up at each agency on Thursday, July 7, 2016 (due to the holiday.) Every month after that, it will arrive the first Tuesday, when it is a full week, of each month. Therefore, in July, it will be best to try to pick it up on July 8th and every month after that on the first Wednesday, when there is a full week.

If you will be picking up TEFAP food from any of the agencies below, please call them first to see if they still have any food available.

Dan Snyder, from Hope Station, 632 N. Centre Street, 240-362-7168
Available - Monday through Friday, noon to 5:00 p.m.

Interfaith Food Pantry (HRDC Head Start Building), 301 Cumberland Street, 301-707-4445.
Available - Monday through Friday, 10:00 a.m. to 3:00 p.m.

Kitty from Salvation Army, 701 East First Street, 301-777-7600. (It is recommended getting the food between 8:30 a.m. to 11:45 a.m. and 1 p.m. to 3:30 p.m., Monday through Friday.)

Please take with you your photo identification card or driver’s license if you have one. You will also need to sign a self declaration for proof of income and saying 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, at Queen City Tower or John F. Kennedy.

Partnership For Affordable Foods (PAF)

(A lot of food for a small price!)

This is a reminder to all residents that you can participate with the PAF program; but you must first fill out a Receipt and Release form with the Resident Service Coordinator, Pama Wilson. Once this is done, you can sign up every other month at your building to receive the food. There is a \$7 donation in order to receive the food. The food will be distributed on the 2nd Thursday of each month, alternating each hi-rise building. John F. Kennedy will be collecting for the PAF program on July 7th from 3:00 p.m. to 4:00 p.m in the community room. You must pay on this day if you would like to participate. Distribution will be on Thursday, July 14th at approximately 11:15 a.m.



City Reach Sidewalk Sunday School

From 1:00 pm - 2:00 pm on the following days:

Jane Frazier Village - July 1st
Fort Cumberland Homes - July 5th
Banneker Gardens - July 6th

Fathers Meet & Greet Night with the YMCA

Jane Frazier Village Community Center
July 20th -----More information will be sent out
closer to the date of the event.

This event is for all Dads. Children are welcome to join Dad for an evening of board games, activities and snacks to celebrate Dads!

Girls Night Out with the Girl Scouts

Jane Frazier Village Community Center
July 27th - 6:00 pm - 8:00 pm

For all girls ages kindergarten through 5th grade. You must pre-register your child at 301-724-6606 ext. 105.

Free Summer Lunches

The Summer Lunches continue this month weekdays at 12:00 Noon, except for on July 4th.

Jane Frazier Village Community Center &
Fort Cumberland Homes by the playground

2nd Annual National Night Out

August 2nd --- 5:00 pm - 8:00 pm
Somerville Avenue

It's **America's National Night Out Against Crime**, so turn your porch light on, lock your doors and join us for some fun. There will be demonstrations, games, inflatable's, free food and drinks, giveaways and more!

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.

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.

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.

Individuals Add to the Barring List

Victoria Durbin



What's the Right Choice When You Need Medical Care?

This is a guide and is not a tool to diagnose injuries or illnesses. When in doubt, call 911.

Allegany County Health Planning COALITION

Primary Care

When to Use

You have symptoms of an illness or for a regular checkup

Care Provided

- *General medical advise
- *Annual well exams
- *Immunizations
- *Treatment of Illness:
 - Colds & Coughs
 - Sore Throat
 - Flu and flu-like symptoms
 - Ear Infections
 - Urinary tract infections
 - Minor aches & pains
 - Allergies
- *Manage chronic conditions:
 - Diabetes
 - Heart Disease
 - Respiratory Problems

An office where you go for wellness check-ups or when you are ill

Urgent Care

When to Use

If you have a minor illness or injury and your primary care provider is not available and your problem can't wait

Care Provided

- *Treatment of Illness:
 - Colds & Coughs
 - Sore Throat
 - Flu and flu-like symptoms
 - Ear Infections
 - Urinary tract infections
 - Skin rashes & infections
 - Upset stomach
 - Sprains & strains
 - Allergies
 - Toothache (when dentist is not available)
 - Minor Broken bones (hands & feet)
 - Eye irritation & redness
- *Sports Physicals

A center that is open during the day, in the evenings and on weekends to treat minor illnesses & injuries

Emergency Care

When to Use

If you have a serious or a life-threatening illness or injury

Care Provided For

- *Chest pain or other heart attack symptoms
- *Head Injury
- *Sudden and severe headache or loss of vision
- *Heavy bleeding that won't stop
- *Deep Cuts
- *High Fee
- *Severe asthma attack
- *Loss of consciousness
- *Constant vomiting
- *Domestic Violence
- *Rape
- *Feelings of suicide
- *Severe burns

Part of the Hospital that is open 24/7 and treats life-threatening emergencies

Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses

Female mosquitoes lay several hundred eggs on the wall of water filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week. Adult mosquitoes live inside and outside. They prefer to bite during the day. A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

To protect yourself, your family and community from mosquitoes, eliminate standing water in and around your home at least one a week. Make sure there are no holes in your window screens. Don't leave doors to the outside open very long.

Use Insect Repellent - Use an Environmental Protection Agency (EPA) registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. Always follow the product label instructions.

Some brand name insect repellents: Off!, Cutter, Cutter Advanced, Skin So Soft bug Guard Plus and Repel.

For more information, visit the following websites from the U.S. Dept. of Health and Human Services Centers for Disease Control and Prevention: www.cdc.gov/dengue or www.cdc.gov/chikungunya or www.cdc.gov/zika

