



Monthly Newsletter for July 2017

Exterminator Schedule

July 6th	Queen City Towers – Morning John F. Kennedy – Afternoon
July 13 th	Jane Frazier Village, Buildings 7 – 17
July 14 th	Jane Frazier Village, Buildings 1 – 6 & Banneker Gardens
July 20 th	Fort Cumberland Homes

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

All Housing Authority Office's will be Closed July 3rd and 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.



Are Cigarette's Waste Toxic?

YES! Cigarettes contain more than 7,000 chemicals such as arsenic (used to kill rats) and formaldehyde (used to preserve dead animals, and humans too). Littered cigarette butts leach toxic chemicals into the environment and can contaminate water. The toxic exposure can poison fish, as well as animals who eat cigarette butts. Source: Truth Initiative <https://truthinitiative.org/news/5-ways-cigarette-litter-impacts-environment>

Fireworks display for the City of Cumberland is scheduled for Tuesday, July 4th at 9:30 p.m.

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

Banneker Garden Resident Council

Property Manager, Debra Brooks and Resident Service Coordinator, Jaime Thomas would like to announce the newly elected officers of the Banneker Gardens Resident Council:

President:	Lakeal Ellis
Vice President:	Robin Beckwith
Secretary:	Lisa Smith
Treasurer:	Stephanie Miller
Sergeant at Arms:	Tracy Hamilton

Attention JFV Residents

Over the last few weeks, I have had several residents of Jane Frazier Village ask about starting a Resident Council. If you are interested in learning more about a Resident Council, please contact Jaime Thomas at 301-724-6606 ext 105 or jaimet@alanticbb.net. If there is enough interest, we will schedule an informational meeting and announce the date and time in the August newsletter.

We would also like to express our sincere thanks to all of the tenants at Banneker Gardens for their active involvement in the development of the Resident Council.

You will be notified soon about the date and time of the first Resident Council Meeting.



Guest Speaker

Queen City Tower –July 27th at 2 p.m.

John F. Kennedy –July 28th at 2 p.m.

Topic: Healthy Eating (Residents' Request)

Presenter will be:

**Jen Thomas, Health Educator, Health Coach, Personal Trainer
WMHS Community Health & Wellness**

Will be providing information on: Eating for a Healthier You!

- My Plate – what should I put on my plate?
- Portion Sizes – how much should I eat?
- Secret Sugars – what foods have high sugars? How much should I eat?
- Best Beverages – do you know what you are drinking?

Handouts will be provided!

**John F. Kennedy Resident Meeting
July 19, 2017, 3 p.m.**

All Resident Encouraged to Attend

This meeting will be set up to serve as a RAD Program: Questions and Information Session

Monica Bates and Leigh Ann Smith Rosenberg are VISTA Fellows with Maryland Legal Aid. They focus on answering residents' questions about the RAD program that is coming to Cumberland in early 2018. Feel free to bring any questions you have—no question is too small! Monica and Leigh Ann look forward to meeting you and providing you with information and resources about this upcoming change.

Bible Study

Cumberland Community Church

**John F. Kennedy, July 7th and July 21st
Queen City Tower, July 8th and July 22nd**

Time: 6 p.m. to 7 p.m.

Community Room

Blood Pressure Check

**Queen City Tower, July 6th and July 20th
John F. Kennedy, July 5th and July 19th**

Time: 2:30 to 3:00 p.m.

Community Room

Resident Council Meetings

Resident Council Meetings at Queen City Tower and John F. Kennedy will not be held for the months of June, July, and August. They 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 7, 2017, from 3 p.m. to 3:30 p.m., and on Monday, July 10, 2017, from 3 p.m. to 3:30 p.m.** in the community room. There is a \$7 donation in order to receive the food. Distribution will be on Thursday, **July 13, 2017**, 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 13, 2017**, to pick up the PAF order or the items will be forfeited.

TEFAP – Free Government Foods

The food will arrive on Monday, June 17, 2017. It will be best to try to pick it up on July 18, 2017. The sooner you pick the food up after the 17th the better chances 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

Kitty, Salvation Army, 701 East First Street ...
301-777-7600 ... Monday through Friday 8:30 am to
11:45 am and 1pm to 3:30 pm

You will need to take with you your photo identification card or driver's license. You will 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.

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.





Looking for a way to help this summer? **Youth Volunteers are needed. (ages 14-19)**

The NAILS Mission Project is a program that identifies low-to-moderate income homeowners in Cumberland and Allegany County, Maryland, whose houses need critical renovations or repairs that they can't afford or able to make due to cost, age and/or disability. Projects may include painting, carpentry, etc.

Teams will be working during the following dates:
 June 25 – July 1 July 6 -15 July 23 – 29

You can work whatever dates you are available. The teams usually work all day, but you can confirm your hours when contacted by a NAILS representative. Sponsored spaces are limited and will be first come, first serve.

You will be asked to bring generic supplies with you (i.e., general hand tools, safety glasses, gloves, etc) if you have them. You will also need to bring your own water and food to eat.

Next steps:

1. Contact Nancy (240-964-8422) at Bridges to Opportunity to reserve a space.
2. Complete the Participant Liability Release form that can be picked up at the Cumberland Housing Office and return to Jaime Thomas.
3. Confirm dates, times, location and more with the NAILS representative when you are called.
4. Help with NAILS Project as agreed and earn service learning hours.



Opportunity supported with grant funding from the Allegany County Local Management Board

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.

Free Summer Lunches

The lunch program continues at Jane Frazier Village in the Community Room and at Fort Cumberland Homes by the playground from 12-1 on weekdays. Please let Jaime Thomas (301-724-6606 ext 105 or jaimet@alanticbb.net) know if your child plans to attend at JFV and let Miss Michele Cage know if your child will be new to the FCH program.

Activities at Jane Frazier Following the Lunch Program

Miss Kathy Dudley from the Allegany County Health Department will be doing a presentation for the youth on July 12th at 12.

Board Game Day will be held July 14th at 1:00 pm. Please let Jaime know if you/your child will be attending.

JOBS are Available in this Area

The Office hears it all the time...."There are no jobs around here." Well guess what, there are a lot of JOBS currently available right here in Cumberland and Allegany County.

It may be fast food or retail, but that is a start to getting you in the right direction. Remember, that little job can lead to bigger and better things.

If you have some skills or qualifications, there are jobs available at the hospital, Web Restaurant, local doctor offices, Berry Plastics, Hunter Douglas, American Wood Mark just to name a few that are hiring. Check out INDEED.com. That is where we get some of our information.

Do you need a job but don't have a computer or transportation to go looking for one? Stop in the Central Office and go thru the book that is on the counter in the lobby.



This booklet is updated daily with jobs that are available in Cumberland. These job openings are posted from INDEED or sent to us from the JOB Search in Cumberland.

Need help applying on line for a job or writing a resume? If so, contact Jaime Thomas, Service Coordinator at 301-724-6606, ext. 105 or Pama Wilson, Service Coordinator at the JFK or QCT office for assistance.



Cumberland Housing Event and Activity Schedule

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Crime Solvers Tip Line 301-722-4300 www.allegany-mineralcountycrimeslovers.com					1 JFK Game Night 6 p.m. QCT Game Night 7 p.m.
2	3	4 Independence Day	5 JFK Blood Pressure Check 2:30 p.m.	6 QCT Blood Pressure Check 2:30p.m. Exterminator QCT (AM) - JFK (PM) <i>Inspect BG 201 to 203</i>	7 JFK Bible Study 6 p.m. JFK PAF Collection 3 p.m. 3-BG Resident Council RENT DUE	8 QCT Bible Study 6 p.m. JFK Game Night 6 p.m. QCT Game Night 7 p.m.
9	10 JFK PAF Cillection 3 p.m. BG HVAC Inspection Week	11 <i>Inspect JFV Bldg 16</i>	12 ACHD Tobacco Education @ Summer Lunch JFV <i>Inspect JFK 5th Floor</i>	13 JFK PAF Dist. 11:15 a.m. Exterminator JFV - Bldgs 7-17 <i>Inspect QCT 4th Floor</i>	14 Exterminator JFV 1-6 & BG	15 JFK Game Night 6 p.m. QCT Game Night 7 p.m.
16	17 TEFAP - Govt. Foods Arrives at Sites Unpaid RENTS will be Filed in District Court	18 <i>Inspect FCH Bldg 10</i>	19 JFK Blood Pressure Check 2:30 p.m. JFK RAD Presentation 3:00 p.m. <i>Inspect FCH Bldg 4</i>	20 QCT Blood Pressure Check 2:30p.m. Exterminator - FCH	21 JFK Bible Study 6 p.m.	22 QCT Bible Study 6 p.m. JFK Game Night 6 p.m. QCT Game Night 7 p.m.
23	24	25	26	27 QCT Guest Speaker Healthy Eating 2 p.m.	28 JFK Guest Speaker Healthy Eating 2 p.m.	29 JFK Game Night 6 p.m. QCT Game Night 7 p.m.
30	31	Notes 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. Free Summer Lunch @ JFV and FCH weekdays @ 12 Noon				

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