



Monthly Newsletter for May 2017

Addiction Treatment Services in Allegany County

Allegany County Health Department Behavioral Health Services:

Outpatient Addictions Program: 301-759-5050

Buprenorphine Program: 301-759-5050

Massie Unit (Adult Inpatient Program)
301-777-2285

Jackson Unit (Adolescent Inpatient Program)
301-777-2290

Overdose Response Program –
Naloxone/Narcan: 301-759-5050

Western Maryland Health System:

WMHS Inpatient Behavioral Health Unit
240-964-2200

WMHS Crisis Services: 240-964-1399

WMHS Buprenorphine Clinic: 240-964-8585

WMHS Emergency Room: 240-964-1200

Alternative Drug & Alcohol Counseling (ADAC)
301-729-0340

Potomac Behavioral & Occupational Therapy
240-362-7444

Main Place Treatment Center: 240-575-1342

Rabies Vaccination Clinic

Sunday, May 17, 2017

1 pm - 3 pm

\$5.00 per animal

Allegany College of Maryland (behind the Continuing Education Building) 12401 Willowbrook Road Cumberland, MD 21502

According to Maryland law, all dogs and cats 4 months old or older must have valid rabies vaccinations. Please ensure all animals are contained within a carrier or on a leash. For further information about the clinics, call the Environmental Health Division at 301-759-5038 or 301-759-5040.

Installing Air Conditions at Jane Frazier Village & Fort Cumberland Homes

As a reminder, when you install your air conditioner this summer it must be properly installed, secured and proper side panels used. Pillows, blankets, bags, cardboard, etc. is not permitted. Also, per the lease, *“bedrooms with only one window at these developments cannot have a window air conditioner at any time due to the fire marshal requirements of that window being used for an emergency exit”*. If you have any questions, please contact the Maintenance Department at 301-724-2055

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.

Guest Speaker for May

Deputy Director – Taness Cline
Family Crisis Resource Center

Queen City Tower - Thursday, May 11, 2017
John F. Kennedy – Wednesday, May 17, 2017
Community Room – 2 p.m. to 2:30 p.m.

Did you know isolation and secrecy are dominant parts of abusive relationships?

You and your loved ones deserve to be treated with respect! Domestic violence is a pattern of behaviors characterized by control, domination, and abuse. During this presentation, we will break down this tough topic and learn what it is, what help is available, and how you can support someone you love. Remember: No one deserves to be abused!

Blood Pressure Checks at Queen City Tower

Blood Pressures will be done at Queen City Tower the 2nd and 4th Thursday of each month from 2:30 p.m. to 3:00 p.m. in the community room.

Thursday, May 11, 2017 at 2:30 p.m.
Thursday, May 25, 2017 at 2:30 p.m.

Queen City Tower Pizza Social
Sunday, May 7, 2017 at 12:30
Community Room

Please sign up on the sheet posted (bulletin board first floor) by Thursday, May 4, 2017, if you are going to attend the Pizza Social sponsored by the Lee Street Unitarian Church. They need to know how many people will be attending so they can purchase enough pizzas for the Social. All residents are welcome to attend. Please sign up today!

Game Night - John F. Kennedy
Every Saturday Evening
6 p.m. to 9 p.m.

Please come to the community room every Saturday evening to enjoy in some fun games. Remember, the kitchen is open every Saturday and Tuesday from 5 p.m. to 7 p.m. They sell sodas and snacks!

John F. Kennedy Bake Sale
Friday, May 5, 2017
10 a.m. to 2 p.m.

Resident Council Meetings

Queen City Tower – May 11th at 3 p.m.
John F. Kennedy – May 17th 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!

Partnership For Affordable Foods (PAF)

(A lot of food for a small price!)

John F. Kennedy will be collecting for the PAF program on **Thursday, May 4, 2017, from 3 p.m. to 4 p.m., and on Monday, May 8, 2017, from 3 p.m. to 4 p.m.** in the community room. There is a \$7 donation in order to receive the food. Distribution will be on Thursday, **May 11, 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, May 11, 2017**, to pick up the PAF order or the items will be forfeited.

TEFAP – Free Government Foods

The food will arrive on Tuesday, May 2, 2017. It will be best to try to pick it up on May 3, 2017. The sooner you pick the food up after the 3rd, 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

All Housing Authority Offices Will be Closed
May 29th In observance of Memorial Day



**Living Well
Chronic Disease Self- Management Program
John F. Kennedy Workshop
Starting Thursday, May 11, 2017
2 p.m. to 4 p.m.**

Take charge of your health and get the most out of life through this free self-management workshop. In the Living Well workshop, people change by learning:

- How to eat healthy.
- How to communicate effectively with doctors and family.
- How to deal with pain and fatigue.
- How to prevent or delay complications.
- How to monitor your health.
- How to create strategies for exercise.
- How to get more out of life.

How does the workshop work? Living Well - Take Charge of Your Health workshop will run for two hours, once a week for six weeks. Two trained lay leaders will lead the course.

All those that registered need to meet in the community room every Thursday beginning May 11, 2017, from 2 p.m. to 4 p.m. If you did not register, you can sign up until noon on May 3, 2017. See Pama Wilson in the office if you have any questions. Remember, the workshop will be once a week for six weeks.

Committee Meetings

Queen City Tower - May 11, 2017 at 1:15 p.m.
John F. Kennedy - May 17, 2017 at 1:15 p.m.

The Kitchen Committee, Activity Committee, Grounds Committee and Audit Committee will meet each month at 1:15 p.m. prior to the Resident Council Meeting. Anyone interested in being on any of these committees needs to come to the May Committee Meetings.

Free Hair Cut

John F. Kennedy
Monday, May 8, 2017

Please come to the community room on May 8th at 5:30 p.m. for your free haircut. People will be taken in the order of the signup sheet that was posted at JFK. If you did not sign the sheet, you can still come to the community room for a hair cut but you will have to wait until the others are done.

**Bible Study – John F. Kennedy
Starting - Friday, May 26, 2017
6 p.m. to 7 p.m.**

The Cumberland Community Church will sponsor a "Bible Study" that will be held every other Friday in the community room from 6 p.m. to 7 p.m. A signup sheet will be posted on the first floor bulletin board for those that would like to attend. Everyone is welcome to attend at any time even if you do not sign up to attend!



May Events in the Family Developments

Family Night at Banneker Gardens

Sponsored by the YMCA
May 2nd 5:30

Family Literacy Night

Jane Frazier Village
May 11th - 6:00 pm - 7:00 pm
Banneker Gardens
May 18th - 6:00 pm - 7:00 pm

Class of 2017



Cumberland Housing Event and Activity Schedule

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 TEFAP - Govt. Foods - Arrives at Sites <i>Inspect JFV Bldg 10</i>	3 <i>Inspect JFK 3rd Floor</i>	4 JFK PAF Collection 3 p.m. Exterminator QCT - AM JFK - PM <i>Inspect BG 101 to 103</i>	5 JFK Bake Sale 10 a.m. to 2 p.m.	6 JFK Game Night 6 p.m.
7 QCT Pizza Social 12:30 p.m. Rent Due	8 JFK PAF Collection 3 p.m. JFK Free Hair Cuts 5:30 p.m.	9 <i>Inspect FCH Bldg 6</i>	10 <i>Inspect QCT 2nd Floor</i>	11 QCT Committees 1:15 QCT Guest Speaker 2 p.m. QCT Blood Pressure 2:30 p.m. QCT Resident Mtg. 3 p.m. JFK PAF Dist. 11:15 a.m. Exterminator - JFV Rows 1-17.	12 Exterminator JFV Rows 1-6 & BG	13 JFK Game Night 6 p.m.
14 Mother's Day	15	16	17 JFK Committee Meetings 1:15 p.m. JFK Guest Speaker 2 p.m. JFK Resident Meeting 3 p.m.	18 Exterminator - FCH JFK Living Well Group 2 p.m.	19	20 JFK Game Night 6 p.m.
21	22	23	24	25 QCT Blood Pressure 2:30 p.m. JFK Living Well Group 2 p.m.	26 JFK Bible Study 6 p.m. to 7 p.m.	27 JFK Game Night 6 p.m.
28	29 Memorial Day	30	31	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.		