



Monthly Newsletter for November 2017



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

Exterminator Schedule

Nov. 2nd	Queen City Towers – Morning John F. Kennedy – Afternoon
Nov. 9 th	Jane Frazier Village, Buildings 7 – 17
Nov. 10 th	Jane Frazier Village, Buildings 1 – 6 & Banneker Gardens
Nov. 16 th	Fort Cumberland Homes

Great American Smoke Out

Sponsored by the American Cancer Society, the "Great American Smoke Out" day will be November 16th. This event encourages smokers to use this day to make a plan to quit or to plan in advance and quit on that day.

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

Reminder....All developments will be smoke free effective June 30, 2018.

HUD's final rule "prohibits lit tobacco products (cigarettes, cigars, or pipes) in all living units, indoor common areas, administrative offices, and all outdoor areas within 25 feet of housing and administrative office buildings. This also includes electronic cigarettes.

Existing smoke-free policies will be reviewed to ensure that they fall in line with HUD's final rule and edited to include new areas and HUD requirements.

So for you tenants that smoke, this might be a good time for you to quit.



All Housing Authority Offices' Will Be Closed

Friday, November 10th in

Observance of Veterans Day and

November 23rd & 24th for the Thanksgiving Holiday

**Thanksgiving Dinner for
Queen City Tower and John F. Kennedy Residents
Saturday, November 18, 2017**

Once again, the Thanksgiving Meal, (sponsored by Our Lady of the Mountains Parish, PharmaCare, and the Western Maryland Health System) will be provided on Saturday, November 18th, 2017. The details of the Dinner will be posted at John F. Kennedy and Queen City Tower as we receive them. All who wish to receive this meal must sign up on the sheet that will be posted on the first floor bulletin board. The delivery time and how to pick up your meal will also be posted. If you have questions, contact Pama Wilson, Resident Service Coordinator.

**John F. Kennedy Movie Night
Thursday, November 9, 2017, 6 p.m.**

All residents are welcome to movie night, which will be held on the 2nd Thursday of each month at 6 p.m. in the community room. The featured movie for November will be "A Dog's Purpose." All residents and their guests are welcome to attend. The kitchen will be open at 5 p.m. for anyone who wants to purchase a snack.

Medicare's Open Enrollment

Medicare's open enrollment is from October 15 to December 7. This is when people with Medicare can change their Medicare health plans and prescription drug coverage for year 2018 to better meet their individual needs.

Why should you be concerned? Medicare health and drug plans can make changes each year.

Where can people find Medicare plan information or compare plans? 1-800 MEDICARE or Medicare.gov
Or, You can call Sarah Bush, Older American Act Program Manager, HRDC at 301-783-1710

If you have questions or need additional information please contact Pama Wilson, Resident Service Coordinator, 301-722-7977 or 301-724-1544.



*Daylight Savings Time Ends at
2 a.m. on Sunday, Nov. 5th
Turn your clocks back an hour
before you go to bed.*

**Community Thanksgiving
Dinner**

Come and join us for a FREE,
hot, home cooked style meal!

Sunday, November 19th

2-6PM

Location: The Salvation Army



701 E. First St

Cumberland, MD

Dine-in or Carryout Available!



DOING
THE MOST
GOOD™

***Reminder.....Residents of
Jane Frazier Village &
Fort Cumberland Homes***

**Window Air Conditioners – Must be
Removed by October 31st**

In accordance with your lease, all window air conditioners were to be removed from all windows by October 31st. Any tenant that does not comply will be tagged this week. If Maintenance Personnel is dispatched to remove any air conditioners from your unit, a charge of \$20.00 **per air conditioner** will be posted to your account. Please remember that in addition to removing the unit, all screens must be in good repair and re-installed. Please contact the Maintenance Department during normal business hours if you require assistance in re-installing any screen. If no repairs are needed, there is no charge for this service.



Guest Speaker for November

The guest speaker this month is Jen Thomas, a Program Coordinator and a Health Coach from AHEC West. She will be speaking about an exciting new program coming in 2018. This program is designed to promote personal health, education, and wellness. After the presentation, Jen will guide you through a relaxing guided imagery activity.

Queen City Tower

November 9th – 2 p.m. - 2:30 p.m.

John F. Kennedy

November 15th – 2 p.m.- 2:30 p.m.

Bible Study

John F. Kennedy

November 10th and November 24th – 6 p.m. to 7 p.m.

Queen City Tower

November 11th and November 25th – 6 p.m. to 7 p.m.

Blood Pressure Check

John F. Kennedy

November 1st and November 15th – 2:30 p.m.

Queen City Tower

November 9th and November 30th – 2:30 p.m.

Queen City Tower Prayer Group **November 7 at 2:00 P.M.**

The Resident Council voted to have a Prayer Group at Queen City Tower as a means of bringing our community together in a positive way. The 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 on Tuesday, November 7, 2017 at 2:00 p.m. for fellowship and light refreshments. Jennifer Lewis will facilitate the group. We hope to see you there.

JFK Spaghetti Dinner

Saturday, November 11, 2017, 6 p.m.

Enjoy a plate of Spaghetti with Meat Sauce and Bread for \$2.00.

All Residents Welcome.

Thought for The Month

Life is like a glow stick.

Sometimes you have to be broken before you shine.

Resident Council Meetings

Queen City Tower – November 9th at 3 p.m.

John F. Kennedy – November 15th 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 **Friday, November 3, 2017, from 3:00 p.m. to 3:30 p.m., and on Monday, November 6, 2017, from 5:00 p.m. to 5:30 p.m.** in the community room. There is a \$7 donation in order to receive the food. Distribution will be on Thursday, **November 9, 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, November 9, 2017**, to pick up the PAF order or the items will be forfeited.

TEFAP – Free Government Foods

The food will arrive on Tuesday, November 7, 2017. It will be best to try to pick it up on November 8, 2017. The sooner you pick the food up after the 7th, 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

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.

Jane Frazier

Nov. 6 & 13 th	Art Class	5:00 pm - 6:30 pm
Nov. 20 & 27 th	STEM Class	5:00 pm - 6:30 pm

Banneker Garden

Nov. 7 & 14 th	Art Class	5:00 pm - 6:30 pm
Nov. 21 & 28 th	STEM Class	5:00 pm - 6:30 pm

Field Trip #2 - To be announced at a later date.

Fall Clean Up Time

As winter approaches and the leaves begin to fall, it is the time to clean your yard and properly store all toys and lawn furniture. Please rake leaves and remove trash from your respective areas and dispose of properly. If you have any bushes, clean under and around them. If you are a pet owner, you are responsible for removing all pet waste.



All yards should be given a final mowing for the season, as well as trimming all fence lines and around storage bins. Any bushes, plants, or flowers should be trimmed away from all fences or buildings.

In addition to keeping your lawn areas in good condition, please do not throw food or cooking grease in your yard. Not only does it kill the grass, but it will also attract unwanted rodents. All storm and entry doors should be scrubbed and wiped clean, as well as window ledges.

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.

Hope Against Heroin Event

MOVIE NIGHT

All the kids in the community are welcome to come. Free Soda and Popcorn for everyone!

Jane Frazier Community Room
November 15th from 6:00 - 8:00 PM

Stretching to EmPower (STEP)

All Ladies are welcome to participate in this activity. There is NO COST to participate!

Stretching to Empower is an opportunity for women to engage with one another, learn from each other and strengthen their mind, body, and spirit.

Two 10-week educational sessions per year which includes 1-hour of YOGA.

Education will address opioid prevention; alternative pain management; healthy eating, mind-body skills, Good Samaritan laws, personal wellness and more.

Yoga will be provided by a certified instructor to build your mental, spiritual, and physical strength.

Contact Jen Thomas, Program Coordinator
AHEC West
301-777-9150 ext. 109
jthomas@ahecwest.org

Family Literacy Night

Jane Frazier Village Nov. 9th - 6 pm - 7 pm
Banneker Gardens Nov. 16th - 6 pm - 7 pm

Dinner will be served each night. Children will have fun listening to the stories, making a craft with their family and taking home a free book.

Banneker Gardens

Resident Council Meeting
Nov. 2nd at 1:30 PM in the Center
&
Resident Hosted Craft Night
Nov. 13th at 5:00 PM in the Center





Open Enrollment begins Nov. 1

Open Enrollment under the Affordable Care Act (ACA) is set to begin Wednesday, Nov. 1. The annual enrollment period has been shortened; with the health insurance signup period ending Dec. 15.

In Western Maryland, enrollment services for the ACA are being provided through the Western Maryland Health Insurance Connector, a program based at AHEC West, which is located on the downtown Cumberland Mall, at 39 Baltimore Street. The Western Maryland Health Insurance Connector, which serves Maryland's three western-most counties, also has offices in Oakland and Hagerstown.



For more information about your health insurance options under the ACA, visit the regional Connector's website at www.wmdhealthconnect.org.

Call 888-202-0212 to schedule an appointment or talk to a certified ACA Navigator about your health insurance needs and options.

Other important points to remember:

- All Connector Program services are free.
- Open Enrollment is from Nov 1 until Dec 15.
- The Connector Program will have evening and weekend hours available (call 888-202-0212 to schedule)
- For many people the price of insurance premiums will be the lowest ever, as low as \$5 to \$10 per month.
- For some people Gold plans with lower deductibles will be very affordable.
- AHEC West will be hosting Walk-In Wednesdays every Wednesday during Open Enrollment from 9am to 6:30 pm. Consumers can just stop by the Cumberland location without an appointment.
- Most consumers seeking insurance in our area will be shielded from the premium increases because financial help will also increase.
- Folks can go to our website www.wmdhealthconnect.org to learn more.
- Call 888-202-0212 to schedule and appointment or get information.
- For many consumers, the penalty associated with NOT having health insurance will be higher than the cost of insurance itself.
- Because the prices are so low this year, it is worth it for everyone to find out for themselves.

AHEC West
301-777-9150 rkerns@ahecwest
<http://www.ahecwest.org>

Have You Joined our Facebook Group?

All tenants our encouraged, to request to join the Facebook group **Cumberland Housing Activities and Events**. All activities and events that are happening at the family developments is posted her. Also, activities going on in the community that other community groups and organizations have are posted here as well as job openings and other programs that are available to the community.

Banneker Gardens Neighborhood Clean Up

Cumberland Eastside Neighborhood Association Inc. will be meeting in the BG Community Room on November 20th at 7:00 PM to plan a neighborhood clean up. Residents are welcomed and encouraged to attend. This is your community and your chance to join this group of dedicated individuals who are invested in making the Eastside community a cleaner, safer place to live.

Too Many Garbage Bags Laying Around

As you know, if any of our Staff see any garbage bags sitting outside in your yard, the maintenance department will be notified and they will come and take the bags to the dumpster.

For each bag they take, you will be charged \$5.00 per bag. If you find you do not have time to take your trash to the dumpster, the garbage bag needs to be placed in a garbage container with a lid on it to avoid the \$5.00 charge.

Cumberland Housing Event and Activity Schedule

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 JFK Blood Pressure Check 2:30 p.m. <i>Inspect JFV Bldg 8</i>	2 Extermination QCT (AM) - JFK (PM) BG RC 1:30 <i>Inspect JFK 9th Floor</i>	3 JFK PAF Collection 3 p.m.	4
5 Daylight Saving (end)	6 JFK PAF Collection 5 p.m.	7 TEFAP(Govt. Foods) Arrives at Sites RENT DUE QCT Prayer Group 2 p.m.	8	9 JFK PAF Dist. 11:15 JFK Movie Night 6 p.m. QCT Guest Speaker 2 p.m. QCT Blood Pressure Check 2:30 p.m. QCT Resident Mtg 3 p.m. Exterminator JFV Bldgs 7-17	10 Exterminator JFV 1-6 & BG JFK Bible Study 6 p.m. Housing Office Closed	11 Veterans Day JFK Spaghetti Dinner - 2 p.m. QCT Bible Study 6 pm
12	13 Y @ JFV 5-6:30	14 Y @ BG 5-6:30	15 JFK Guest Speaker 2 p.m. JFK Blood Pressure Check 2:30 p.m. JFK Resident Mtg 3 p.m.	16 Exterminator - FCH Literacy @ BG 6-7	17	18 QCT and JFK Thanksgiving Meal
19 Salvation Army Free Thanksgiving Meal 2 p.m. - 6 p.m. Dine -In or Carry Out	20 Unpaid RENTS will be Filed in District Court Y @ JFV 5-6:30 CENA @ Bg 7:00	21 Y @ BG 5-6:30	22	23 Thanksgiving Housing Office Closed	24 Housing Office Closed JFK Bible Study - 6 p.m.	25 QCT Bible Study - 6 p.m.
26	27 Y @ JFV 5-6:30	28 Y @ BG 5-6:30	29	30 QCT Blood Pressure Check 2:30 p.m. Girls Group @ JFV 5-6		
		Notes 11/09/17 Family Literacy Night at JFV 6-7 11/15/17 Hope Against Heroin Movie Night at JFV 6-8 11/16/17 Family Literacy Night at BG 6-7 CENA-Cumberland Eastside Neighborhood Association, Inc.				

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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 Inspect - Preventive Maintenance Insp