

# Family Neighbors

The Hagerstown Housing Authority is committed to providing quality, affordable house in a safe environment. Through partnership with our residents and other groups we will provide opportunities for those we serve to become self-sufficient.



*To associate on neighborly terms ♦ To be friendly ♦ Persons who live near others*

March 2021



Sergeant John Yost

On the evening of January 30, 2021, Sergeant John Yost distinguished himself by assisting an elderly resident out of a smoke-filled hallway, caused by a fire in a tenants apartment in Potomac Towers. Sergeant Yost's selfless act undoubtedly kept the resident from serious injury during this emergency event. The unknown resident became trapped in the smoke-filled hallway due to the fire and was hampered by the use of a personal walker, which limited the mobility of the resident. Sergeant Yost's quick thinking and courage in placing his own safety at risk to assist another person in the emergency was above the call of duty and it reflects greatly on Sergeant John Yost and the Hagerstown Housing Authority.

Hero

is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

-Christopher Reeve

Do You Like **BINGO**?

Pick Up Your Special St. Patty's Day **BINGO** Goodie Bag on Friday March 12 th @ 1 pm  
(Frederick Manor @ the Boys & Girls Club, Noland Village @ the Community Center)

(While Supplies Last)

Make Sure You Are Decked Out In Your St. Patty's Day Gear When You Play **BINGO** With Us On Our Next Creating Community Connections ZOOM Meeting on Wednesday March 17th at 1:00 pm. There Will Be A Pot Of **GOLD** (Prizes) At The End Of The **RAINBOW!**

ZOOM Meeting ID:  
99121781177

ZOOM Passcode:  
645977

You must be on ZOOM video to play!



## Family Self Sufficiency Program

### What is the Family Self Sufficiency Program?

The FSS Program was designed to give recipients the opportunity to fulfill goals that they may have thought of as not achievable. This program is offered through the Resident Services Department of the Hagerstown Housing Authority.

The Family Self Sufficiency Program is a voluntary program designed to provide individual case management services to residents for the purpose of achieving self sufficiency. The participants identify specific goals in which they agree to pursue accomplishing with the assistance of a case manager. These goals are concentrated in the areas of education, job training and placements, budgeting and credit repair, the purchase of an automobile and/or homeownership and much more. Goals will vary based on each individual's needs.

If you would like more information on the FSS program please contact one of the coordinators.

*Tacy Myers 301.733.6911 ext 157*

*Kelly Mills 301.733.6911 ext 158*

*Pamela Schnebly 301.733.6911 ext 167*



Step 1: If your child attended Pre-K in Washington County, you must still enroll in Kindergarten, but you may not need to complete all the paperwork. Please talk to the clerical staff at your child's school to inquire about the needed information.

Step 2: If your child is **NEW** to **WCPS**, please follow the next few steps to enroll.

Step 3: To enroll in Kindergarten, your child must be 5 years old by September 1, 2021. When you have gathered all the documents below please **call the school your child will attend to make an appointment to enroll.**

- \*A photo ID of parent/legal guardian enrolling student
- \*Child's birth certificate
- \*Immunization records
- \*Health Inventory
- \*Proof of Residency (current w/in 90 days)
- \*Custody Documents (if applicable)



## ZOOM CHEAT SHEET FOR BEGINNERS

If you've never used ZOOM before, here are a few easy steps to get you started.

### If you don't have a hyperlink:

1. Open up your web browser and log into Zoom.com
2. Click on join a meeting
3. Type in the meeting ID and click join
4. You may need to click on [open.zoom.us], especially the first time
5. Click join with computer audio

### If you were given a hyperlink:

1. Click on the link and it should take you directly to the meeting.
2. Follow steps 4 & 5 as stated above.

### Helpful Tips:

1. Your microphone and video controls are in the bottom left corner. Please keep on mute unless you are speaking.
2. If you are accessing Zoom from a tablet or your cell phone, you will need to first download the Zoom app.
3. At the top of the page, you will see other participants.
4. Please be respectful of others speaking and wait your turn.



SUNDAY MARCH 14, 2021 @ 2:00 AM

## Please Join Us For Our New Informational Zoom Series: **Creating Community Connections**

- **Wednesday March 10, 2021 @ 2:00 pm**
- **We welcome Lisa Moran the Community Health Advocate for Priority Partners.**
- **Lisa will be providing information about Dental Health.**

- **Wednesday March 24, 2021 @ 2:00 pm**
- **We welcome Hannah Person the Program Coordinator at the Washington County Health Department. Hannah will be providing us with information about Diabetes Prevention.**

- **We hope that you can join us for some FUN with the Resident Services Team and receive some useful INFORMATION from our Community Partners!**

- **These events will be provided through Facebook Live on HHA Facebook Page!**

### CAC's Energy Assistance Program

# HELPS

Washington County residents...

## STAY WARM

MEAP - The Maryland Energy Assistance Program provides assistance grants to help with home heating bills.

## STAY CONNECTED

EUSP - The Electric Universal Services Program, provides financial assistance with electric bills.

## PAY PAST DUE BILLS

Arrearage Retirement Assistance, helps customers with large, past due electric and or gas bills.

Contact CAC at 301-797-4161 x300 or [washingtoncountyohep@wccac.org](mailto:washingtoncountyohep@wccac.org) for more information or to apply for Energy Assistance.

# FROM MAINTENANCE

## Heating Season



Heating levels that will be maintained in the family communities are from 66 degrees to 68 degrees. Your thermostat has a built-in thermometer that will tell you if the proper heating levels are being maintained in your home. Before you call Maintenance for service on your heating system, take a minute to look at your thermostat. The bottom portion is the thermometer. If the temperature in your home is 66 degrees or above and you call for service, you will be charged for the call. Overtime callouts are very expensive, and you can avoid these charges (\$97.08) by checking the temperature before you call. Do not force the thermostat beyond the limit on the dial. Broken thermostats are charged to the resident. Keep your windows locked. This provides a much better seal & reduces air leakage at windows.

Remember, using your oven or stove as a source of heat is dangerous and a lease violation. The misuse not only poses a serious health risk to you and your family but will result in damage to your appliance for which you will be charged.

## Ice and Snow Removal



A major concern during winter is the clearing of ice and snow. Residents in the family communities are responsible for promptly clearing ice and snow from the front and rear sidewalks leading to their units. Residents who fail to promptly clear their walks will be charged when the Maintenance Department has to perform the work. The maintenance crews get to the public walks as soon as possible. Any help residents can provide is greatly appreciated.

Ice scrapers are a much cheaper method of removing ice from walks than are chemicals. In addition, the extensive use of chemicals such as salt may damage the concrete making repairs necessary. Salt will damage next spring's grass and flowers as the melting ice carries it to the root systems. If you must use salt, clean it up once it has done its' job.

Residents should exercise good judgment in placing the snow that they remove from the walks. Never throw it out into the streets or courts. Never place it where your neighbors or the Maintenance

Department will have to move it again. Please do not allow your children to cover up cleared walks. ***The better you fulfill your responsibilities, the better we will be able to perform ours***



## Slippery When "Cold"

Please use caution when traveling outside of the building during the extreme cold days of winter. Periods of sun cause the snow/ice to melt and then refreeze later creating instant patches of ice. Take the extra time to avoid such areas for your safety.

## Bed Bugs In My Car???

When bed bugs travel, it is usually because their hiding place is transported while they're inside. Furniture, beds, bedding, boxes, backpacks, purses, and clothing are prime hiding places.

Bed bugs feed over long periods of time, and they can't hatch onto people like ticks can. They only truly vulnerable target in a car are sleeping passengers, or passengers sitting for a long period of time. That's not to say having bed bugs in your car is harmless.

Worst of all, bed bugs in a car rarely stay there long. Instead, they'll find good hiding places in transportable items like clothing, boxes, and bags. When you move those items, the bed bugs will come with them. Bed bugs in a home almost inevitably end up finding a bed, and then you **do** have to worry about them feeding. Unlike mosquitoes or ticks, bed bugs are not known to transmit diseases, but that does not mean you'll be comfortable providing a bloody meal while you are sleeping.

Preventing bed bugs is all about being proactive. Clean out and vacuum your car frequently. Shampoo floor mats, and replace them if they look frayed or damaged. Look for places where the pest might hide. Clean them especially thoroughly not missing the small crevices. Consider what you are putting in your car carefully, especially when you are traveling. Inspect your bags and suitcases after staying somewhere new.

When you return home, take everything out of your car and inspect it. Do not leave boxes and bags in your car overnight. Throw anything you suspect may harbor bed bugs into your dryer for about 20 minutes on high heat. To be really sure, look for them in and around your bed for a few days after a trip. If you find any, clean your car out again along with your bed.



### BULK TRASH PICKUP SCHEDULE

You may have your bulk items picked up on the following days of each month:

**1st Thursday: Noland Village, Courts 1, 3, 5 & 7**

**2nd Thursday: Parkside Homes and Douglas Court**

**3rd Thursday: Noland Village, Courts 2, 4, 6 & 8**

**4th Thursday: Frederick Manor**

**Please set your items out after 8:00pm the night before your scheduled day and have them on the curb prior to 8:30am on your scheduled pickup day.**

**This schedule will be strictly followed. Any bulk items set on the curb on days other than those listed for your community will result in a charge (\$60.00) to the resident.**

**Scattered Site locations will be expected to observe the bulk pickup days published by the City of Hagerstown. Check the newspaper or call the City for dates.**

**Washington County Mediation First  
82 W Washington Street, # 309  
Hagerstown, MD 21740 240.200.4108  
info@mediation1st.org**

We Strive To:

- Train community members who reflect the community’s diversity with regard to age, race, gender, ethnicity, income, and education to serve as volunteer mediators.
- Provide mediation services at no cost or on a sliding scale.
- Hold mediations in neighborhoods where disputes occur.
- Schedule mediations at a time and place convenient to the participants
- Encourage early use of mediation to prevent violence or to reduce the need for court intervention, as well as provide mediation at any stage in a dispute.
- Mediate community-based disputes that come from referral sources including self-referrals, police, courts, community organizations, civic groups, religious institutions, government agencies and others.
- Educate community members about conflict resolution and mediation.
- Maintain high quality mediators by providing intensive, skills-based training, apprenticeships, continuing education, and ongoing evaluation of volunteer mediators.
- Work with the community in governing community mediation programs in a manner that is based on collaborative problem solving among staff, volunteers, and community members.
- Provide mediation, education, and potentially other conflict resolution processes to community members who reflect the community’s diversity with regard to age, race, gender, ethnicity, income, education, and geographic location.

### March Pest Control Schedule

Week 1 3/3/2021	Noland Village Ct 1 1000-1016 & Court 2 1005/ Community Building/Kitchen
Week 2 3/10/2021	Noland Village Ct 2 1009-1013 & Court 3 1020-1032 & Court 4 1017
Week 3 3/17/2021	Noland Village Ct 4 1021-1033 & Court 5 1036-1040
Week 4 3/24/2021	Noland Village Ct 5 1044 & Ct 6 1037-1049 & Ct 7 1052-1056
3/24/2021	HRC UNITS- 212-214, 441-443 N. Jonathan Street



# PARTNER UP TO PREVENT TYPE 2 DIABETES

## New, Free, Online Program to Prevent Type 2 Diabetes



Did you know that 1 in 3 American adults has prediabetes, and most of them do not know it?

If you have prediabetes or other risk factors for type 2 diabetes, **now is the time to take charge of your health and make a change.** The **PARTNER UP to Prevent Type 2 Diabetes** lifestyle change program can help!

Invite your spouse, partner, parent, adult child, or good friend to be your partner and **join this new yearlong program with you today.** Together, you and your partner will be active participants in the program as you:

- Receive type 2 diabetes prevention education and participate in activities approved by the Centers for Disease Control and Prevention (CDC)
- Learn tips and support for you and your partner to work together for better health
- Participate in classes with a trained lifestyle coach to help you and your partner eat healthier, be more physically active, and manage stress
- Share experiences and get support from others like you and your partner



As a participant in this program, you and your partner will receive:

- A free scale or access to a wheelchair accessible scale if needed
- Other healthy lifestyle supports to aid you through your program, including any needs related to mental and physical disabilities
- A free blood pressure cuff to participate in our free blood pressure self-monitoring program as part of this National DPP class

**The next PreventT2 program starts March 29, 2021 and space is limited, so don't delay—contact us for more information and join today by emailing [Deborah.Lehr@meritushealth.com](mailto:Deborah.Lehr@meritushealth.com) or calling 301-790-8626.**



**Washington County Health Department**  
**Washcohealth.org**



Hagerstown Housing Authority  
35 W. Baltimore Street  
Hagerstown, MD 21740



<https://www.facebook.com/hagerstownhousing/>