

## Do You Have a Pet?

Just a reminder that our pet policy prohibits you from laundering any pet bedding in your building's washing machines.
















Not only can these items be heavily soiled, but many other residents have pet allergies and are physically unable to tolerate shared laundry equipment. If you are washing anything else that could contain pet hair, please be sure to wipe down the machines after use. And a reminder to everyone, pet owner or not, to clear the dryer lint filter after each use. This not only removes pet hair but also helps reduce fire risk and increase efficiency.

**Thank You!**

## Veggies & Legumes

W	T	O	R	R	A	C	B	E	Z	T	H	H	N	I
I	A	S	S	G	J	O	I	U	N	S	G	I	L	S
L	T	T	O	Q	T	M	C	A	I	E	K	T	E	T
O	S	I	E	A	U	C	S	D	T	P	R	U	T	O
C	A	P	T	R	H	A	A	R	M	I	N	R	T	L
C	S	O	I	I	C	R	S	U	E	C	U	N	U	L
O	P	C	N	N	S	R	P	H	W	P	L	I	C	A
R	O	I	V	G	A	N	E	I	T	H	P	P	E	H
B	O	L	I	V	E	C	T	S	O	E	L	E	R	S
S	N	A	E	B	P	W	H	I	S	P	H	I	P	D

Looking for vegetables and legumes. They may be spelled forward, backward, downward, upward, or diagonally.

- |          |   |         |   |            |   |
|----------|---|---------|---|------------|---|
| BEANS    |    | OLIVE   |    | SPINACH    |    |
| BROCCOLI |    | PEPPERS |    | SQUASH     |   |
| CARROT   |  | POTATO  |  | TURNIP     |  |
| SHALLOTS |  | PUMPKIN |  | WATERCRESS |  |
| LETTUCE  |  | RADISH  |  | ZUCCHINI   |  |



Merrymeeting Gleaners provide fresh veggies from local farms every Wednesday. We then deliver to your refrigerators, so **check your Community Room refrigerator and help yourself!** The Gleaners have also provided reference binders for each building with photos of each vegetable and great ideas of how to use them. What kinds of veggies have recent deliveries included? Lettuce, zucchini, cucumbers, swiss chard, cabbage, broccoli, cauliflower, fennel, celery, summer squash, leeks, potatoes and more.....

### Have you considered applying for a USDA Senior Food Box?

Boxes contain a variety of foods, such as dry milk, juice, oats, cereal, peanut butter, canned fish and canned fruits & vegetables. Boxes are delivered once/month at the Senior Center on Floral Street. There is typically a waiting list of several months, so consider applying early. If you're over 60 and you'd like to apply, stop by Office Hours in your building or call Kristen at 295-3317.

# BATH HOUSING SCUTTLEBUTT

August 2019  
80 Congress Ave, Bath ME

*Welcome to the Garden... Moorings & Seacliff This Time*



### Free Trolley Time!

We have arranged for a **Summer Trolley Shopping Trip on Wednesday, August 7**, with pick-ups starting at 2:15pm. The trolley will first make a WalMart stop and then a Cooks Corner stop with pick-ups later at both locations. Drop-offs back at your building will range from 6-7pm. The calendar will give you an approximate pick-up time for your building, but times will vary depending on how many residents load at other stops. **Because**

**the trolley has only a few tie-downs, please call Kristen (295-3317) if you use a wheelchair or Hovaround and would like to go, and those spots will be reserved according to available tie-downs.** Residents with Rollators will need to be prepared to hold their Rollators during the trip, and the trolley driver will determine when the trolley is at capacity for riders and equipment. While we need to pass along these trolley requirements, please be aware that in the past there has always been plenty of room for all who are interested! Watch your bulletin board for details.



# Updates from Bath Housing

## Summer Sun Has Arrived.....

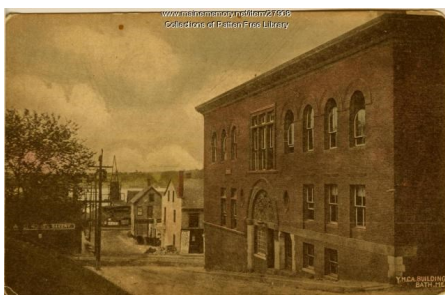
Summer is an important time to keep cool **and** check in on your neighbors. If someone is overheating, the Family Caregiver Alliance suggests that you may be able to help by assisting them with lying down in a cool place, elevating their feet, providing cool wet cloths and small sips of cool water. If you have any suspicion of heat stroke, call 911 to get medical personnel onsite immediately.

The FCA also recommends lightweight, loose fitting, light-colored clothing, hats and umbrellas, staying inside during the hottest hours from 11am-4pm, getting plenty of hydration with water (but not alcohol, coffee or tea), cool showers, cool, moist cloths on the back of the head or neck, closing blinds and using room fans during the day, opening windows at night and using fans to circulate the cooler night air if you don't have air conditioning. **Remember that your building's air-conditioned Community Room is always available as a place to get cool.**



## Bath Housing Preserves A Piece of Downtown

Bath Housing has acquired the Moses and Columbia Blocks On Front/Summer Streets. These properties were originally constructed in the 1890s and uses over the years have included the Columbian Theatre and the YMCA. The buildings currently house both rental apartments and retail tenants. We are committed to preserving these historic buildings, the character and vitality of downtown Bath and the availability of modestly priced intown apartments. To ensure that we maintain our commitment to our existing properties, we added a full-time Maintenance Technician earlier this year. We have also purchased a parking lot on Front Street with the intent of helping to relieve some of the parking pressure on those who live, work or operate businesses downtown. We know that many Bath Housing residents have memories of time spent in these buildings over the years and look forward to hearing your stories!



## Prevent Your Car From being Towed



We've decided to hold off on a recent commitment to share towing company contact information because we realized that many of you either do not have a Bath Housing parking sticker or have not updated us about your current vehicle. As a result, you could easily be mistaken for a non-resident in Resident Parking and be towed. This is not our goal, especially since Atlantic Towing charges \$150 to release a towed vehicle and an additional \$50/day for vehicles that are not picked up immediately. So please get current vehicle information to us and be sure to place a Bath Housing sticker on your vehicle.

In the meantime, please remember that anyone, whether Visitor or Resident, is entitled to use of a Disability parking space as long as they have Disability license plates or a hanging Disability placard in their vehicle. If you see a vehicle without Disability plates or placard, you can contact the Bath Police Department at 443-5563 and they will issue a warning. Additional violations will result in a parking ticket and finally the vehicle being towed.

## Where Can Residents and Visitors Smoke Here?

One place—the designated smoking area for your building. Smoking shelters are also now up for all buildings. There just isn't any wiggle room on this, so please do submit Complaint Forms when you are aware of smoking violations. What if you're a smoker who really wants to quit? The Maine Tobacco Help Line is a free, confidential resource available at 1-800-207-1230. Online tips and support are also available at [www.thequitlink.com](http://www.thequitlink.com).

# Events in Your Neighborhood August 2019

## Anchorage

**\*RSC Office Hours Changed to Wednesdays, 1:30-3:30pm in Admin Office\***

8/7: 2:45pm, Trolley Shopping Pick-Up

## Dikes Landing

**RSC Office Hours Tuesdays 2:30-4pm**

8/7: 2:15pm, Trolley Shopping Pick-Up

*\*Dikes Landing residents are welcome to attend Freezing/Pickling/Jam Workshop at another building. Contact Kristen if you are interested.*

## Moorings

**RSC Office Hours Thursdays 1:30-3:30pm**

8/6: 1-2:30pm, Freezing/Pickling/Jam Workshop

8/7: 3pm, Trolley Shopping Pick-Up

## Seacliff

**RSC Office Hours Mondays 2-4pm**

*\*BINGO every Saturday at 6 pm\**

8/7: 2:30pm, Trolley Shopping Pick-Up

8/12: 1-2:30pm, Freezing/Pickling/Jam Workshop

Just a reminder that Kristen always has **Free All Day Bus Passes** available for residents during Office Hours (bus passes are also available at the office front desk Monday-Friday). Applications for **Free YMCA memberships** are available during building Office Hours or at the main office Monday-Friday.

## Community Events

**Hair Cuts with retired salon owner Margarita Day**, People Plus, Brunswick, Friday August 2 and August 9, 9am-12noon, no appointment necessary, \$10, arrive with clean hair. 729-0757 for any questions.

**A Matter of Balance**, Mondays 1:30-3:30pm, August 5-Sept 30, People Plus, Brunswick. Practical strategies to reduce fear of falling and increase activity levels. Call 1-800-620-6036 to register. Free.

**Open House/Membership Drive/BBQ/Music** for those 55+, Saturday, August 10, 11am-1:30pm, Bath Senior Center, 45 Floral Street. Free.

**USDA Senior Food Box Delivery**, Tuesday, August 13, 9-11am, Bath Senior Center, 45 Floral Street.

**Bath Municipal Band**, Fridays, August 16, 23 and 30, 7-9pm, Gazebo, Library Park. Free. Bring a blanket or lawn chair.

**3rd Friday Art Walk**, August 16, Downtown, 4-7pm.

**Phytoplankton & Red Tide Lecture**, Tuesday, August 20, 6:30pm, Freight Shed. Free.



## Do you live at Moorings?

Are you interested in being entered in a drawing for a **\$25 gift card for Shaws?**

Participate in a Needs Assessment interview appointment with Kristen, Resident Service Coordinator, during 1 of the 4 available dates in August. Watch your board for details and call 295-3317 if you would like to schedule a time.