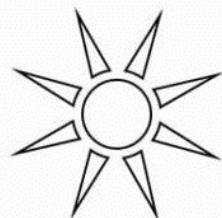


# Picnic Foods



## Word Search

Can you find the hidden words below?

a e p t e w v e g e t a b l e s a k a l a d u j  
 r i i c e t e a e m a r c h i c k e n e r s c e  
 u p a e q u y t e a p p l e p i e j a v e n e l  
 n a c k s a n d w i c h y c u p c a k e s a s l  
 a a c t p o t a t o c h i p s e r s o d a c e y  
 e r h u q h o t d o g a p a r s o s a j o k a p  
 s d e e p l a w n w a t e r m e l o n n e t l i  
 a a e a h a m b u r g e r t a c b o k w r i a c  
 n a s e o g a m i l y a t y a n d w o c h a e n  
 a q e r t p o t a t o s a l a d a s e l l y t i  
 u k c o o k i e s c o o g b a s k e t i c n a c

Find the Following Words:

- |            |              |              |
|------------|--------------|--------------|
| watermelon | hot dog      | picnic       |
| ice tea    | hamburger    | potato chips |
| sandwich   | jelly        | vegetables   |
| cheese     | soda         | apple pie    |
| snack      | potato salad | cupcakes     |
| chicken    | basket       | cookies      |

© 2009  
 HOMEMADE  
 GIFT GURU



Merrymeeting Gleaners continue to deliver **free, fresh vegetables from local farms every Wednesday**. Check your **Community Room refrigerator** and kitchen and help yourselves! Does something look too big for just you? Maybe ask a neighbor if they'd like to share! And don't forget about the binder in your kitchen for ideas about how to use the produce that arrives.

**Fresh produce from local farms will continue to be available at no cost at The Bath Sharing Table**, located outside the library, next to the gazebo, every Thursday from 3-6pm. Just help yourself.

**Free SNAP-Ed Cooking Workshops will start in October**. These will be interactive sessions that include a free bag of groceries. Watch your community bulletin board and next month's Scuttlebutt for information on how to register. Based on resident interest, the workshop will include 6 monthly sessions at Anchorage, Moorings and Seacliff. Dikes Landing residents will be invited to make arrangements to participate at one of the other buildings.

# SCUTTLEBUTT

## Get Your Flu Shot Without Having to Leave Home

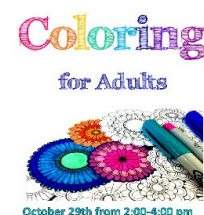
CHANS staff will be offering Flu Clinics for Bath Housing residents on **Monday, September 30**. If you have an insurance card, please bring this to your Flu Clinic. CHANS will provide vaccines at no charge to anyone who does not have insurance. Flu vaccines will be available in the Community Rooms that day at:

- Moorings: 10:00 am -11:00 am
- Anchorage: 11:30 am-1:00 pm
- Seacliff: 2:00 pm-2:30 pm
- Dikes Landing: 3:30pm-4:00pm



Check your community bulletin board for more details. The length of time at each location is based on CHANS data on the number of residents vaccinated at each location in previous years.

## Would you Like to See More Activities in Your Building?



Residents sometimes ask how to get activities started in their building, and there are lots of great examples here. Residents are organizing monthly Coffee & Donuts, weekly Bingo games, regular Coloring Groups, an annual Halloween party, periodic cookouts or potluck gatherings for lunch, dinner or dessert. One building has a few groups of residents who host events to raise money for building events and activities. Their fundraising efforts have included events like meals and ice cream sundae gatherings open to all building residents with a requested donation. Independent resident groups might also be interested in welcoming newcomers, starting puzzle, arts & crafts or game nights, acknowledging birthdays or working on volunteer projects. It's really completely up to you! As long as events follow the terms of your lease and are open to the entire building, you can go ahead and design your own gatherings, choose your own dates and post your own flyers and sign-up sheets.

What kinds of support can you expect from Bath Housing? We are glad to help with specific supplies when requested (such as providing the Corned Beef for a St. Patrick's Day dinner or crayons for a Coloring Group). With enough notice, we are also happy to list your events in the Scuttlebutt. If you would like something included, just contact Kristen the month before at [kmcevoy@bathhousing.org](mailto:kmcevoy@bathhousing.org) or 295-3317.

# Updates from Bath Housing

## September 17 Annual Meetings

Deb Keller, Executive Director and Jess Irish, Director of Housing will be at Anchorage, Dikes Landing and Moorings in September for Resident Advisory Board meetings as part of our annual planning process for Public Housing properties. All residents are invited to participate—check the calendar for your building’s meeting time.



### Property Manager Available During Upcoming RSC Office Hours

Residents often share feedback, questions or concerns during Resident Service Coordinator Office Hours that they would like passed along to Kevin, the Property Manager. We decided that it might be helpful to have Kevin available during RSC Office Hours from time to time, so he will be joining Kristen for Office Hours on specific dates in the fall. Check out this month’s calendar if you live at Dikes Landing or Anchorage and come by to talk with Kevin and Kristen then. Watch for Seacliff and Moorings dates in October.

### Grab that Laundry!

We have had such perfect weather for hanging laundry on the line. We have also had lots of broken equipment as a result of items being left on the line in the rain. ***The lines and posts are not designed to support the weight of rain-soaked clothes, sheets and blankets.*** Please continue to air dry your clothes—just be sure to get your clothes off the line before the rain starts. Thank you!



### How do I get help if a light is out or the shredder is overflowing? What if it is something urgent, like a broken window with broken glass or an overflowing toilet?

All work orders come through our office, so be sure to call us at 443-3116. You may need to leave a voice message, as our front desk staff often has multiple calls coming in at once in addition to helping visitors who come to the desk. Please leave your work order, a yes or no about Maintenance staff entering if you are not home and whether you would like a confirmation call. Urgent needs are prioritized and Maintenance staff will respond to those first. Response time is impacted by the number of priority requests as well as the number of apartment transitions to new residents. While it may take up to 2 weeks to have a routine work order completed, Maintenance Staff is typically able to respond within 3 days. If you need to place an urgent work order after business hours, please call our office and follow the prompts so that On-Call Maintenance Staff can be notified.



Anchorage residents have more detailed information, but if you are visiting Anchorage, be aware that major walkway and drainage improvements will be underway there in September. Please be sure to follow all construction safety signs.

### Notice of Public Hearing

Bath Housing Authority, pursuant to the Public Housing Reform Act, has developed a Five-Year Action Plan and an Annual Public Housing Agency Plan for the period beginning January 1, 2020. The public review period for these Plans begins August 12, 2019 and ends with a public hearing on Thursday, September 26, 2019 at 8:30 am at Bath Housing Authority, 80 Congress Ave, Bath, ME. During the period, the draft Plans will be accessible for review and public comment at the same location during normal business hours.

# Events in Your Neighborhood September 2019

## Anchorage

*RSC Office Hours Wednesdays 1:30-3:30pm in Admin Office*

9/3: Site Improvement Meeting, 1pm

9/4: Office Hours 8:30-10:30am (9/4 only)

9/9: Coffee & Donuts, 10am, Community Room (back to 1st Monday next month)

9/17: Annual Meeting, 10:30am

9/25: Property Manager available during RSC Office Hours

9/30: CHANS Flu Clinic, 11:30am-1pm

## Dikes Landing

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

9/10: Property Manager available during RSC Office Hours

9/17: Resident Meet & Greet Cookout, 1pm

9/17: Annual Meeting, 2pm

9/21: Bowdoin Student Volunteers

9/30: CHANS Flu Clinic, 3-3:30pm

## Moorings

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

9/17: Annual Meeting, 12:30pm

9/30: CHANS Flu Clinic, 10-11am

## Seacliff

*RSC Office Hours Mondays 2-4pm*

\*BINGO every Saturday at 6 pm\*

9/30: CHANS Flu Clinic, 2-2:30pm

## Community Events

**Prescription for Health**, 1-hour session to help you start improving your health (weight loss/nutrition/exercise/stress/sleep/quitting smoking), Thursdays, noon-1pm, MidCoast Center for Community Health & Wellness Movement Room, 329 Main Street Brunswick/South Entrance, 373-6585, Free.

**Yoga for Cancer**, ongoing weekly program to limit stress, reduce fatigue and promote healing for cancer patients and their caregivers pre/post/during treatment. Thursdays 5-5:45pm, Maine Pines Racquet & Fitness, 120 Harpswell Rd, Brunswick, 729-8433, Free. Scheduled to restart in September.

**USDA Senior Food Box Delivery**, Tuesday, September 10, 9-11am, Bath Senior Center, 45 Floral Street.

**Welcoming New Asylum Seekers to Bath**, join the Mid Coast New Mainers Group to learn about community newcomers, Tuesday, September 10, 6-7:30pm, Bath Library, Free.

**History of BIW** with Herman “Nick” Nichols, Thursday, September 12, 7pm, light refreshments, Freight Shed, 27 Commercial Street, Free, registration required due to limited seating: 443-4242.

**Living Well for Better Health**, Thursdays, 1:30-4pm, September 12-October 17 at Bath Library. Designed to help participants deal with chronic conditions. Provided by Spectrum Generations, Free, registration required: 1-800-620-6036.

The Bath Housing office will be closed **Monday, September 2** in observance of Labor Day and closed the **afternoon of Friday, September 20** for a staff event.

### Do you live at Seacliff?

Are you interested in being entered in a drawing for a **\$25 Shaws gift card**? Participate in a Needs Assessment interview appointment with Kristen, Resident Service Coordinator, during 1 of the 4 available dates in September. Watch your board for details and call 295-3317 if you would like to schedule a time.

