

FUN FALL WORD SEARCH

Find each of the fall words hidden below.

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

WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	



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Fall Veggie Deliveries



We are expecting additional changes as the Merrymeeting Gleaners transition to their fall delivery schedule. This will also mean a change in the amount and variety of vegetables that we receive. We will continue to get One-Call messages out as we have updates. Please help yourselves to these freshly picked vegetables in your Community Rooms/ refrigerators. And thank you to Anchorage residents for sharing pole beans with all!

SCUTTLEBUTT



Would You Know How To Recognize or Respond to a Medical Emergency?

Residents recently asked a fantastic question about whether it would be possible to learn more about serious medical situations and how to respond...and the answer is yes! As a result of this suggestion, **Lisa Kelley, RN, MSN, Community Care Nurse with Mid Coast/Parkview Health Services, will be offering sessions on how to recognize the signs of serious medical issues, such as strokes, heart attacks, choking, heat stroke and high/low blood sugar.** Lisa will also share information on how best to help someone who is exhibiting these symptoms and what to expect when emergency medical response is needed. Lisa will be at Dikes Landing on Wednesday, November 20 at 2pm and Moorings on Thursday, November 21 at 2pm. If residents find these helpful, stay tuned for future sessions to be scheduled at Anchorage and Seacliff.

Last Chance to Join the SNAP-Ed Cooking Matters Workshops

If you have been thinking about the SNAP-Ed Cooking Matters series, **Ally cannot accept any new participants after the 2nd session, which would be the November sessions.** So if you would like to register for the rest of the series, please contact Kristen, Resident Service Coordinator, at 295-3317 right away. If you participated in the first session without registering, please also contact Kristen to secure a spot, as Ally uses our list to plan her grocery purchases. **As a reminder, each session will include an interactive workshop where participants prepare and enjoy a meal together and then take home free groceries to make a meal at home.** The workshops and groceries are FREE but do require registering ahead of time. Check your Community Bulletin Board for the dates and times for your building. **Please make a note of these times once you register so that you do not miss your sessions.** If you have registered and are no longer interested, please let Kristen know so that Ally can be updated.



Looking for Resources on Avoiding Scams?



Join Officer John Dietlin from the Bath Police Department for an informational program on the Telephone Robocall Abuse Criminal Enforcement Deterrence (or TRACED) Act, which is designed to block illegal Robocalls and increase the penalties for scammers. Officer Dietlin will also share general tips about protecting yourself from scams. In addition, he will allow time for any questions about your local police resources. Officer Dietlin will be visiting Anchorage on November 19, Dikes Landing on December 3, Moorings on December 17 and Seacliff on January 7, with each session starting at 12noon.

Remember that Daylight Savings Time ends this month.
Turn your clocks back 1 hour on Sunday, November 3rd.



Updates from Bath Housing

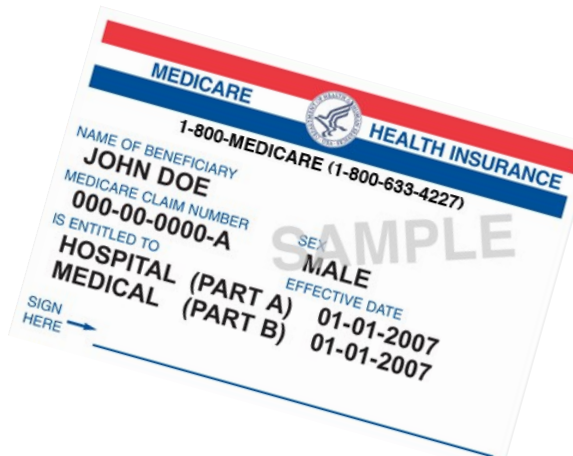


Thank you for your patience and assistance as the Department of Housing and Urban Development (HUD) scheduled Real Estate Assessment Center (REAC) inspections for mid-October...and then re-scheduled as a result of our major fall storm and power loss. We also realized that not all residents had basic storm supplies on hand, so now may be a good time to consider making Storm Kits. When putting together your supplies, some options to consider are: flashlights and batteries (a much safer option than candles), food that does not require refrigeration, extra bottles of water, 1st aid supplies, essential phone numbers, a watch or battery-powered clock, a battery-powered radio and warm clothing or blankets. If you know that a storm is coming, consider charging your cell phone in advance and refilling any prescriptions that are running low. Once you lose power, keeping your refrigerator and freezer closed will help things to stay cooler for longer. **If you depend on electricity for any medical essentials, be sure to work with your medical provider on a plan for power outages.** Anyone who relies on power for life-sustaining medical equipment can also contact CMP about their Lifelight Certification process, which identifies you in their system and offers contact from them before planned power outages and during extended emergency outages. Contact CMP at 1-800-750-4000 for more information or ask Kristen about this program. You can also reach CMP at 1-800-696-1000 to report a power outage. In a medical emergency, please call 911. In the event of an urgent Maintenance issue during a storm, call our main office number at 443-3116 and follow the prompts to notify on-call Maintenance staff. We likely have many winter storms ahead of us, and hopefully preparing now can make them less stressful!



We're in Medicare Open Enrollment Season!

This is such an important time—the one time of the year when you can review and make changes to your plan. Could you use some help reviewing your options and navigating your decisions? **Andrea Handel with Spectrum Generations is our local Aging & Disability Resource Specialist** and is available to help at no charge. You can reach her at 607-4405. Open Enrollment ends December 7th, so reach out to Andrea soon.



Do you have a balance on your account? Or possibly a credit?

You may! In the coming months, **if you have a balance**, Bath Housing will be reaching out to you by mail to let you know where you stand. The letter will include a statement of any outstanding charges (anything from a lock out fee in 2017 to a recent large item removal) and how much you currently owe on your account. **If you have automatic rental withdrawal in place, sundry charges will not be automatically withdrawn.** In this case, a separate check must be submitted to the office at 80 Congress Ave, Bath Maine 04530. **If you do not have automatic withdrawal**, you are welcome to add the sundry charge to your next rent payment. As always, if you have questions regarding the charge or would like to set up a payment plan, please reach out to the Bath Housing team at 443-3116.

Events in Your Neighborhood November 2019

Anchorage

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

11/4: Coffee & Donuts, 10am, Community Room

11/14: FEAST @ 5:30pm

11/19: Robocall/Scam Prevention Session with Officer John Dietlin, noon-1pm

11/27: SNAP-Ed Cooking Matters #2 of 6, registration required

Dikes Landing

RSC Office Hours Tuesdays 2:30-4pm

11/20: Medical Signs & Actions Program with Nurse Lisa Kelley, 2pm

Moorings

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

11/7: FEAST @ 5:30pm

11/13: SNAP-Ed Cooking Matters Session #2 of 6, registration required

11/14: Property Manager available during RSC Office Hours

11/21: Medical Signs & Actions Program with Nurse Lisa Kelley, 2pm

Seacliff

RSC Office Hours Mondays 2-4pm

BINGO every Saturday at 6 pm

11/6: SNAP-Ed Cooking Matters Session #2 of 6, registration required

Community Events

Election Day, Tuesday, November 5, Polls located at Bath Middle School, 8am-8pm. Register to vote at the City Clerk's Office, 1st floor of City Hall—bring a driver's license with your current address. View a sample ballot at City Hall or at <http://www.cityofbath.com/Elections/>.

USDA Senior Food Box Delivery, Tuesday, November 12, 9-10:30am, Bath Senior Center, 45 Floral Street. Stop by RSC Office Hours if you are interested in applying to participate.

Christmas Tree Shop trip with Bath Senior Center, lunch on your own at Olive Garden, Tuesday, November 12, \$8 for members, \$10 for non-members, call 443-4937.

Medicare 101 Session with Spectrum Generations, People Plus, Brunswick, Tuesday, November 12, 12:30-2pm. Call 729-0757 to register. Free.

Nutrition & Aging: How Your Needs Change As You Age, presentation by Mid Coast Hospital Outpatient Nutrition, Wednesday, November 13, 3-4pm at Thornton Oaks Retirement Community, Brunswick. Free. Call 373-6585 for more information.

American Cancer Society Great American Smokeout, Thursday, November 21, visit cancer.org/smokeout or call 1-800-227-2345 for free support and resources.

\$10 Haircuts with Margarita, former owner of Margarita's Hair Styles, at People Plus in Brunswick on Fridays, November 1, November 8 and November 15, 9am-12noon, no appointment necessary, arrive with clean hair. All proceeds go to People Plus. Call 729-0757 with any questions.

Our office will be closed on **Monday, November 11** in observance of Veterans Day and on **Thursday, November 28** and **Friday, November 29** in observance of Thanksgiving

If you are a veteran looking for resources, please let Kristen know.