



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

### Breakfast Cookies

Recipe from [chocolatecoveredkatie.com](http://chocolatecoveredkatie.com)

#### Ingredients

- 1/2 cup rolled oats
- Scant 1/2 cup applesauce or mashed banana
- 1/4 cup nut butter
- 1/2 teaspoon vanilla extract
- 1/16 teaspoon salt
- 2-3 Tablespoons mini chocolate chips
- 2 Tablespoons dried fruit or 2 1/2 Tablespoons freeze dried fruit or more chocolate chips
- Optional: 2 Tablespoons sugar or pinch stevia (see note below)
- Optional add-ins: such as chia seeds, shredded coconut, etc.

Preheat the oven to 350 degrees. Mash the applesauce or banana with the nut butter until smooth, then stir in all other ingredients until well-combined. Shape into cookies—I used a mini cookie scoop—and bake on a greased cookie sheet for around 15 minutes. Let cool 10 minutes before removing from sheet. This makes 18 mini cookies (as shown in the photos), or 10-12 bigger cookies.

\*Especially if using banana, you can easily omit the added sweetener entirely for a wholesomely delicious taste that's like eating mini muffins in the form of a cookie. If you'd prefer more of a dessert taste, add extra sweetener as desired, starting with the listed 2 Tbsp and going from there – if you want to use a liquid sweetener, just cut back on the banana or applesauce.



Just a reminder that the fresh veggie pick-up at our office has been discontinued due to lack of participation. If you are interested in future pick-up of local vegetables or would like information on other local food resources, please contact Kristen, Resident Service Coordinator, at 295-3317 or [kmcevoy@bathhousing.org](mailto:kmcevoy@bathhousing.org).

If you receive SNAP benefits, remember to schedule your **LIHEAP** appointment in order to maintain your full SNAP benefits. You can reach the Kennebec Valley Community Action Program (KVCAP) at 859-1500, 1-800-542-8227 x 1500 or at [www.kvcap.org](http://www.kvcap.org).



## Family Scuttlebutt



During our recent major fall storm and power loss, we 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/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 or ask Kristen about this program. You can 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!

### 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.

- **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/>.
- **American Cancer Society Great American Smokeout**, Thursday, November 21, visit [cancer.org/smokeout](http://cancer.org/smokeout) or call 1-800-227-2345 for free support and resources.
- The Bath Housing office will be closed **Monday, November 11** in observance of Veterans Day and **Thursday, November 28** and **Friday, November 29** in observance of Thanksgiving.

