

## WINTER WORD SEARCH

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

BLIZZARD	ICY	SHOVEL
FROSTY	IGLOO	SLED
FROZEN	JACKET	SNOWBALL
HOT COCOA	MITTENS	SNOWFLAKE
ICICLE	SCARF	SNOWMAN

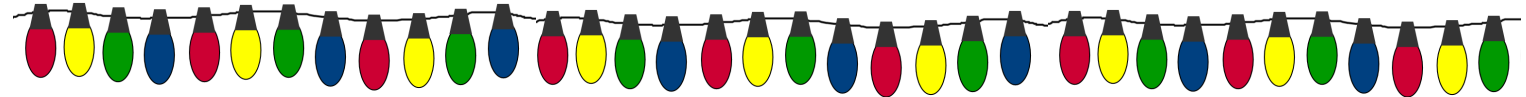


### Have You Registered for Cooking Matters?

Fantastic! In order for SNAP-Ed to offer the program, it is important that you participate in the sessions once you have registered. If you've lost track of the dates, check your Community Bulletin Board and be sure to add them to your calendar.

Merrymeeting Gleaners will continue with **Monday veggie deliveries** for the rest of the winter. Help yourself and remember that there are gleaner binders in each Community Room with photos, suggestions and recipes for each vegetable.

# SCUTTLEBUTT



## Happy Holidays! You're Invited.....

We so hope that you will be able to join us for holiday gatherings this month. You can expect a delicious hot meal and time to enjoy each other's company by visiting with neighbors and staff. Supplies will also be available for making holiday cards. In addition, you will have the opportunity to support Dogwill, which provides pet supplies at no cost. They are in need of braided fleece toys, so there will be piles of fleece available for braiding for anyone who would like to help. Holiday meal dates and times are listed on the calendar inside. If you have any food allergies/dietary restrictions, please let Kristen know by December 4. **Again, all residents are welcome!**

### Would you like to explore the holiday lights of Bath?



The Bath Senior Center is organizing a trip on the Bath Trolley on Thursday, December 19. Charlie will be providing a tour of the holiday lights with an option for caroling along the way. After the trip, there will be hot beverages and homemade cookies back at the Senior Center. **If there are at least 15 Bath Housing residents interested in this trip, the Senior Center is willing to offer an additional trip at 5:45pm and we will cover the cost of the trolley tour for residents who would like to go** (for as long as seats remain available). Please contact Kristen, Resident Service

Coordinator, at 295-3317 by **Wednesday, December 4** if you would like to reserve a spot. Please also let Kristen know if you will need transportation to the Senior Center.

We understand that when residents see Maintenance staff out plowing, they sometimes want to come ask about the timeline for sanding, say hello, make a request or offer a thank you. Please hold off on all of these. Why? While plowing, it is very difficult for Maintenance staff to see people approaching the truck, and even harder to see anyone behind the truck. The goal of plowing is to make residents safer and to keep the buildings accessible to emergency vehicles and we want to avoid risking any injuries in the process. Thank you for your help in keeping winter clean-up as safe as possible by staying clear of the plow trucks and instead calling the office with any questions or feedback.



### 211 Maine: The Easiest Place to Start a Search for Any Kind of Resources



If you're on the hunt for just about anything—home health options, food resources, addiction treatment, veteran resources, Medicare or MaineCare help, clothing banks and much, much more—211 Maine offers information on connecting with lots of local resources and is a fantastic place to start. You have 4 options for connecting:

- 1) Dial 211 to reach out by phone and speak directly with 211 Maine staff
- 2) Send an e-mail to [Info@211Maine.org](mailto:Info@211Maine.org)
- 3) Text your zip code to 898-211
- 4) Search the online directory at [211maine.org](http://211maine.org)

211 Maine staff is available 24/7 and there is no charge for this service.

# Updates from Bath Housing

## Staying Warm Inside and Out



According to the National Institute on Aging (NIA), older adults may not only lose heat faster but can also have a more difficult time realizing that they are cold. To avoid dangerously low body temperature, the NIA recommends keeping the heat in your apartment at 68 degrees or above, dressing warmly both day and night, using extra covers when sleeping and remembering that alcoholic beverages can contribute to losing body heat. What if you're headed outside in the cold weather? Keep in mind that strong wind

can quickly lower your body temperature and avoid staying out in the cold and wind for a long time. Layers of air between multiple layers of clothing will help keep you warm and be sure to wear a hat and scarf, as you will lose more heat if your head and neck are exposed. Many other variables can impact your ability to stay warm, including medical issues, medications and your activity level. Check out the NIA website for more information and talk with your medical provider about recommendations that are best for you. If you have any trouble with the heat in your apartment or the temperature in common areas, remember that all Work Orders need to be placed through our office and give us a call at 443-3116.

### How is the Bus working for you?

We are grateful to be able to offer bus passes to residents at no charge. We are also aware that the current bus schedule, routes and accessibility do not meet all residents' needs. While we don't control decisions made about bus operations, we can share important feedback with the city. To be sure that we adequately reflect your requests and feedback: Would any changes to the current bus schedule be helpful to you? Are there any locations, events or services that you cannot currently access by bus? How have these gaps impacted you? **Please share any feedback with Kristen at 295-3317 or during Resident Service Coordinator Office Hours by December 16.** Remember that you are welcome to pick up a maximum of 5 All Day passes per week at **no charge** at our office or during your building's RSC Office Hours.



### Should You Call the Police?



**We always encourage residents to contact the police in any emergency, especially if there is a threat to anyone's safety.** In this situation, 911 is your best option so that help can be dispatched right away. The same is true of medical emergencies. For non-emergency questions or concerns, the Bath Police Department can be reached at 443-5563. Remember that our after hours On-Call service is for maintenance emergencies only. To reach the Property Manager, you can leave a message directly for Kevin at 449-0353 and he will access the message during business hours.

### Applications Invited for Resident Commissioner

Bath Housing Authority is seeking a candidate to serve as a Commissioner for Bath Housing Authority. The Housing Authority has a 7-member Board of Commissioners, and 2 of the 7 must be residents of housing that is subsidized or assisted by programs of the United States Department of Housing and Urban Development. The Board of Commissioners is the legally and financially responsible governing body of a Public Housing Authority and the first line of accountability for the organization's performance. Being named a Commissioner is a great opportunity to serve your community. If you are interested in considering this, please contact Kristen for additional information and the application process.

# Events in Your Neighborhood November 2019

## Anchorage

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

12/2: Coffee & Donuts, 10am, Community Room

12/12: FEAST @ 5:30pm

12/18: Holiday Meal, 1pm

12/23: SNAP-Ed Cooking Matters Workshop/Meal #3 of 6 (for those who have registered)

## Dikes Landing

RSC Office Hours Tuesdays 2:30-4pm

12/3: Robocall/Scam Prevention Session with Bath Police Officer John Dietlin, 12noon

12/17: Holiday Meal, 1pm

## Moorings

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

12/5: Medical Signs & Actions Program with Nurse Lisa Kelley, 1pm

12/5: FEAST @ 5:30pm

12/10: Nor'easter Barbershop Chorus Holiday Concert, 6-6:20pm

12/11: SNAP-Ed Cooking Matters Workshop/Meal #3 of 6 (for those who have registered)

12/17: Robocall/Scam Prevention Session with Bath Police Officer John Dietlin, 12noon

12/19: Holiday Meal, 1pm

## Seacliff

RSC Office Hours Mondays 2-4pm

\*BINGO every Saturday at 6 pm\*

12/4: SNAP-Ed Cooking Matters Workshop/Meal #3 of 6 (for those who have registered)

12/16: Holiday Meal, 1pm

12/30: SNAP-Ed Cooking Matters #4 of 6 Workshop/Meal (for those who have registered)

## Community Events

**An Old-Fashioned Christmas in Bath**, multiple events throughout December, including Tree Decorating and Bright Night, visit <https://visitbath.com/events/an-old-fashioned-christmas-in-bath/> for a full schedule.

**CHANS Blood Pressure Clinic**, Wednesday, December 4, 9:30-10:30am, Bath YMCA, 729-6782 for more information. Free.

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

**Medicare 101 Session with Spectrum Generations**, People Plus, Brunswick, Tuesday, December 10, 12:30-2pm. Call 729-0757 to register. Free.

**Bath Municipal Band Holiday Concert**, Saturday, December 14, 1pm, St. Mary's Church, 144 Lincoln Street. Free.

**Grief Support Groups, Pet Loss Support Group and Survivors of Suicide & Unnatural Loss Support Group**, Offered by CHANS Home Health & Hospice at locations in Brunswick and Topsham. For more information, contact Andy Sokoloff at CHANS at 721-1357.

Watch for Resident Feedback Surveys  
in early 2020!

Our office will be closed on  
Christmas Day, **Wednesday, December 25**  
and  
on **Wednesday, January 1**, New Year's Day.