

Valentine's Day



ARROW	FLOWERS	MAILBOX
CANDY	GIFT	PINK
CARD	HEART	POEM
CHOCOLATE	HOLIDAY	RED
CUPID	HUGS	SWEETHEART
FEBRUARY	LOVE	VALENTINE



CBAYONSANDCRAVINGS.COM

Need More Ideas for the Local Gleaning Potatoes?

Recipe by Liza Thomson
iheartvegetables.com
Makes 8 cups of soup



5 INGREDIENT POTATO SOUP

INGREDIENTS

- 3 pounds russet potatoes, peeled and cut into 1" pieces
- 2 cups 2% milk (see note)
- 1 cup shredded cheddar cheese
- 12 green onions, chopped (green parts only)
- 1 teaspoon garlic powder
- 1 teaspoon salt, plus more to taste
- 1/4 teaspoon black pepper

INSTRUCTIONS

Fill a large pot of water with just enough water to cover the potatoes and bring it to a boil. Reduce the heat to a simmer and continue to cook the potatoes for about 15-20 minutes until soft. When poked with a fork, the potato should mostly fall apart.

Remove from heat and drain most of the water, from the pot, leaving just a half inch of water at the bottom of the pot. (This doesn't have to be exact so don't stress!)

Add the milk, garlic powder, salt, and pepper, then gently mash the potatoes with the back of a fork until the potatoes start to break down. I like my soup chunky, but if you like it smoother, you could use a potato masher or an immersion blender.

Continue to cook on low heat for 5 minutes.

Divide into bowls and top each bowl with a little cheese, green onions, and additional salt and pepper to taste

NOTES: We've tried this soup with skim milk, 2% milk, soy milk, and almond milk. 2% milk produced the creamiest result but there wasn't a big difference with skim milk. Soy and almond milk are a bit thinner, but they're both still delicious in this recipe! Just be sure that you use an unsweetened milk substitute with no added sweetener or vanilla flavors.

SCUTTLEBUTT

Be Kind To Your Heart During Heart Month

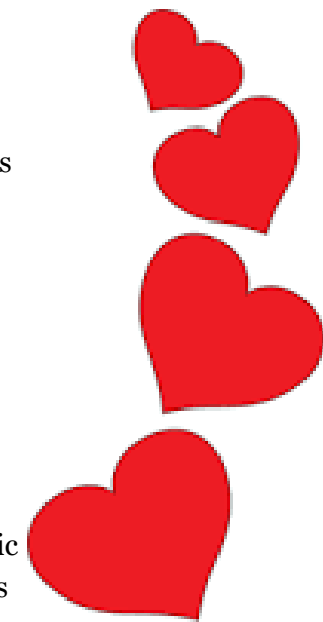
February is American Heart Month, and the National Heart, Lung & Blood Institute reminds us that we're likely to be more successful with heart health when we team up with other people. They have launched the #OurHearts Movement, which encourages us all to be physically active, eat healthier, track heart health stats, manage stress, sleep better and quit smoking together. They offer tools and tips to connect with friends, family members and neighbors as well as online communities in support of protecting our hearts from heart disease, the leading cause of death in this country. Check out the enclosed calendar for lots of suggestions or visit their website at nhlbi.nih.gov/



heartmonth website (or hearttruth.gov for information targeted specifically to women) for much more information.

Looking for something heart healthy to do this week?

Check the calendar inside for the free CHANS Blood Pressure Clinic at the Y as well as free Blood Pressure & Medication Review Clinics with Hailey Choi, pharmacist with the University of New England and Mid Coast Medical Group, and pharmacy students from UNE at Moorings and Seaciff on Wednesday, February 5!



We Need Your Help!

The first few weather events of the season have given us a chance to see where adjustments need to be made in order to make the parking lots safer:



1. Some vehicles are not being moved at all, which makes it impossible for Maintenance staff to push snow completely out of the way. Please clear and move your vehicle, make arrangements for someone else to do so or locate alternate winter storage. While multiple warnings will result in towing costs, failing to move your vehicle also prevents Maintenance staff from keeping the lots accessible and safe for all of your neighbors.
2. Please move your vehicle only **after** you have received a OneCall message. Waiting for the first OneCall not only allows Maintenance staff to clear an area for your vehicle to go but also to clear walkways and stairs so that your walk to the parking lot is safer. And when vehicles are moved back before the next OneCall, it just isn't possible to clear all of the snow.
3. Whether you are walking or driving, please give the Bath Housing plow trucks lots of room to move. Coming close to the trucks on foot poses real safety concerns and driving around them also prevents Maintenance staff from making the necessary runs with the plow.

Any questions or concerns? Give us a call at 443-3116. Thank you for helping to make winter safer!

Merrymeeting Gleaners' winter deliveries from local farms have been including items such as potatoes, parsnips and sweet potatoes as well as occasional greens and breads.

Veggies have been going to waste, so please watch for your gleaning on the same day as your building's Office Hours and **help yourself in your community fridge!**



Thank you to all who helped create these much-needed toys for Dogwill!

Thank you to the Bath Fire Department for providing the enclosed resource on apartment fire safety!

Updates from Bath Housing



Bath Police Officer John Dietlin recently made multiple visits here to discuss scam prevention. A few important tips:

1) Consider placing your phone number on the Do Not Call list. This won't stop scams but will stop unwanted sales calls. You can register both landline and mobile phone numbers online at donotcall.gov (you will need an e-mail address for this process) or by calling 1-888-382-1222.

- 2) Be aware that some scammers will ask questions such as "Can you hear me" or "Is this (your name)?" with the goal of you responding with a "yes." Recording this yes sometimes results in them opening loan accounts over the phone in your name.
- 3) Not sure if a call is legitimate or not? Contact the real source and ask. For example, you may have received a call from someone posing as a police officer and threatening arrest if you do not provide your social security number and banking information. If you're not comfortable ignoring the call altogether, call the Police Department to verify that they have not contacted you. Scammers may also pose as representatives of the IRS or Medicare or even as your grandchild needing money for bail or emergency medical services.
- 4) Do not give your social security number or banking information over the phone or wire money to anyone you do not know.
- 5) Report scams to the Bath Police Department at 443-5563 or the Federal Trade Commission (FTC) at 1-877-382-4357 or online at ftc.gov/complaint.
- 6) Write the full year 2020 on checks and other documents so that the year cannot be fraudulently altered to read as a previous or future year (so write 1/14/2020 vs. 1/14/20).
- 7) Check out the enclosed AARP Fraud Watch tip sheet, which includes information on how to freeze your credit.

March 31 is the Deadline for Medicare Advantage Plan Open Enrollment

Andrea Handel, Aging & Disability Resource Specialist with Spectrum Generations, is a certified SHIP (State Health Insurance Assistance) counselor and can help you navigate plans and how they might fit with your specific needs and medications. She can also outline costs and any available extra benefits that might be possible, such as transportation or hearing, vision or dental coverage.

You can reach Andrea at 607-4405 and there is no charge for her services.

New Maintenance Staff Building Assignments

Anchorage & Dikes Landing: Terry

Moorings: Jonathan

Seacliff: Karl

Please call the office at 443-3116 for all Work Orders

If you leave a message, please indicate whether Maintenance Staff may enter if you are not home



Please cast your vote on the enclosed program listing! We are working with Healthy Living for ME in hopes of offering a wellness program here. As you can see, they provide lots of great options aimed at helping individuals better manage their health. **Your feedback will determine if we offer program, where we offer a program and which program we offer, so if you see a topic of interest, please call Kristen at 295-3317 to share the topic most of interest to you.** Most programs are free of charge and run for 6-8 weeks, except for Tai Chi, which costs \$45/person and runs for 16 weeks.

Events in Your Neighborhood February 2020

Anchorage

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

2/13: FEAST @ 5:30pm

2/19: SNAP-Ed Cooking Matters Workshop/Meal #5 of 6 (for those who have registered), 2pm

Coffee & Donuts on hold until spring weather

Would you like to help organize Anchorage social activities? One of your neighbors would like to get a group together. Please let Kristen know (295-3317) if you are interested.

Dikes Landing

RSC Office Hours Tuesdays 2:00-3:30pm

1st and 3rd Tuesdays Downstairs, 2nd and 4th

Tuesdays in Upstairs Community Room

Moorings

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

2/5: Blood Pressure & Medication Review Clinic, 12noon-1pm

2/5: SNAP-Ed Cooking Matters Workshop/Meal #5 of 6 (for those who have registered), 2pm

2/6: FEAST @ 5:30pm

Seacliff

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

BINGO every Saturday at 6 pm

2/5: Blood Pressure & Medication Review Clinic, 1-2pm

2/10: Medical Signs & Actions Program with Nurse Lisa Kelley, 1pm

2/12: Bring a dessert to share in the Community Room, 6pm

2/17: Potluck Dinner, Community Room, 5:30pm

2/26: SNAP-Ed Cooking Matters Workshop/Meal #5 of 6 (for those who have registered), 2pm

Community Events

Maine Maritime Museum, Free admission extended through February as the result of support from the Leonard C. and Mildred F. Ferguson Foundation. 243 Washington Street, 443-1316. Admission is usually \$17.50 and is currently **Free!**

Black History Month Films, Tuesdays 6:30-8pm, Patten Free Library, call 443-5141 or visit library website for movie list. Free.

CHANS Blood Pressure Clinic, Wednesday, February 5, 9:30-10:30am, Bath YMCA, 729-6782 for more information. Free.

iPad for Seniors, Patten Free Library, Fridays, February 7, February 14 and February 28, 10:30am-12noon with a different focus each session. Call Roberta Jordan at 443-5141 x25 for more info. Free.

USDA Senior Food Box Delivery, Tuesday, February 11, 9-10:30am, Bath Senior Center, 45 Floral Street. Stop by RSC Office Hours if you are interested in applying to participate.

Friends & Family CPR, Mid Coast Center for Community Health & Wellness, 329 Maine Street, Brunswick, Monday, March 16, 5:30-8pm, \$10. Designed for individuals who want to learn CPR but do not need a certification card. Call now to register: 373-2175.

Living Well with Diabetes, Fridays 1:30-4pm for 6 weeks starting on April 24, Patten Free Library, Free, offered by Spectrum Generations. Registration required. Call now for more info or to register: 1-800-620-6036.

Our office will be closed **Monday, February 17** in observance of Presidents' Day.

Watch for information next month about the importance of participating in the upcoming census!