

SCUTTLEBUTT

It's Census Time.....and Everyone Counts!

Responding is Important

As mandated by the U.S. Constitution, the census is a once-every-decade count of everyone living in the country. Counting everyone matters, as **census data informs the distribution of more than \$675 billion in federal funds for states and communities each year.** In 2016, Maine received \$4.1 billion through federal programs guided by data from the 2010 Census. This impacts critical programs such as Medicare and Mainecare, housing, first responders, public transportation, libraries and community centers, school meals and SNAP food benefits. The data also determines legislative districts and congressional representation. Each of us makes a difference!

Responding is Easy

By April 1, every household will receive an invitation in the mail to participate. **You can choose from 3 easy options for responding: online, by phone or by mail.** Assistance with questions will be available via the phone option. Large print guides to the questionnaire are also available upon request. The Census will ask a few simple questions such as age, sex and the number of people living in your home. From May to July, Census takers will visit households that have not yet responded. If you take on a temporary Census job yourself, this income will not count as income with Bath Housing.

Responding is Safe

The Census Bureau is bound by law to keep your information confidential. In addition to strict cyber-security measures, the penalty for Census employees for a breach of confidentiality is 5 years in jail and a \$250,000 fine. Your responses can only be used to produce statistics and cannot be shared with law enforcement agencies or used against you by any government agency or court. **Responses cannot impact government benefits.** You will be asked to share accurate information about anyone who is living/sleeping in your household most of the time, including individuals who are not on your lease and including children of any age. **Your confidential information will not be shared with Bath Housing and cannot impact your housing.**

Beware of Scams

The real Census will never ask for your social security number, bank or credit card information, request a donation, threaten you or contact you on behalf of a political party. A legitimate in-person Census taker will have a valid ID badge. If you suspect fraud or have any questions about a Census taker's identity, contact a Census Bureau Representative at 1-800-923-8282.



Daylight Savings Time begins this month, so remember to set your clocks an hour ahead on **Sunday, March 8!**

Spring

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

BUDS
 DAFFODILS
 FLOWERS
 GRASS
 RAIN

RAINBOW
 SEEDS
 SPRING
 TULIPS
 UMBRELLA

© Copyright FreeKidsCrafts.com

Please Join Us in Welcoming Ryan!

We are excited to welcome Ryan Mack, the newest member of the Maintenance team. Ryan joins Josh, Karl, Terry and Jonathan and will be floating among the buildings. Please say hello when you see him!



Updates from Bath Housing

Rabies Tips

With continued reports of rabid animals in the Greater Bath area, a few reminders from the Maine Center for Disease Control and Prevention (CDC) and the Bath Police Department:

- ◆ To report an animal acting strangely, call the Bath Police Department right away at 443-5563 x3.
- ◆ The Maine CDC disease reporting and consultation line is available 24 hours/day: 1-800-821-5821.
- ◆ Remember to vaccinate both indoor and outdoor pets.

If you think that you have been exposed to rabies, call 911 if you need immediate medical attention, clean all wounds with soap and water, contact Bath Animal Control or a Game Warden (1-800-452-4664) if the animal is still on the loose, contact your health care provider to determine if you need treatment and contact your veterinarian if you think that your pet was exposed. Find more information on the City of Bath's Rabies Information Page online (also available on your community bulletin boards) and the Maine CDC website at www.maine.gov/dhhs/rabies.



Would You Like to Make Recycling Easier?

We've had multiple requests from residents to pass along a few specific recycling reminders:

- ⦿ Please break down all boxes in order to leave room for your neighbors' recycling (the city needs them to be flattened as well).
- ⦿ Remember that items containing food waste cannot be recycled, so be sure to clean/rinse any items with food on or in them before placing them in the bin.
- ⦿ Please remember to refer to the recycling list included as an insert in a recent Scuttlebutt, the community board recycling lists or visit <https://www.cityofbath.com/recycling> to review which items need to be recycled as well as items that cannot be recycled.

Hailey Choi, Mid Coast Medical Group and University of New England Pharmacist and Certified Diabetes Educator, and Pharmacy Students from UNE will be returning in March. They will be offering blood pressure checks and medication reviews at no cost. Because participation has been low, they will be offering a March clinic at Moorings only.

If you live in another building, you are invited to participate in the Moorings Blood Pressure & Medication Review Clinic on March 18. Please contact Kristen, Resident Service Coordinator, at 295-3317 to make arrangements.



Healthier Cleaning Supplies May Also Save You Money!

More than half of the cleaning products reviewed by the Environmental Working Group contain ingredients known to harm the lungs. And the U.S. Environmental Protection Agency has identified multiple ways in which cleaning products can potentially damage human health as well as contribute to landfills and pollute air and water. The good news? Simpler, safer options are easy and inexpensive. A few examples from eartheasy.com:

All Purpose Cleaner: Mix ½ cup white vinegar and ¼ cup baking soda into ½ gallon of water.

Carpet Freshener: Combine 10-20 drops of your favorite essential oil with a cup of baking soda and sprinkle liberally on carpet. Allow to sit for a few hours before vacuuming.

Toilet Bowl Cleaner: Mix ¼ cup baking soda and 1 cup white vinegar, pour into basin and let sit for a few minutes.

Scrub with brush and rinse. For rust stains, spray with vinegar and leave overnight before brushing with baking soda.

Bathroom Mold Spray: Mix one part hydrogen peroxide (3%) with two parts water in a spray bottle and spray on areas with mold. Wait at least one hour before rinsing or using the shower.

Switching to reusable cloths for cleaning can also make a big difference, and don't forget to label your creations!

Events in Your Neighborhood March 2020

Anchorage

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

3/9: Coffee & Donuts, 10am, Community Room

3/12: FEAST @ 5:30pm

3/15: St. Patrick's Day Dinner, 5:30pm

3/18: SNAP-Ed Cooking Matters Workshop/Meal (for those who have registered), 2pm

Use of the Anchorage garden area compost has been discontinued as a result of the local rabies concerns and risk of attracting animals.

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

3/4: SNAP-Ed Cooking Matters Workshop/Meal (for those who have registered), 2pm

3/5: FEAST @ 5:30pm

3/18: Blood Pressure & Medication Review Clinic, 11am-12noon

Seacliff

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

BINGO every Saturday at 6 pm

3/11: Bring a dessert to share in the Community Room, 6pm

3/16: Potluck Dinner, Community Room, 5:30pm

A Laundry Room reminder for all buildings: please call CSC directly (at the number posted in the Laundry Room) about any Washer/Dryer concerns rather than waiting for neighbors to call.

Free Gatherings Saturday, March 14 in celebration of Maine's Bicentennial!

Baked Bean Supper, Freight Shed, 4:30-6:30pm

Bicentennial Bean Brunch at Old Rec Center in Columbia Block (above Wags & Whiskers), 11am-2pm

Community Events

Painted Bookmarks, Monday, March 2, 2-4pm, Paint, stencil and doodle layers on sheets of cardstock and then cut them into bookmarks. Leave with a rainbow assortment of about 16 bookmarks to swap, give as gifts or keep! Patten Free Library, Free, adults only. Registration required: 443-5141 x12.

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

USDA Senior Food Box Delivery, Tuesday, March 10, 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.

Cumberland County Sheriff TRIAD Luncheon, Tuesday, March 31, 10:30am, Boiled dinner, Narcan training (to reverse opioid overdose) and scam prevention tips for seniors, St. Charles Chapel, 132 McKen Street, Brunswick, Free to all seniors, RSVP by March 13: 774-1444 x2228.

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.

A Matter of Balance, focuses on practical strategies to reduce fear of falling and increase activity levels. Tuesdays and Thursdays 2-4pm for 8 weeks starting on April 28, Patten Free Library, Free, offered by Spectrum Generations. Registration required. Call now for more info or to register: 1-800-620-6036.