



# Safety Updates

## Holiday Safety

### Tips to Remain Safe and Follow CDC COVID-19 Precautions



#### Stick to the Basic CDC Guidelines

Wear masks, maintain appropriate 6 foot social distancing, and wash your hands. New masking mandates were announced last week by the Governor. Details are posted in each building.

#### Numbers Matter

Follow limits on how many people should be in one place. If visiting family or staying at home, follow CDC guidance on safe numbers. Have as few people as possible together indoors, wear masks, maintain social distancing, and open windows to allow fresh air to circulate. Unmask only when eating.



#### Stay Home if Sick or at Risk

Anyone who has symptoms of illness or who knows they have been exposed to someone who is sick should isolate themselves.

If you have health problems that put you at a higher risk stay home to stay safe!



Resident Notice  
November 12, 2020

### Winter Holidays are Still a Time to Share

At the holidays we all look forward to sharing traditions of comfort food and being together with family and friends.

Unfortunately, at this time when we most want to be together, gathering is discouraged because of the spread of COVID-19. Many of us will need to break our family traditions and will not see all those familiar faces around our tables this year.

Although the virus has brought this hardship, there are still many things we can do to share a sense of community and togetherness.

- ◆ **Share Your Meal** - If you or your family are cooking offer to deliver a plate to someone.
- ◆ **Share Yourself** - Call, text, email, Facetime or Zoom to bring your loved ones together for the celebration or to reach out to someone who is alone.
- ◆ **Community Shares** - Take advantage of a meal delivered to your home. (Mama Mo's is delivering on 11/25. Turkey dinners from Midcoast Pizza and More will be delivered on Thanksgiving Day if preordered by calling 443-6631.)

"A fallen leaf is nothing more than a summer's wave goodbye."



#### Fall Word Search

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

ACORN  
APPLE  
FALL  
JACKET

LEAF  
PUMPKIN  
RAKE  
SCHOOL



Questions? Your Resident Service Coordinator Would be Happy to Help:

Kathy ( Anchorage, Dike's Landing & Moorings): 295-3091 or ksmith@bathhousing.org,  
*Kathy is available Monday through Thursday*

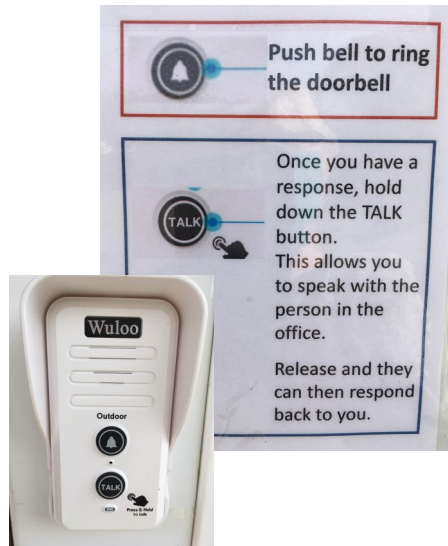
Kristen (Seacliff): 295-3317 or kmcevoy@bathhousing.org

80 Congress Ave, Bath, ME 04530  
207-443-3116 • FAX 207-443-8116  
www.bathhousing.org





## Updates



### New at the Office

Bath Housing has installed a new **intercom system** at the administration building. While our office remains closed due to COVID-19 precautions, this allows us to safely communicate with anyone who comes to the door.

Calling the office remains the best way for us to assist you. If you know the number, you can contact staff directly or call the main office number 443-3116.

### Taking Care of Your Apartment



Are there any Maintenance issues in your apartment? Remember that part of your lease agreement is to place a Work Order for any concerns right away. During business hours, you can call the main number and talk with Sarah to place your Work Order. If you leave a message, please indicate if it is ok to enter if you are not home. If you have an urgent Work Order after hours, call the main number (443-3116) so that the On-Call Maintenance staff can be contacted.

### RSC's Calling!

Your Resident Service Coordinators, Kathy and Kristen, will be contacting each resident to gather and update information. They will reach out to each new resident at move-in time and to all residents during annual recertifications.



### Special Message for Seacliff residents:

The 2nd and 3rd floor common areas do not currently allow for adequate social distancing. There is also a request for a puzzle area on the 2nd floor. Some of the existing furniture in these areas will need to be removed in order to change the set-up. Since some of the items do not belong to Bath Housing, please remove them from the common areas by November 19. Thank you for your help in creating spaces that are both safer and more usable.



## Community Updates



### Support During Stressful Times

COVID-19 has brought on so many stressors. As a result, Maine DHHS has launched **StrengthenME** to provide free support and tools.

Stress management, wellness and resiliency resources are available to anyone struggling with the emotional impact of the COVID-19 pandemic. This is also a resource for anyone worried about the wellbeing of a loved one. Visit the website at <https://strengthenme.com> or call 207/221-8198 7 days a week 8am to 8pm. StrengthenME is free, confidential, anonymous and available to anyone anywhere in Maine.

### Midcoast Maine Community Action Holiday Gift Program

MMCA will be providing a program to help provide holiday gifts for children. More details to come from them soon!



### Great American Smokeout

The Great American Smokeout is just one week away. If you're interested in quitting, this could be a great time to make a plan. The attached flyer has information on where to find more resources. [Mainequitlink.com](http://Mainequitlink.com) also has lots of resources for quitting smoking or vaping, including free web or online coaching and access to free nicotine replacement therapy options. In addition to the health benefits, the calculator at [smokefree.gov](http://smokefree.gov) shows that someone who smokes a pack of cigarettes a day and quits will save more than \$2,500 in just the first year!

### Have you called to make to make your LIHEAP appointment?

To set up your phone appointment with Kennebec Valley Community Action Program (KVCAP) call 859-1500.

Staying current with LIHEAP can be important for SNAP benefits.