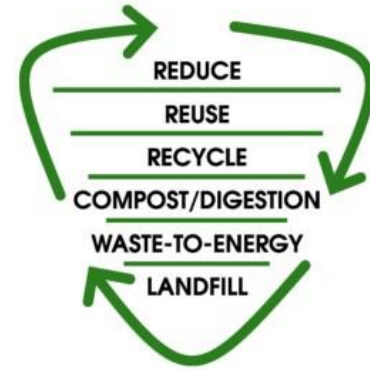


Disposal

of things we can't use Reuse, Recycle – or Trash?



We constantly find things we don't need anymore, including possible trash and recycling, or we wonder what to do with stuff when we downsize to move in – or help a family member move out again.

The best thing to aim for is to **reduce** as much potential trash as possible by **refusing** single-use plastics, and products packaged in single-use containers.

If you think someone else might be able to **reuse** something, please look into the suggestions here for finding the right person.

There are also many items that can be **recycled** to become something else. These may be packaging containers, batteries, or (rarely) items, particularly electronics, that no longer work properly. Food waste can be **composted**.

Things that can neither be reused or recycled become **trash**, most of which will be burned to make **energy**, but some, particularly larger items, go to a **landfill**.

Look for specially arranged opportunities for disposal beyond normal pick-up throughout the year.

Cottage residents: purchase yellow trash disposal bags (2 sizes available) from either Shaw's or Hannaford. Place bins with trash bags and recycled materials curbside by **7:30 a.m. Tuesdays**.

Lodge residents: place trash in plastic bags and recyclables in paper bags outside your apartment door **Sunday and Wednesday after 7 p.m. for morning pick up**.

Reuse

Finding someone who will reuse your *usable* items

like clothing, furniture, housewares, small appliances, TVs, computers, A/C units

Several *volunteer* organizations in the Portland area help get donated items to people who need them.

You may also be able to find someone who will purchase more valuable items. Possibilities are antique stores, the [NextDoor.com](https://www.nextdoor.com) app, or Facebook Marketplace. Search “Thrift Shop” in Yelp for more ideas.

General reuse

- **OceanView’s Second Chance Giftshop** will take certain smaller items, including jewelry, paintings, glassware, and decorative items, on the first Friday of the month. Proceeds go to local charities including the OceanView Resident Assistance Fund. (See OceanView Resident Portal)
- **The Resident Bulletin Board on the OV Portal** posts notices about things you want to offer to other residents.
- **Neighbors in Need** (facebook.com/groups/940263656079734) is a Portland-based Facebook group of a broad coalition of volunteers, caseworkers, and donors who support new Mainers -- asylum seekers, asylees, and refugees -- in establishing new lives here in Maine. You can check to see what needs are posted, or you can post pictures of what you can offer to families just getting started. This might be furniture, clothing, kitchen utensils, dishes, appliances, A/C units, TVs, computers, baby things, etc. Often a caseworker will volunteer to pick up. In some cases, a drop-off location near OceanView can be arranged. You must join the group to post, but some OV residents can help.
- **Buy Nothing Falmouth/Cumberland** (facebook.com/groups/BuyNothingFC) is another Facebook group to help find local residents who can use what you don’t need.
- **Goodwill**, in the Falmouth Shopping Center on Rt. 1, can take things they can sell in the shop. (Think about what you would want to see there.)
- **Salvation Army** (salvationarmy.org) will receive articles for sale and resale at its Forest Avenue location. They also collect fabrics, yarn, and incomplete craft projects.
- **LoadUp** (goloadup.com) will take some items to charities for a fee.

Specific items: (During the year we organize collection for some of the following locations)

- **Books:** Give to the OV or Falmouth Library or a used book store. Recycle as last resort.
- **Furniture Friends:** (furniturefriends.org/donate-furniture) On the website you can see what is needed (and what is not) and how to drop things off or arrange for items to be picked up. Call for more information.
- **Resupply:** (resupplyapp.com) picks up for Furniture Friends and others for a fee.

- **Maine Needs** (maineneeds.org) at 332 Forest Avenue, needs specific clothing and textiles, which you can find listed on the website, along with information about how to bundle them. Open Saturday mornings and all day Tuesdays and Wednesdays.
- **Common Threads:** (commonthreadsmaine.org) Teaches women to sew. Some get skills for sewing (garment) employment, and others are able to start businesses. Takes donations of large fabric lengths, sewing supplies, and machines.
- **Ruth's Reusable Resources:** (Ruths.org) Takes office and school supplies (even in opened packaging). They accept everything from a batch of Manila folders, used 3-ring binders, backpacks, and recycled stuff that kids can use in craft projects like empty thread spools, yarn, buttons, picture frames, etc. They have a gift shop in front for the public while teachers have access to supplies earmarked for school.

Recycle

Recycled plastic and glass is ground up and melted down. Paper and cardboard are pulped.

Regular pickup at OceanView

Check EcoMaine's Recyclopedia: ecomaine.org/what-can-be-recycled/recyclopedia/.

- Plastic, including flowerpots
 - Clean paper and cardboard boxes
 - Milk cartons
- Rigid containers with recycling number #1-7*
Take-out containers: Most rinsed paper and plastic containers from OceanView and other sources, unless very greasy

Other recycling at OceanView

- Alkaline, lithium, button batteries, cell phones
 - Single-use facemasks
 - Plastic & glass bottles with deposit
 - Prescription/non-prescription drugs
- Battery collection box across from the Nook
Place old, lithium, or button batteries and phones in plastic bags available at the box.
 Bin under Nook counter
 Main Lodge 3rd floor near salon
 OV take-back day, or at CVS and Walgreens kiosks

External recycling

- Dry cleaner metal hangers
 - Plastic bags with numbered triangles
 - Ammunition
 - Textiles and footwear (clean, can be worn or stained)
- Cleaners, Goodwill. *Do not use recycling bin.*
 Shaw's or Hannaford for recycling
 Falmouth Police Department
 Container at Transfer Station on Woods Road

Food

- Place (in compostable containers or bags) in compost bins in front of Main Lodge or Legacy. Store in freezer until you can take them to the bin to avoid smell and fruit flies.
- If you live in a cottage, you can subscribe to Garbage to Garden (GarbageToGarden.org)

Electronics

- **Electronic/computer devices** can be recycled at Best Buy, Staples, and Goodwill. **Phones** can usually be recycled where you bought them.
- Falmouth & Portland Riverside (riversiderecycles.com) takes electronics for a fee.
- **give IT. get IT.** (giveitgetit.org/give-it/recycle-it) in Waterville provides usable electronic devices to those who need them but can't afford them.

Trash

Trashing should be your last resort for things that can be neither reused, composted, or recycled, including:

- Incandescent light bulbs (place in bag or box)
- Garden hoses
- *Unnumbered* plastic bags or other containers, like flowerpots

Since most of what you send to the Transfer Station will end up in a landfill, which does not have unlimited space, and you have to pay to dispose of them, please make sure first that there is no other way items can be reused.

Toxic Waste and other large items: Falmouth Transfer Station on Woods Road

Most of what you send to the Transfer Station will end up in a landfill, which does not have unlimited space, and you have to pay for tickets to dispose of them.

See www.falmouthme.org/transfer-station/pages/transfer-station-procedures-and-rates
\$5 annual vehicle permit.

Some items require one or more \$5 tickets purchased at City Hall, Shaw's, or Hannaford.

Call Public Works Office, 781-3919 (Monday - Thursday, 7 a.m. - 4:30 p.m.) to find out how many tickets are needed for your items.

Hours: Tuesday, Thursday: 12 p.m. - 4 p.m., Friday: 7 a.m. - 5 p.m., Saturday: 9 a.m. - 5 p.m.

Put in a Work order to request that OV Maintenance take small *ticketed* items, which can no longer be collected with trash.

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|---|--|
| • Fluorescent lights (tubes) | OV Maintenance takes your old ones |
| • Fluorescent light bulbs (CFLs) | when they replace fluorescent tubes. |
| • Small electric appliances | 1 ticket/item |
| • Large metal items | |
| • Oil, gas, and antifreeze | |
| • Most household paint, stains, varnishes, primers and urethanes. | Call Public Works about special types. |