



[Spring Cleaning: Out with the Old in with the New](#)



The warm weather is on its way and there is no better time to consider making your properties smoke-free. The warmer weather may help with tenant buy in and establish new social norms around smoking before the cold weather makes its return. Please check out our [road map](#) for adopting a smoke-free policy and [contact us](#) with any questions or comments.

E-Cigarette Law

As of October 15, 2015 E-cigarettes are now included in Maine's indoor smoking laws. This means that electronic smoking devices will be prohibited in the same places that traditional tobacco products are prohibited. This is great news for Mainers, as the long term health risks of using e-cigarettes including the effects of second hand exposure are not clear.

[LD 1108](#)

[View our E-Cigarette Fact Sheet](#)



MREMA
MAINE REAL ESTATE MANAGERS ASSOCIATION

Upcoming Annual Conference

We are excited to be attending and presenting at the Maine Real Estate Managers Association Annual Conference next week! The conference will be held May 9th through the 11th at the Holiday Inn by the Bay, in Portland. BEC will be presenting on the hot topic of addressing e-cigarettes and marijuana in

HUD Proposed Rule

housing. You can find information about the conference agenda, keynote speaker, activities and registration [here](#). For more information about MREMA, upcoming events, membership and other resources, please visit their [website](#).

Event details:
May 9 - 11
Holiday Inn by the Bay

We look forward to seeing you at the conference!

In the News



Portland Advances Plan to Raise Age for Buying Tobacco

A proposal to increase the minimum age to buy tobacco products in Portland took a step forward Monday, April 25.

The City Council voted unanimously to direct its Health and Human Services Committee to work on an ordinance that would increase the minimum age from 18 to 21. Once drafted, the ordinance will return to the council for a public hearing and vote.

In 1998, Portland became the first Maine community to ban smoking in restaurants, and in 2013 it extended that ban to public parks. If the vote is successful Portland would continue on its path as a leader in creating tobacco-free social norms and become the first community in Maine to raise the legal age for buying tobacco, and join 135 other communities nationwide.

[Read the full article](#)

Archived Webinar



On November 12th the U.S. Housing and Urban Development (HUD) Secretary Julián Castro joined Surgeon General Dr. Vivek Murthy in Alexandria, VA to announce a proposed rule to make the nation's public housing properties entirely smoke-free. HUD's proposed rule would require more than 3,100 public housing agencies (PHAs) across the country to implement smoke-free policies in their developments within 18 months of the final rule. Please take a moment to watch the [YouTube video](#) with Secretary Castro speaking about HUD's proposed smoke-free rule.

Webinars & Newsletters



Please take a moment to view our [archived webinars](#) and [newsletters](#). Please let us know if you have any relevant news you would like to share in future newsletters or topics you would like to see covered.



Meeting the Demands of your Tenants: Creating Smoke-Free Housing Policies

As a property owner or manager, adopting a smoke-free policy for your building is a win-win situation for you and your residents. The majority of Maine multi-unit housing residents would prefer to live in smoke-free housing, 43% stating that they would even be willing to pay more to live in a smoke-free environment. In addition to supporting happier tenants, smoke-free housing policies reduce the risk of property damage and lower unit turnover costs. On average, it costs 5-10 times more to turn over a unit when smoking has been allowed than if the property owner/manager had adopted a smoke-free policy

[Listen to the webinar](#)



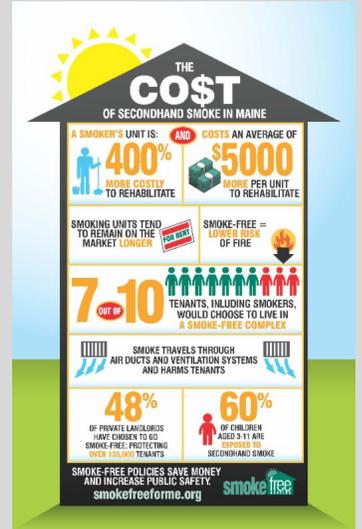
BEC was featured in the December 2015 national e-bulletin from the Office of Disease Prevention and Health Promotion - Healthy People 2020 (US Department of Health & Human Services) for its success with the smoke-free homes pledge program.

"Since the inception of the Smoke-Free Homes Pledge Program, more than 4,900 Maine families have taken the pledge. In addition, Maine's efforts to promote tobacco-free living and reduce involuntary exposure to secondhand smoke have led to each of Maine's 20 public housing authorities voluntarily adopting smoke-free policies. In addition to Maine's public housing authorities adopting policies, recent Maine data demonstrate that 65% of all private multi-unit housing properties have chosen to go smoke-free, and tenants prefer smoke-free buildings at a rate of 77%. Maine's success is in large part due to the coordinated efforts of many private and public sector groups working together to protect the health of its residents, especially the most vulnerable populations, including children. The efforts in Maine to limit the number of homes where families are exposed to secondhand smoke will help keep both children and adults healthier."

[Read the full article here](#)

And please...Take the Pledge!

Know the Facts



"7 out of 10 tenants including smokers would choose to live in a smoke-free unit"

Visit smokefreeforme.org and view our tenant and landlord factsheets and our other free resources including smoke-free signs and decals!



[List your Smoke-Free Properties Here!](#)

Help to Enforce Your Smoke-Free Policies:

Order Free Materials!



To request smoke-free homes pledges for your tenants and to order other free resources please visit the [order form page](#) on our [website](#).

Thank You

Thank you for reading our newsletter and supporting smoke-free environments. Please [contact us](#) with any questions or comments and make sure to check out our [website](#) and connect with us on social media for news, [resources](#), and future contests!

Sincerely,

The Smoke-Free Housing Coalition of Maine

Contact Us:
Email Us | Smokefreeforme.org
 (207) 874-8774

Materials Order Form	
Smoke-Free Housing Coalition of Maine www.smokefreeforme.org	
Name: _____	Company: _____
Email or Phone #: _____	<input type="checkbox"/> Do NOT want to be added to newsletters etc.
Address: _____	City: _____ Zip: _____
# Of Smoke-Free Buildings: _____	# Of Smoke-Free Units: _____
Municipal Location(s) of Smoke-Free Apartments: _____	
	# _____ Key Chains (Recommended: 1 per unit)
	# _____ Window Decal (6 x 4) (Recommended: 1 per common use door in building)
	Recommended # _____ Window Decal (8 x 6) (4 per building) # _____ Aluminum Sign (12 x 9) (2 per building) # _____ Aluminum Sign (24 x 18) (2 per building)
	Recommended # _____ Window Decal (8 x 6) (4 per building) # _____ Aluminum Sign (12 x 9) (2 per building) # _____ Aluminum Sign (24 x 18) (2 per building)
	Recommended # _____ Window Decal (8 x 6) (4 per building) # _____ Aluminum Sign (12 x 9) (2 per building) # _____ Aluminum Sign (24 x 18) (2 per building)
	# _____ Magnets (8.5 x 3.5 - on cards) (Recommended: 1 per unit)



Through education and policy change, the Smoke-Free Housing Coalition of Maine (SFH) works to protect residents in multi-unit housing from involuntary exposure to secondhand smoke. SFH is a program of the Breathe Easy Coalition of Maine, which is able to provide free resources and technical assistance through a grant from the Partnership For A Tobacco-Free Maine, Maine CDC/DHHS.

Connect with us!



Join Our Mailing List!