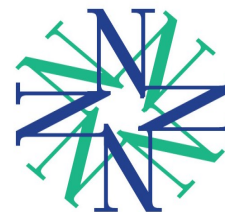


Neighborhood NETWORK



A collaboration of York Housing Authority & York Hospital

NEWSLETTER APRIL 2016

"A bell is not a
bell until you
ring it;

A song is not a
song until you
sing it;

Love in your
heart is not put
there to stay;

Love is not love
until you give it
away."

- Oscar Hammerstein II



Welcome From the Coordinator, Sandy Shapiro

This is such an exciting time for residents of York County. Imagine being able to stay in your home and in the community as you get older. Neighborhood Network allows you to do just that by providing a one-stop connection to resources, service providers and a social calendar for members age 50+.

The Network is a community of people who prosper from directing their own lives and creating their own future pathways. Neighborhood Network was established in July 2015 as a Member-based referral program, fashioned after the nationally renowned Beacon Hill Village. It was formed under the auspices of York Housing, which has built and managed five residential developments in York, providing 166 housing units for individuals of all income levels since 1978.

The Network is in partnership with York Hospital. The Network centers on the whole person, providing an evolving menu of services and resources for adults as they approach retirement and into their later years as they continue to live in their own homes. The Network offers more than what is found in models that focus on single issues such as housing, medical care or social activities. It also attracts Members who seek more freedom and control over their lives. For an annual donation, Members can utilize the Neighborhood Network as a worry-free way to find solutions quickly and efficiently to virtually any issue they may encounter in their daily lives and to help them strategize and plan as their needs evolve. The Network will utilize carefully-screened vendors and volunteers. Many services will be provided free of charge by volunteers or at a reduced cost.

Join now as a **Full Charter Member** for \$35/month until the end of 2016 and your donation stays the same forever. We also offer an **Associate Member** option priced at \$10/month. For more information please call **207-351-1828**, or email coordinator@neighborhoodnetwork.me.



York Housing Veterans Group meets at the Baldwin Center, 4 Pine Lane, York on the last Tuesday morning of every month from 9:30-10:30. Established in 2006, the group is open and welcoming new members for cofdonation, pastries, and conversation. Just stop by and say hello! **Members pictured from l-r:** Paul Brouker (Naval Reserve 1947-1953), Tony Ferrara (Navy 1952-1954), Earl Olmstead (Navy 1963-1967) and Paul Henry (Army 1952-1954).

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Transform your home today, stay safe tomorrow

While many can only dream of the day they'll retire, for baby boomers, that dream is quickly becoming a reality. By the year 2030, approximately 20 percent of Americans are expected to be age 65 or older, according to the U.S. Census Bureau. But retirement doesn't necessarily mean relocating to a senior community. More and more, adults choose to "age in place," remaining in their current home, even after retirement. Here are a few ways to add extra convenience today — and ensure a safe home in the future.

Change Up Common Areas When thinking about the long-term, start with the layout. In a perfect world, it's ideal to have all the key living spaces — bathroom, kitchen and bedroom on the first floor. If your home wasn't built with a first-floor bedroom or bath, and stairs have to be a part of your plan, install no-slip strips on the edge of each stair to help limit trips and falls.

Next, make sure there's plenty of room to move. Aim for doorways that are at least 32 inches wide, though 36 inches is ideal. Tight corners and doorways are a challenge for those with walkers or canes. For stress-free opening and closing, change out door handles from traditional knobs to lever handles for an easier grip.

Neighborhood Network Wednesday Coffee Klatch

Come to York Housing's Baldwin Center Café at 4 Pine Grove Lane on Wednesdays at 10:30am to meet with Neighborhood Network staff, enjoy light refreshments, and explore how to get involved! We look forward to welcoming you.

You're Invited to Our Next Community Event

What: Eliot Community Center Lunch

When: Wednesday, April 13, 12:15pm

Where: Eliot Congregational Church, 1361 State Rd, Eliot, ME 03903

To Register: Call 207-439-3800

Enjoy a complimentary lunch catered by
York Hospital!

Then, focus on the flooring. Installing carpeting can provide warmth and cushioning for you to enjoy now, and offers an added element of safety when it might be harder for you to maneuver around in the future. Choose a low pile carpet to minimize tripping — too much shag is a safety hazard. Area rugs are a major no-no, as unsecured rugs and loose carpet are one of the main causes for slips and falls. If you can't bear the thought of losing your area rug, use carpet tape to secure it firmly to the floor.

Boost The Bath If you can only update one place in your home, make it the bathroom. The bathroom typically offers the most opportunities for injury. In fact, roughly 234,000 injuries occur annually in the bathroom alone, as stated by the Centers for Disease Control and Prevention. An easy way to incorporate safety is to install grab bars. Today's grab bars are stylish, fitting in seamlessly with your space, rather than seeming obtrusive and sterile. Install them near the toilet, (make sure you have a comfort-height commode for easy sitting and standing) as well as in the shower. Some models pull double duty adding an element of additional storage you can take advantage of immediately, providing room to store your shampoo, and will help keep you safe while entering and exiting the bath.

In the shower, a handheld showerhead is an ideal option for those who may want to be seated while they bathe. Finally, at the vanity, choose a faucet with lever handles — they're easiest to grip and turn — and install sconces near the mirror for additional lighting.

In general, the most important advice for any room in your home is to think efficiently. Locate items that work together near each other to make tasks easier today, tomorrow and in the years to come. — BPT



Our Cribbage Club is looking for new members. Join us every Thursday at 10am at the Baldwin Center .

Helpful Links

- **York Hospital**

Services include home care & hospice, imaging, laboratory, pharmacy, physical therapy & rehabilitation, in patient care, walk-in care and more. Programs include, care access nurse, care management, community and population health, financial assistance program, health education, living well center, support groups, wellness and more.

www.yorkhospital.com

- **Southern Maine Area Agency on Aging**

A non-profit organization dedicated to planning and implementing social services for individuals age 60 and older in York County. The Agency provides services and programs.

www.smaaa.org

- **Maine Office of Elder Services**

The Office of Elder Services is a state agency that promotes independence for Maine older adults and adults with disabilities. The Office is responsible for several programs to assist older adults and their families.

www.maine.gov/dhhs/elderly.shtml

- **Centers For Medicare & Medicaid Services (Medicare info)**

People with Medicare, family members and caregivers should visit Medicare.gov, the Official U.S. government site for the latest information on Medicare enrollment, benefits and other helpful tools.

www.cms.hhs.gov/home/medicare.asp

- **Department of Health & Human Services (Federal)**

Contains a health information library, caregiver section, health care services and systems information and a directory of organizations, including government agencies, clearinghouses, non-profits and universities.

healthfinder.gov

- **Social Security Administration**

Online services, apply for benefits, local office finder, news, information.

www.ssa.gov

Foster Grandparent program



The Opportunity Alliance has openings in its Foster Grandparent and Senior Companion programs throughout York and Cumberland counties. By joining one of the programs, men and women age 55 and over, can make a difference in someone's life while having a great time and earning a little extra money. Foster Grandparents volunteer with children in schools, child development centers and with families. Senior Companions are friendly visitors to other seniors who are living independently in their own homes. In return for volunteering Foster Grandparents and Senior Companions who meet income guidelines receive a tax-free stipend, mileage reimbursement and other benefits that do not affect Social Security, food stamps, LIHEAP or subsidized housing eligibility.

Call today to learn more about the Foster Grandparent and Senior Companion programs at 207-773- 0202.

April Activities 2016

For More Information or to register, call us at 207-351-1828
or email coordinator@neighborhoodnetwork.me

*Unless otherwise noted, all activities take place at York Housing's Baldwin Center, 4 Pine Grove Lane, York, Maine 03909



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Drumming 4pm \$5 donation	5 Movie Day Features "Grace Of Monaco" 1:15pm	6 Neighborhood Network Coffee Klatch 10:30am	7 Cribbage Club 10am	8	9
10	11 Drumming 4pm \$5 donation	12 6 Steps To A SIMPLE Organized Home 1pm	13 Neighborhood Network Coffee Klatch 10:30am Eliot Community Center Lunch 12:15pm Eliot Cong. Church, 1361 State Rd, Eliot	14 Cribbage Club 10am	15	16
17	18 Drumming 4pm \$5 donation	19	20 Neighborhood Network Coffee Klatch 10:30am Got Medication Questions? 1pm	21 Cribbage Club 10am	22	23
24	25 Drumming 4pm \$5 donation	26 Veterans Coffee 9:30am	27 Neighborhood Network Coffee Klatch 10:30am	28 Cribbage Club 10am	29	30 Turn In Unused Or Expired Meds For Safe Disposal 12-12:45pm

NEIGHBORHOOD NETWORK

Out and About in Your Community!



York Housing's Director, Patricia Martine speaking at the Kittery Community Center.



Neighborhood Network hosted a lunch at the Kittery Community Center on March 22.

**Have a group and a meeting space?
Looking for a speaker?**

Call Sandy Shapiro at 207-351-1828 or email coordinator@neighborhoodnetwork.me to schedule an informational session with Neighborhood Network Staff. We'll bring a delicious lunch for your group, catered by York Hospital, and we'll let you know all the ways you can become involved in our program as a member and/or volunteer.



Dining With Women shared their monthly potluck dinner with Neighborhood Network staff on March 18 at the Baldwin Center Cafe.



Volunteer Opportunities

Volunteers are extremely important to the success of Neighborhood Network. We'd love to hear from anyone interested in helping out with the following types of tasks:

- ⇒ **Personal assistance**—cook or deliver meals, run errands, occasional pet care, computer help, exercise
- ⇒ **Transportation**—grocery shopping, rides to and from appointments, accompanying to social activities
- ⇒ **Home maintenance**—small repairs, occasional gardening, cleaning, changing light bulbs, flipping mattresses
- ⇒ **Companionship**—daily phone check, home visits, reading, etc.
- ⇒ **Organizer**—walking or book groups, member excursions

Contact Us

Give us a call for more information about our services and opportunities

Phone:

(207) 351-1828

Email:

coordinator@neighborhoodnetwork.me

Visit us on the web at

www.neighborhoodnetwork.me

"IT HAS CHANGED
MY LIFE TO KNOW
THAT I'M HELPING
SOMEBODY ELSE."



Neighborhood Network will check references and/or criminal history record as part of our volunteer screening process.



Neighborhood Network

4 Pine Grove Lane

York, Me. 03909

PLACE
STAMP
HERE