

## *Calling All Friends, Members & Volunteers!*

We'd love to hear from you  
with your great  
ideas for new programs  
and events!

What would you like to  
see happening in your  
community?

How can we help  
organize an activity or  
event that inspires you?

We look forward to your  
suggestions!

*Please Call Us &  
Share Today  
207-351-1828*

## *Who will take care of me when I get old?*

*by Sandy Shapiro*

My husband, David, and I are family caregivers, providing support to his elderly parents. We wholeheartedly embrace the task because these are kind, loving people who have done so much for the family.

It would be comforting to believe that we could count on the same care when we are old and frail. Yet, as members of the baby-boom generation, it could be slim pickings when the time comes.

It has been well publicized that the financial security among baby boomers is shakier than that of the generation before us. And now we are learning that the pool of family and friends available to take care of us in old age will be less than half as deep as it is today. Very troubling, yet not insurmountable.

When we turn 80, the ratio of potential family caregivers to elders needing care will plummet from today's seven caregivers for each person over age 80 to fewer than three caregivers.

Family caregivers — including family members, partners and close friends — are a key factor in the ability to remain in one's home and in the community when disability strikes, according to a 2013 [AARP report](#).

That means while most of us prefer to age in a community setting, without friend or family support we will require more costly and less desirable institutional care.

Such "reliance on fewer family caregivers to provide home- and community-based services could also add to costs borne by family members and close friends — in the form of increasing emotional and physical strain, competing demands of work and caregiving, and financial hardships," the report states.

*Continued on following page*



**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: Office help, Personal assistance, Transportation, Home maintenance, Companionship, Organizer. ***Pictured: Super Volunteer, Pat Doucette, helping out in the office.***

## **In This Issue**

- Who will take care of me when I get old?
- May Calendar of Events
- Out and About

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**Please contact us for information about our services and opportunities. Visit:**  
[www.neighborhoodnetwork.me](http://www.neighborhoodnetwork.me)

**Neighborhood Network Partners:**

**YORK HOUSING**  
A CREATIVE APPROACH TO AFFORDABLE LIVING

**York Hospital**

## Who will take care of me when I get old?

(Continued from previous page)



Sandy's father-in-law, Ed, and her husband, David Budnik.

"More than two-thirds of Americans believe they will be able to rely on their families to meet their needs when they need long term care," said Lynn Feinberg, AARP Senior Policy Analyst and one of the report's authors, "but this confidence is likely to deflate when it collides with the dramatically shrinking availability of family caregivers in the future," she said when the report was released.

The number of people turning 80 will increase in the decades ahead as the population of primary caregivers remains flat. In 2050 there will be three times as many people age 80 and older as there are today.

According to AARP, "In 2009, about 42.1 million family caregivers in the United States provided care to an adult with limitations in daily activities at any given point in time, and about 61.6 million provided care at some time during the year. The estimated economic value of their unpaid contributions was approximately \$450 billion in 2009, up from an estimated \$375 billion in 2007."

The "average" family caregiver is a 49-year-old woman who works outside the home and spends about 20 hours per week providing unpaid care to her mother for nearly five years.

Nearly two-thirds of family caregivers are female (65 percent). More than 8 in 10 informal caregivers are caring for a person over 50.

The shift stems from the fact that compared to our parents' generation, our 78 million demographic has had fewer children, divorced at higher rates, remained single in larger numbers and is living longer.

The report concludes this country needs more affordable homecare options and public policies that support informal caregivers.

There are several examples of how the boomer generation is finding its own way to address the looming care issue. True to this generation's inventive character — and a harkening back to its flower power roots — boomers have been proactive in terms of housing arrangements that offer built-in care for its residents.

Among the options are co-housing, a type of community made up of private homes supplemented by common facilities; and roommate arrangements, where peers move into a home or apartment together.

Towns are also thinking ahead. One successful solution is the Village model, geographic areas where a large concentration of older people can age in place with the help of carefully vetted volunteers and vendors and an array of programs and services. Neighborhood Network is among more than 200 communities across the country in various stages of development.

Though these options are a sampling, the point is AARP's study and others like it help shed a beacon of light to keep the country focused on caregiving issue and thus allows boomers, communities and lawmakers to create ways to address the problem.

*Sandy Shapiro is the program coordinator for Neighborhood Network. She can be reached at [coordinator@neighborhoodnetwork.me](mailto:coordinator@neighborhoodnetwork.me) or at 207-351-1828.*



### Join Our Monday Drumming Class!

Drum builder, John Felice, leads a beginner class at 4pm followed by an advanced class at 5pm. \$5 suggested donation.


### 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.

**May Activities 2016**  
For More Information or to register, call us at 207-351-1828

\*Unless otherwise noted, all activities are free of charge and take place at York Housing's Baldwin Center, 4 Pine Grove Lane, York, Maine 03909

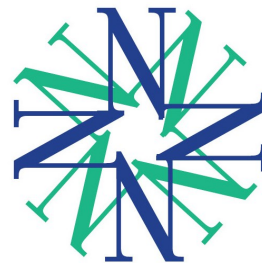
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| Sunday                                                                                                                 | Monday                                                             | Tuesday                                                                                                  | Wednesday                                       | Thursday                                        | Friday                                                                        | Saturday                   |
|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------------|----------------------------|
| 1                                                                                                                      | 2<br>Yoga 9:30<br><br>Drumming 4pm<br>\$5 donation for each        | 3                                                                                                        | 4<br>Neighborhood Coffee<br>Klatch 10:30am      | 5<br>Cinco de Mayo<br><br>Cribbage Club 10am    | 6                                                                             | 7<br>Kentucky<br>Derby 4pm |
| 8<br>Mother's Day                                                                                                      | 9<br>Yoga 9:30<br><br>Drumming 4pm<br>\$5 donation for each        | 10<br>Wells-Ogunquit<br>Center At Moody<br>Lunch 12pm<br>300 Post Road (US<br>Route 1) Wells<br>ME 04090 | 11                                              | 12<br>Cribbage Club 10am                        | 13<br>Frontline<br>Documentary:<br>Being Mortal<br>10am<br>With Q&A to follow | 14                         |
| 15                                                                                                                     | 16<br>Yoga 9:30<br><br>Drumming 4pm<br>\$5 donation for each       | 17                                                                                                       | 18<br>Neighborhood Coffee<br>Klatch 10:30am     | 19<br>Cribbage Club 10am                        | 20                                                                            | 21<br>Preakness<br>4pm     |
| 22                                                                                                                     | 23<br>Yoga 9:30<br><br>Drumming 4pm<br>\$5 donation for each       | 24<br>Rice Library Lunch<br>in Kittery 12pm<br>8 Wentworth Street Kit-<br>tery ME 03904                  | 25<br>Neighborhood Coffee<br>Klatch 10:30am     | 26<br>Cribbage Club 10am<br><br>Patio Party 4pm | 27                                                                            | 28                         |
| 29                                                                                                                     | 30<br>Memorial Day<br><br>Neighborhood<br>Network Office<br>Closed | 31<br>Veterans Coffee<br>9:30am<br><br>Guest Speaker:<br>Around the World<br>Italy 2pm                   | June 1<br>Neighborhood Coffee<br>Klatch 10:30am | 2<br>Volunteer Orientation<br>10am              | 3                                                                             | 4                          |
| <div>Neighborhood<br/>NETWORK</div> |                                                                    |                                                                                                          |                                                 |                                                 |                                                                               |                            |



# NEIGHBORHOOD NETWORK

## Out and About in Your Community!



Neighborhood Network hosted a lunch at the Eliot Community Center on April 13.

### You're Invited to Upcoming Neighborhood Network Community Events

Enjoy lunch catered by York Hospital!

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#### Wells-Ogunquit Center At Moody

**When:** Tuesday, May 10, 2016, 12:00 pm

**Where:** Wells-Ogunquit Center at Moody, 300 Post Road  
(US Route 1), Wells, ME 04090

**Register:** Call 207-646-7775

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#### Rice Library Kittery

**When:** Tuesday, May 24, 2016, 12:00 pm

**Where:** Rice Public Library, 8 Wentworth Street  
Kittery, ME 03904

**Register:** 207-439-1553

### Ongoing Programs

Be sure to come by York Housing's Baldwin Center and join our residents for these activities and events throughout the month of May. See our complete schedule on the preceding page.

Call Jennifer at 207-363-8444 with your questions.

#### Mondays

- 9:30 am Yoga (\$5 donation)
- 4pm Drumming (\$5 donation)

#### The Last Tuesday of the Month (May 31)

- 9:30 am Veterans Coffee

#### Wednesdays

- 10:30 am Network Coffee Klatch

#### Thursdays

- 10am Cribbage

#### The Last Thursday of the Month (May 26)

- 4pm After Hours Patio Party

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### Special Programs in May

Please note: the Baldwin Center is closed for Memorial Day, Monday, May 30.

#### Horse Racing!

Sat., May 7, 4pm The Kentucky Derby  
Sat., May 21, 4pm The Preakness

**Frontline Documentary and Discussion: Being Mortal, by Dr. Atul Gawande**

Friday, May 13, 10am

**Around the World Italy! With Ron Falong**  
Tues., May 31, 2pm

#### Neighborhood Network Volunteer Orientation!

Thur., June 2, 10 am