



## *How Can I Stay in My Nest?*

*by Patricia Martine, Director*

What does a community of elders look like? What are the needs that evolve as we age? Are there safety concerns in the home and are you reluctant to call just anyone to take care of what needs done on your home?

Here at Neighborhood Network we feel the climate is changing and more and more folks are very sure they want to stay home as they age. Your home is your nest, your safe place, that allows you to keep the world away a bit, and the place where you breathe easy, knowing you have what you need and are content.

It can be very difficult to navigate the world of services for some. Not sure if you are getting a fair deal from a contractor or provider for even the simplest of things? Fraud is now a permanent word in our vocabulary, and elders can be vulnerable to those looking to make a quick buck. This is exactly the reason that we began this Neighborhood. To give you access to proper services and vendors that are well aware of the needs of someone who lives alone in their own home. We interview carefully and determine early on if they are willing to provide you with a fair price and have been put through the paces of background checks etc., so that you can rest assured that a good outcome will be the result of your request.

Besides the things you might need at home, there is a social component to our Network as well. Should you desire to get out and about we will have an ever-growing list of things to do on our calendar that can be a way to meet new friends and possibly provide an opportunity to volunteer if that is something you have thought of, but just not gotten around to doing.

It is our dream for this Network to be a safety net that removes the uncertainty of aging gracefully. Our affiliation with York Hospital gives us an extra measure of connection to the medical world that closes the circle of need. All together this gives you a place to go for absolutely anything you might need, or any question you might have. By calling a single number there will be someone who helps you sort out any problem and be well on your way to making things happen. Life is so short, and the days can be so much sweeter without the anxiety everyday problems might bring. So call us to talk about membership, Get involved by volunteering, or sign up as a vendor. Let us show you just how easy staying at home can be. We look forward to hearing from you.

***Stay Home with Neighborhood Network!***



The Garden Club gets started on their plots: l-r, Pat Doucette, Jen Covell, Resident Services Coordinator, Patricia Martine, Director, Joanne Skofield, Solveig LeBlanc, Deb Mitchell, Trudi George, Carlene LaFleche and Sandy McCartney

## In This Issue

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- Ongoing Activities & Programs

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Please contact us for information  
about our services and opportunities.:  
Call: 207-351-1828

Email: [info@neighborhoodnetwork.me](mailto:info@neighborhoodnetwork.me)  
Web: [neighborhoodnetwork.me](http://neighborhoodnetwork.me)

*Neighborhood Network Partners:*

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

**York Hospital**



## Summer Fun Galore!



Hank's always happy to meet friends at Baldwin



Veteran's coffee hosted Gwyneth Wykes, (pictured second from left), who described her childhood living in Coventry England during the WWII German bombing raids



Kicking off Summer at our first patio party



Neighborhood Network Volunteers gathered at the Baldwin Center for Volunteer Orientation (and carrot cake!). Pictured l-r: Ana Gray, Patricia Martine, Director, Grant Hurst, Carol Costa, Dorothy Healy

# July 2016 Activities and Fun Historical Facts

For More Information or to register, call us at 207-351-1828  
or email [coordinator@neighborhoodnetwork.me](mailto:coordinator@neighborhoodnetwork.me)



\*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

| Sunday | Monday                                             | Tuesday                                                                             | Wednesday                                                                                                                                         | Thursday                                                                   | This Day in History                                                                                                                                                                                                                                                                                                                                                                                                         | Saturday |
|--------|----------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 26     |                                                    |                                                                                     |                                                                                                                                                   |                                                                            | <b>July 1, 1863 — Largest battle of the American Civil War begins</b> at Gettysburg, Pennsylvania<br>The 3-day campaign results in some 23,000 casualties on both sides, a Union victory, and a retreat back to Virginia for General Robert E. Lee.                                                                                                                                                                         | 2        |
| 3      | 4<br><b>Happy Independence Day—Office Closed</b>   | 5<br><b>Movie Musical: State Fair</b><br>1:15pm                                     | 6<br><b>Network Coffee Klatch</b><br>10:30am                                                                                                      | 7<br><b>Cribbage Club</b><br>10am                                          | <b>July 8, 1497 — Europeans begin their first direct ocean voyage to Asia.</b> Portuguese explorer Vasco da Gama pilots an armada of 4 ships and 170 men from Lisbon south to Africa's cape and then east towards India, the longest known sea journey of its time.                                                                                                                                                         | 9        |
| 10     | 11<br><b>Yoga 9:30am</b><br><b>Drumming</b><br>4pm | 12<br><b>Art Hope 10am</b><br><b>Movie Musical: Sound of Music</b><br>1:15pm        | 13<br><b>SMAA and York Hospital Dining present: the “As You Like it” Meal Program</b><br>10am                                                     | 14<br><b>Cribbage Club</b><br>10am                                         | <b>July 15, 1799 — The key to unlocking ancient hieroglyphs is found in Egypt.</b> A large slab inscribed with three different languages, including hieroglyphics and Ancient Greek, is discovered by a soldier in Napoleon's Egyptian campaign. Once part of a monument from 196 BCE, the Rosetta Stone will be the modern world's key to deciphering ancient Egyptian hieroglyphics.                                      | 16       |
| 17     | 18<br><b>Yoga 9:30am</b><br><b>Drumming</b><br>4pm | 19<br><b>Movie Musical: Show Boat</b><br>1:15pm                                     | 20<br><b>Five Wishes documentary and workshop 9:30am</b>                                                                                          | 21<br><b>Cribbage Club</b><br>10am<br><b>Book Group</b><br>1pm             | <b>July 22, 1587 — English colonists land at Roanoke Island.</b> Hundreds of English settlers arrive on Roanoke Island, off the coast of present-day North Carolina. Although a previous colony on the island had vanished, Sir Walter Raleigh hopes this second colony will flourish. But three years later, relief ships will find it completely deserted, and the Lost Colony of Roanoke will become a haunting mystery. | 23       |
| 24/31  | 25<br><b>Yoga 9:30am</b><br><b>Drumming</b><br>4pm | 26<br><b>Veterans Coffee 9:30am</b><br><b>Movie Musical: West Side Story 1:15pm</b> | 27<br><b>Network Coffee Klatch</b><br>10:30am<br><b>RESCHEDULED! York Hospital Lunch &amp; Learn @ York Library, 15 Long Sands Rd., York 12pm</b> | 28<br><b>Cribbage Club</b><br>10am<br><b>Afterhours Patio Party</b><br>4pm | <b>July 29, 1981 — London's royal wedding transfixes millions.</b> Deemed the 'wedding of the century,' the nuptials between Lady Diana Spencer and Prince Charles are broadcast live to more than 700 million global viewers. Over 2,000 guests, including the groom's mother, Queen Elizabeth II, witness the vows at London's St. Paul's Cathedral.                                                                      | 30       |



# Book Club Update



Announcing our selections for discussion  
on **July 21, 1pm at the Baldwin Center**  
4 Pine Grove Lane, York:

**A Marriage of Opposites**, by Alice Hoffman  
**Find Her**, by Lisa Gardner

Your choice: read one or both!

## All are Welcome!

Questions?

Call Laura at 207-351-1828

### ***RESCHEDULED***

York Hospital's  
Lunch & Learn @ York Public Library  
Featuring Neighborhood Network

**When:**

Wednesday, July 27, 2016, 12pm

**Where:**

York Public Library, 15 Long Sands Road,  
York, ME 03909

**To Register:**

Call York Hospital 207-351-2385  
Or email [info@yorkhospital.com](mailto:info@yorkhospital.com)

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*Complimentary lunch and refreshments will be  
served courtesy of York Hospital Dining*

## Ongoing Activities & Programs

Be sure to come by York Housing's Baldwin Center and join our residents for these activities and events throughout the month.

Programs are free, unless noted. See our complete schedule on the preceding page. Call Jennifer at 207-363-8444 with any questions.

### Every Monday

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

### The Last Tuesday of the Month (July 26)

- 9:30 am Veterans Coffee

### The First and Last Wednesdays of the Month (July 6 and 27)

- 10:30 am Network Coffee Klatch

### Every Thursday

- 10am Cribbage Club

### The Third Thursday of the Month (July 21)

- 1pm Book Club

### The Last Thursday of the Month (July 28)

- 4pm After Hours Patio Party

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## Special Programs in July

### Movies @ 1:15pm

- |                |                 |
|----------------|-----------------|
| Tues., July 5  | State Fair      |
| Tues., July 12 | Sound of Music  |
| Tues., July 19 | Show Boat       |
| Tues., July 26 | West Side Story |

### Art Hope with Laura Jaquays

Tues, July 12, 10am (supplies provided)

**Southern Maine Agency on Aging &  
York Hospital's Food Service Present:  
The "As You Like It" Program**

Wed., July 13, 12:30pm

### Five Wishes Documentary and Workshop

Wed., July 20, 12:30pm