



How Can Neighborhood Network Help the Caregiver?

By Patricia Martine, Director

The “Dog Days of August”. I remember when I was a child and those days seemed endless. Long warm afternoons spent swimming and drinking lemonade to cool off. Seemed easier to cool down then. One of the many things that seemed easier to do when we were younger. As folks begin to utilize the Network, one of the things we are doing with each new member is an interview that lets us cue areas of need in which we might be of service. Things that used to be easy to tackle can no longer be done without hesitation for safety or simply something you cannot do at all. I would ask all of you to revisit this on your own, early and often, so that your independence remains a viable option.

Another group of folks that might consider this are those that are caregivers for others, either Parents or anyone you think might take advantage of our Network. Some are in need of services and overseeing the needs of someone else. Noticing small daily changes with regards to safety in the home, or personality changes that may be indicative of a medical issue. The inability to be comfortable with driving can create isolation and cause one to withdraw from doing social things or getting to and from the store or the doctor’s office.

This is where we hope that our Neighborhood Network will prove valuable to the member or someone contemplating this for someone they are caring for. From transportation, meal delivery, pet sitting, computer needs, all those things that keep someone functioning in their own home can be a simple call away with the Network. From our volunteers, maintenance personnel, and vendors, we can find the answer. The more you use it, the more valuable it becomes. Your referral of the Network to someone you care for could be just the answer to taking care of those things that aren’t so easy to do any longer. With the details in order, Summer becomes once again about warm afternoons and cool lemonade...



Charter Member Ana Gray with Angel in her home. We recently visited with Ana to go over her home assessment and discussed how she can benefit from a variety of services and programs offered by Neighborhood Network.

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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)

Visit: [www.neighborhoodnetwork.me](http://www.neighborhoodnetwork.me)

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

**York Hospital**

*Neighborhood Network Partners:*

# York Housing Authority Maintenance Staff to the Rescue!

**Do You Want to Stay in Your Home as Long as You Can?** The unsung heroes of the York Housing Maintenance Staff are now available to provide handyman services to members of Neighborhood Network!

Headed by supervisor, Steve Brown, the crew has proven their technical skills over the years providing a variety of services to senior residents of York Housing Neighborhoods. For a rate of \$25/hour plus the cost of parts and equipment, members of the team will be available to help our members age 50+ to continue to live comfortably in their own home by making high quality home repairs and improvements. The service is available to all Neighborhood Network members living in our service area (York, Kittery, Eliot, S.Berwick, Wells, Ogunquit).

After a complimentary home assessment is performed, you will work closely with our team of technicians to develop a customized work plan that meets your needs. Neighborhood Network provides a basic menu of services to start the conversation. York Housing's maintenance staff will do the work and/or Neighborhood Network staff will refer the member to reliable, high-quality, reasonably-priced local vendors for more involved projects. **Members: call us today to schedule a complimentary home assessment at 207-351-1828!**

## COMPLIMENTARY HOME ASSESSMENT FOR NEIGHBORHOOD NETWORK MEMBERS

Smoke detectors  
CO detectors  
Water heater set-point  
Dryer vent  
Fridge coil  
Light bulbs  
Furnace filters

### BATH AND KITCHEN EASY-INSTALL FEATURES:

Grab bars  
Shower wands  
Shower seats  
Raised toilet seats  
Faucet levers  
Drawer pulls  
Install handrails  
Change door knobs  
Lighting

### CONSULTATION AND VENDOR REFERRALS ON MORE INVOLVED PROJECTS:

Flooring  
Gutters  
Storm/screen doors  
Steps/existing ramps

## HANDYMAN SERVICES PERFORMED BY YORK HOUSING MAINTENANCE STAFF FOR NEIGHBORHOOD NETWORK MEMBERS

### Small repairs – plumbing, electrical, carpentry:

Toilets  
Drains  
Garage Door  
Showers  
Sinks  
Doors  
Windows  
Screens  
Lights

### Interior:

Air Conditioner Set Up  
Hanging Pictures  
Change Lightbulbs  
Smoke Detectors  
Thermostats  
Cabinets and Cabinet Drawers  
Door Knobs



# August 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 |
|--------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
|        | 1<br><b>Yoga 9:30am Drumming 4pm</b><br>\$5 suggested donation/class                                                          | 2<br><b>Movie Musical: Fiddler on the Roof 1:15pm</b>                                                                                                        | 3<br><b>Neighborhood Network Coffee Klatch 10:30am</b>  | 4<br><b>Cribbage Club 10am</b>                               | <b>August 5, 1926 – A master magician defies death and debunks fraud.</b> Magician Harry Houdini beats rival Rahman Bey today by remaining in a sealed casket at the bottom of a swimming pool for 91 minutes, with honest Houdini admitting the amazing feat was not accomplished with magical powers but instead his own concentration and controlled breathing.                                          | 6        |
| 7      | 8<br><b>Yoga 9:30am Drumming 4pm</b><br>\$5 suggested donation/class                                                          | 9<br><b>Movie Musical: My Fair Lady 1:15pm</b>                                                                                                               | 10                                                      | 11<br><b>Cribbage Club 10am</b>                              | <b>August 12, 30 BCE -- Queen of the Nile dies.</b> With her partner Mark Antony already dead by his own hand and her country controlled by Octavian's Roman forces, Egyptian ruler Cleopatra VII kills herself by either drinking poison or suffering the bite of an asp (historians will differ on the cause of death). The last of the Ptolemaic Dynasty's active pharaohs will not be lost to the ages. | 13       |
| 14     | 15<br><b>Yoga 9:30am Drumming 4pm</b><br>\$5 suggested donation/class<br><b>Around the World: Brazil with Ron Falong 2 pm</b> | 16<br><b>Movie Musical: Hello Dolly! 1:15pm</b>                                                                                                              | 17<br><b>Neighborhood Network Coffee Klatch 10:30am</b> | 18<br><b>Cribbage Club 10am</b><br><br><b>Book Group 1pm</b> | <b>August 19, 1991 -- 'August Coup' puts Soviet President Gorbachev under arrest.</b> Communist hardliners, unhappy with President Mikhail Gorbachev's policies, attempt to take over the Soviet Union's government. Tanks patrol Moscow, Gorbachev is placed under house arrest, and tens of thousands of citizens are out in the streets protesting against the coup.                                     | 20       |
| 21     | 22<br><b>Yoga 9:30am Drumming 4pm</b><br>\$5 suggested donation/class                                                         | 23<br><b>Movie Musical: Singin' in the Rain 1:15pm</b>                                                                                                       | 24                                                      | 25<br><b>Cribbage Club 10am</b>                              | <b>August 25, 1959 -- Gasoline rationing leads to a Mini marvel.</b> The British Motor Corporation shows off its newest auto, the 'Mini.' Developed as an answer to fuel rationing brought on by the Suez Crisis, the car gets great mileage, and although terrifically tiny at only 10 feet long, it can still seat four adult passengers.                                                                 | 27       |
| 28     | 29<br><b>Yoga 9:30am Drumming 4pm</b><br>\$5 suggested donation/class                                                         | 30<br><b>Veterans Coffee 9:30am</b><br><br><b>Art HOPE, Wells Reserve 10-noon</b><br>\$5 Reserve Admission<br><br><b>Movie Musical: The Music Man 1:15pm</b> | 31                                                      | 1<br><b>Cribbage Club 10am</b>                               |                                                                                                                                                                                                                                                                                                                                                                                                             |          |

# Book Club Update



Announcing our selections  
for discussion

on **August 18, 1pm at the  
Baldwin Center**

**4 Pine Grove Lane, York:**

**The Sculptured Rocks**, by J. Lee Graham  
**The Madonnas of Leningrad**, by Debra Dean

Author J. Lee Graham will be joining us for a  
discussion of his book

Your choice: read one or both!

## All are Welcome!

Questions?

Call Laura at 207-351-1828

## Art HOPE

### Creative Wellness Walk

*Drawing on the Moment in Nature*



**Wells Reserve at Laudholm Farm**

**Tuesday August 30 10am-Noon**

Enjoy a gentle hike and fresh air arts studio on the lawn at Laudholm Farm. With nature inspiring the senses, participants can create a nature journal and paint, draw or write about their observations of the environment and scenic vistas. The walks are hosted by Art HOPE artist-in-residence Laura Jaquays, and highlight creative wellness and the seasonal qualities of the natural landscape. Art materials will be provided or field artists may bring their own. Dress for a summer hike and bring water/snack. Meet at the Visitor's Center. The program is free, registration not required. Reserve admission fee \$5.

## Ongoing Activities & Programs

Members are invited 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 (Aug. 30)

- 9:30 am Veterans Coffee

### The First and Third Wednesdays of the Month (Aug. 3 and 17)

- 10:30 am Network Coffee Klatch

### Every Thursday

- 10am Cribbage Club

### The Third Thursday of the Month (Aug. 18)

- 1pm Book Club

## Special Programs in August

### Movie Musicals @ 1:15pm

- |                |                     |
|----------------|---------------------|
| Tues., Aug. 2  | Fiddler on the Roof |
| Tues., Aug. 9  | My Fair Lady        |
| Tues., Aug. 16 | Hello Dolly         |
| Tues., Aug. 23 | Singin' in the Rain |
| Tues., Aug. 30 | The Music Man       |

**Around the World: Brazil with Ron Falong**  
Mon., Aug. 15 2 pm

**Art Hope with Laura Jaquays**

**Creative Wellness Walk**

**Wells Reserve at Laudholm Farm**

Tues., Aug. 30 10am-noon (\$5 Wells Reserve fee)

**Bronze Sponsor**  
**Sept. 9, 10, 11, 2016**

