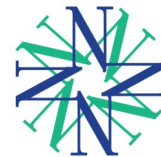


Neighborhood NETWORK



A collaboration of York Housing Authority & York Hospital

NEWSLETTER SEPTEMBER 2016

It's A Matter of Balance *by Patricia Martine, Director*

Fall.... A dreaded word, but not because of the weather; Unfortunately, it's also an event that could change everything about the way you live or get around your home or community. As we age it's the one thing that is or should be on everyone's mind. Preventing a fall can be as simple as having an assessment done of your home, to assure that you have what you need, and that trip hazards are kept at a minimum.

Here at Neighborhood Network we provide a free home assessment with each and every membership — looking for areas of concern, like steps and entryways, bathrooms, and access to basements and areas in your home that need to be addressed for your safety.

Also, on the calendar this month is a **"Matter of Balance"** class that has proven time and time again to be of benefit. Those who attend say they become very aware of their abilities and what they need to be mindful of to avoid a fall, learning simple techniques and exercises to improve balance and stability. Simply call the Network and sign up.

So with that said, I hope that you will be thinking of ways that the Network can help you be proactive. planning ahead so that you remain content in your home and that your quality of life is good. Making small adjustments to our daily life will allow many to stay in the home they love for years to come.

Let's make Fall something we all truly enjoy and look forward to...Let us help you stay in your home safely.



In August, the book club hosted author, Jeff Graham, and discussed his book, *Sculptured Rocks*, an adventure novel and ghost story for young teens. The group is open to all who enjoy the fine pleasures of reading!

In This Issue

- A Matter of Balance
- September Calendar of Events
- Ongoing Activities & Programs

Please contact us for information about our services and opportunities.:

Call: 207-351-1828

Email: info@neighborhoodnetwork.me

Visit: www.neighborhoodnetwork.me

Neighborhood Network Partners:

YORK HOUSING
A CREATIVE APPROACH TO AFFORDABLE LIVING

York Hospital

Balance and Strength Screenings are Available to Neighborhood Network Members Free of Charge. The Matter of Balance Workshop is Donation-Based. Call 207-396-6583 to Reserve Your Place!

York Hospital and Southern Maine Agency on Aging Presents:

Balance & Strength Screenings & Matter of Balance Workshops

Henry Warner Conference Room
16 Hospital Drive, York, ME 03909



These screenings and workshops are meant to help older adults identify balance & strength concerns, empower seniors to promote active independence through awareness of risks, and to share resources related to fall prevention for older adults and their families.

At the screening event you have the opportunity to learn about different risk factors, like balance, blood pressure, and medications that contribute to your chance of falling.

Balance & Strength Screenings
September 9th, 9a-12p

Matter of Balance Workshop
September 26th-November 21st, 1p-3p
(8 week commitment)



Fall Risk Screening & Matter of Balance Events are offered by the Center for Agewell Programs at the Southern Maine Agency on Aging (SMAA) in partnership with the KNOW Falls for ME Campaign, and other local providers and professionals.

For questions or to RSVP, please contact:
Maureen Brosnan of Southern Maine Agency On Aging (207) 396-6583

Refreshments will be served. All guests will be automatically entered to win a door prize!



15 Hospital Drive ❖ York, ME ❖ yorkhospital.com

September 2016 Activities and Random Historical Facts

For More Information or to register, call us at 207-351-1828
or email 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 Cribbage Club 10am	September 2, 1972: America's Bobby Fischer beats Russia's Boris Spassky in Reykjavik, Iceland, to become world chess champion.	3
4	5 Labor Day Office Closed	6 Tuesday Movie: Little Women 1:10pm	7 Network Coffee Klatch 10:30am	8 Cribbage Club 10am	9 Balance and Strength Screenings, York Hospital, 9am-12pm — see flyer on previous page.	10
					September 9, 1956: Elvis Presley made his first appearance on the Ed Sullivan show "Toast of the Town." He was shot from just the waist up during the performance. Elvis would make a total of three appearances on the show.	
11	12 Yoga 9:30am Drumming 4pm	13 Tuesday Movie: The Count of Monte Cristo 1:10pm	14	15 Cribbage Club 10am	September 16, 1620: The Mayflower departed from Plymouth, England. The ship arrived at Provincetown, MA, on November 21st and then at Plymouth, MA, on December 26th. There were 102 passengers onboard.	17
18	19 Yoga 9:30am Drumming 4pm	20 Tuesday Movie: Moonstruck 1:10pm	21 Network Coffee Klatch 10:30am	22 Autumnal Equinox Cribbage Club 10am Book Group 1pm	September 23, 1846: German astronomer Johann Gottfried Galle discovers the planet Neptune at the Berlin Observatory.	24
25	26 Yoga 9:30am Drumming 4pm	27 Veterans Coffee 9:30 am Tuesday Movie: The Intern 1:10pm	28	29 Cribbage Club 10am	September 30, 1889: Wyoming legislators write the first state constitution to grant women the vote.	1

Book Club Update



Announcing our selections for discussion

**September 15, 1pm
at the Baldwin Center,
4 Pine Grove Lane, York:**

My Antonia, by Willa Cather

Following Atticus, by Tom Ryan

Your choice: read one or both!

All are Welcome!

Questions? Call Laura at 207-351-1828

**COME TO THE BALDWIN
CENTER FOR LUNCH M-F FOR
GREAT FOOD AT AN
EXCEPTIONAL PRICE!**

York Hospital's Dining Services is legend in the community and we serve their meals daily. Southern Maine's Agency on Aging is now a direct support or of our efforts to provide nutritious, delicious hot meals by assisting in the cost — just \$5 for our members. **For \$25 a week, you can come and have your big meal of the day Monday-Friday all done for you.** The menu changes weekly and there's a "hotline" to call to see what the daily selections are. Just call 207-351-3466 to hear the most up-to-date choices available, then be sure to call York Housing's office 207-363-8444 before 9:30am to place your order. Come pick up your meal, or stay and dine with us at the Baldwin Center, 117 Long Sands Road, York. **FMI, call the Neighborhood Network Office 207-351-1828**

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)

Tuesday Movie (show-time: 1:10pm)

- Sept. 6 Little Women
- Sept. 13 The Count of Monte Cristo
- Sept. 20 Moonstruck
- Sept. 27 The Intern

The Last Tuesday of the Month (Sept. 27)

- 9:30 am Veterans Coffee

The First and Third Wednesdays of the Month (Sept. 7 and 21)

- 10:30 am Network Coffee Klatch

Every Thursday

- 10am Cribbage Club —**WE'RE LOOKING FOR MORE MEMBERS!**

The Third Thursday of the Month (Sept. 15)

- 1pm Book Club—**WE'RE LOOKING FOR MORE MEMBERS!**

Celebrate York FD's 100th Anniversary

York Fire Department (YFD) will soon celebrate its 100th Anniversary providing emergency services to the citizens and businesses of York — a huge milestone for the dedicated volunteer and career members who serve the Town of York so bravely.

To celebrate, the YFD will host the 53rd Annual Maine State Federation of Firefighters Convention during the days of September 9th, 10th, and 11th 2016.

Neighborhood Network is proud to be a sponsor of the event.

