



## ***Planning Ahead to Stay At Home*** *by Patricia Martine, Director*

Planning for this, planning for that... Planning a trip, a move, any event that creates change. We do it all of our lives. Then why when it becomes really important for us to plan for our aging, do we procrastinate and put it off? In many cases even denying that we are aging at all. And sometimes to the point of having to let others make decisions for us that take away the very thing that means the most to us —Our independence.

Here at Neighborhood Network we are busy trying to change the way folks look at the whole process. The goal? To make it as easy as possible for you to stay in the home you love, and do the things you love, even as your abilities change. For us it's the whole picture. Not just your health, even though that may be woven into the reason decisions and changes are made to begin with. We know, however, that you need to take care of **you** and **your home**, in order to stay there. Let us help you take the work and worry out of home repairs, housekeeping, transportation, meal preparation, just to name a few. If you are doing most of that and just need yard work, or minor repairs, that's just fine. This is a "use it as you need it" service.

This month, Neighborhood Network will be presenting a workshop with tips on planning at Kittery Adult Ed (Oct 4, 6-7pm) and at the Seacoast Senior Expo at the Kittery Senior Center (Oct 26, 10am). We hope you'll join us and share your wisdom about navigating this exciting time in our lives.

***So think about planning, and think of us. We've been keeping people independent for over 30 years...***



## **Q&A: Why pay for a membership when we have these services for free?**

It is true there are services available from many agencies that are free. What you are gaining with a Membership is the security of knowing you have someone to brainstorm with you about your needs, and then set about getting you exactly what you need. Navigating resources can be daunting. What Neighborhood Network can do for the price of a dinner out once a month, is put into motion a combination of volunteers and fee-based services to meet your exact budgetary needs. As you age and things change you can take advantage of more services as you go. There's no obligation to buy what you don't need.

One thing you can be sure of, is that even setting aside money for several services each month will be far more cost effective than an assisted living community ever thought of being. You get to stay home and we get to find an affordable way for you to do it. A win, win....

## **In This Issue**

- Planning Ahead to Stay at Home
- October Calendar of Events
- Ongoing Activities & Programs

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)

*Neighborhood Network Partners*

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

 **York Hospital**

Neighborhood Network will team up with York Hospital Home Care at this Event!  
Come visit our booth and hear our talk "Tips for Planning to Age At Home" at 10am!



# Seacoast Senior Expo

**Kittery, Maine**

**October 26, 2016**

Info on senior living options, home care, travel, hearing help and lots more  
30 exhibitors • speakers • flu shots (free w/ Medicare card)

**Kittery Community Center**

**120 Rogers Road, Kittery**

**9 a.m. - 3 p.m. Wednesday, Oct. 26**

Antique appraisals by Daniel Buck Appraisals • free coffee • Hidden Ireland talk  
**sponsored by Avita of Wells**

**hosted by: Maine Senior Guide • [www.MaineSeniorGuide.com](http://www.MaineSeniorGuide.com)**



# October 2016 Activities and Random 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
2	3 <i>Rosh Hashanah begins</i> <b>Yoga</b> 9:30am <b>Drumming</b> 4pm	4 <b>Tuesday Movie:</b> <b>Marguerite</b> , 1:10pm  <b>*As We Age Series At Kittery Adult Ed: Aging In Place</b> 6-7 pm	5 <b>Neighborhood Network Coffee Klatch</b> 10:30am	6 <b>Cribbage Club</b> 10am	<b>October 7, 1870: Gambetta floats away from the chaos of a Parisian siege.</b> One of the greatest orators in French history, an enemy of his country's imperial rulers, and a political dynamo par excellence, Léon Gambetta escapes a Paris under siege during the Franco-Prussian War by boarding a hot-air balloon and floating to relative safety of Tours.	8
9	10 <i>Columbus Day</i> <b>Office Closed</b>	11 <b>Tuesday Movie:</b> <b>Brooklyn</b> 1:10pm	12 <i>Yom Kippur</i>	13 <b>Cribbage Club</b> 10am	<b>October 14, 1947: Yeager's got the right stuff to fly at Mach 1.</b> Former WWII fighter pilot Chuck Yeager flies an experimental Bell X-1 rocket plane at a supersonic speed that some experts believe will rip apart any aircraft. Yeager pushes it to Mach 1.07, faster than the speed of sound, and afterwards lands safely in the California desert.	15
16	17 <b>Yoga</b> 9:30am <b>Drumming</b> 4pm	18 <b>Tuesday Movie: The Prize Winner of Defiance Ohio</b> 1:10pm	19 <b>Neighborhood Network Coffee Klatch</b> 10:30am	20 <b>Cribbage Club</b> 10am <b>Book Group</b> 1pm	<b>October 14, 1854: Nurse journeys to the heart of battle.</b> Although born to a life of luxury, Florence Nightingale is devoted to serving others and begins a long journey to the Ottoman Empire to help soldiers wounded in the Crimean War. Nurse Nightingale will significantly reduce death rates, and lay the foundations of the modern nursing profession.	22
23	24 <b>Yoga</b> 9:30am <b>Drumming</b> 4pm	25 <b>Tuesday Movie: TBA</b> 1:10pm  <b>Veterans Coffee</b> 9:30am	26 <b>*Seacoast Senior EXPO at Kittery Community Center</b> 9am-3pm	27 <b>Cribbage Club</b> 10am	<b>October 28, 1886: Lady Liberty lifts a lamp over New York Harbor.</b> 'Liberty Enlightening the World,' 151-feet of copper neoclassical sculpture, is accepted as a gift from France and dedicated by US President Grover Cleveland after hundreds of thousands of revelers throw the world's first ticker-tape parade in honor of the new lady of Liberty Island.	29
30	31 <i>Halloween</i> <b>Yoga</b> 9:30am <b>Around The World: Germany!</b> 2pm <b>Drumming</b> 4pm					5

## October Book Club Selections

For discussion October 20, 1pm at the  
Baldwin Center, 4 Pine Grove Lane, York

**A Tree Grows in Brooklyn, by Betty Smith**  
**The People on Privilege Hill, by Jane Gardam**

Your choice: read one or both! All are Welcome!  
Questions? Call Laura at 207-351-1828

## AROUND THE WORLD w/ Ron Falong

Join the trip to  
**GERMANY**

**Monday October 31<sup>st</sup> 2pm**

**Baldwin Center**

**Lederhosen not required**



In lieu of a Halloween something or other, we will be hosting a more civilized event with beer and pretzels!! If you have not yet attended an "Around the World" presentation with Ron you are missing out! **So be sure to call 207-363-8444 before the day of to sign up** so we know you are coming can have enough hot pretzels for all!

## Ongoing Activities & Programs

Members are invited to come by York Housing's Baldwin Center for these activities and events. Programs are free, unless noted. See our complete schedule on the preceding page. FMI call 207-363-8444.

### Every Monday

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

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

- Oct. 4—Marguerite
- Oct. 11—Brooklyn
- Oct. 18—The Prize Winner of Defiance, Ohio
- Sept. 25—TBA

### The Last Tuesday of the Month (Oct. 25)

- 9:30 am Veterans Coffee

### The First and Third Wednesdays of the Month (Oct. 5 and 19)

- 10:30 am Network Coffee Klatch

### Every Thursday

- 10am Cribbage Club

### The Third Thursday of the Month (Oct. 20)

- 1pm Book Club

## Special October Events

- **Tues. Oct. 4, 6-7pm: Kittery Adult Ed class** (\$5 fee, sign-up required, call 207-439-5896 FMI)
- **Wed. Oct 26, 9am-3pm: Seacoast Senior Expo,** Kittery Community Center
- **Mon. Oct. 31, 2pm: Around the World with Ron Falong — Germany**

**Check This Out! <https://thischairrocks.com/>**

## This Chair Rocks

## A Manifesto Against Ageism

People are happiest at the beginnings and the ends of their lives. The vast majority of Americans over 65 live independently. The older people get, the less afraid they are of dying. Aging is a natural, lifelong, powerful process. So how come so many of us unthinkingly assume that depression, diapers, and dementia lie ahead? That the 20th century's astonishing leap in life expectancy is a disaster-in-the making? Underlying all the hand-wringing is ageism: discrimination that sidelines and silences older people. So I've written a book. I blog about it. I have a Q & A blog called Yo, Is This Ageist? (Go ahead, ask me.) I've written a consciousness-raising booklet. And I speak widely. All tools to help catalyze a movement to make discrimination on the basis of age as unacceptable as any other kind.

—Ashton Applewhite

