



Meeting Old Man Winter with Peace of Mind ***by Patricia Martine, Director***

November has arrived, our heat has turned on, and we are looking about to see what needs to be done before Old Man Winter arrives. If you haven't thought about who can help you with that, then look no further. Neighborhood Network is the perfect source for help with those small jobs that need to be done before snow. Part of staying independent, as you know, is being able to manage the seasonal work that comes with owning a home. Your membership will allow you to navigate this time of year with some volunteer help and a reliable paid vendor from our list.



So if you are a homeowner, or the caregiver of someone who intends to stay at home as they age, this could be the perfect solution. A gift of a membership could alleviate some of the concerns that come under the heading of caregiving, that overwhelm so many. It addresses the planning ahead theme we spoke of last month. Peace of mind is the goal as we age, and that is just what we hope to create with our Network.

Please call us, to ask questions, or just brainstorm about your needs. We are here for you. Along with York Housing and York Hospital, we've been keeping folks independent for over 3 decades. Let's talk soon.....

THE OLDER BRAIN HAS ACCESS TO MORE INFORMATION **An excerpt from *This Chair Rocks* by Ashton Applewhite**

"Aging brings cognitive benefits as well as emotional ones, although age bias makes them harder to recognize. When a word or phrase takes time to come to mind the pause may reflect not decline but mental processes at work. According to a growing number of studies, the apparent lapse reflects the fact that older brains are sifting through the store of information accumulated over a lifetime, filtering, placing information in context. For most people, apparently, attention is gradually widening. More data points make it harder to retrieve the name of that movie you saw with what's-her-name, but distractibility may not be a bad thing. Olders may notice details or subtle cues or seemingly irrelevant information that could end up contributing to a better answer or solution than those from younger respondents, whose focus is tighter. Not only do elders know more, a wider worldview equips them to read moods, head off misjudgments, and navigate tricky situations more easily than younger people."

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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**

Stop Right Here!
You've found the perfect holiday gift...
the gift of independence!



Purchase an Annual Membership in
Neighborhood Network for Yourself,
Your Loved One, or a Friend and Receive
One Month Free for Your First Year!

*This special holiday offer is
good from 11/1/16-12/31/16!*

*FMI or to Join Today
Please call 207-351-1828*

*Membership in the Network is all about
building a relationship with us and leveraging
community resources to make aging at home
comfortable, affordable, and possible!*

Special Price if Purchased between Nov. 1 and Dec. 31, 2016
For an annual fee of just \$385 your benefits include:

Complimentary home assessment — we sit down with each new member, in your home, to chat about your unique situation, what's working well for you, what you think you need help with— and put together an action plan that evolves as you do!

York Housing maintenance technicians — are on call for handyman services and other small projects in your home at \$25/hour!

A phone number to call for whatever you need — things come up! You never know what the next challenge may be and we're here to help strategize and work with you to identify secure, easy, affordable solutions and preserve your independence!

Referrals and concierge service for vendors and volunteers to help with a variety of needs and projects — we vet the volunteers and vendors thoroughly via background and reference checks to make sure you can feel safe and secure having them come to your home. Many services are provided free or at discounted rates.

Connection with York Hospital Services — including home care, prescriptions, transportation, meals, hospice and many more!

Volunteering and Social Opportunities — in each community we serve (York, Kittery, Eliot, S.Berwick, Wells & Ogunquit) we're seeking enthusiastic members to volunteer their services and help us form social groups for dining out, travel, book and movie clubs, discussion and support groups and more!

Why Wait? Join Us Today and Share this Offer with a Friend!

November 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 Tuesday Movie: A Prairie Home Companion 1:10pm	2 Neighborhood Network Coffee Klatch 10:30am	3 Cribbage Club 10am	November 4, 1922 — British archeologist finds the entrance to King Tut's tomb. After years of scouring the Valley of the Kings in Egypt, archeologist Howard Carter unearths hidden steps down to the sealed tomb of King Tutankhamun, the boy king. When he unseals the tomb in a few months, it will turn out to be remarkably intact, its riches hidden for over 3,000 years.	5
6 Daylight Savings Time Ends	7 Yoga 9:30am Drumming 4pm	8 Election Day Tuesday Movie: Unbroken 1:10pm	9	10 Cribbage Club 10am	November 11, 1918 — Armistice Day — The war to end all wars has, itself, finally ended. Germany and the Allies sign an armistice to end the war at the 11th hour on the 11th day of the 11th month. Over 16 million people have died in four years of fighting. WWI is described as 'the war to end all wars' due to the bloody devastation. This day will hereafter be known as Armistice Day.	12
13	14 Yoga 9:30am Drumming 4pm	15 Tuesday Movie: The Blind Side 1:10pm	16 Neighborhood Network Coffee Klatch 10:30am	17 Cribbage Club 10am Book Group 1pm	November 18, 1976 — Spain's parliament approves bill to establish a democracy. A year after the death of Fascist dictator Francisco Franco, Spain's parliament members essentially vote themselves out of office, approving a bill to transition to democracy by allowing elections and the creation of a two-chamber parliament. The bill will later be approved by public referendum.	19
20	21 Yoga 9:30am Drumming 4pm	22	23	24 Thanksgiving Office Closed 24-25	November 25, 1783 — Last of the British troops depart New York. Three months after the Revolutionary War ended, the last contingent of British troops sail away from New York to the jeers and cheers of local residents. General George Washington leads a triumphant march as he retakes the city that the British had occupied since 1776.	26
27	28 Yoga 9:30am Drumming 4pm	29 Winter Lights Lighting Ceremony 4pm	30			

November Book Club Selections

- **Circling the Sun, by Paula McLain**
- **A Good Man is Hard to Find and Other Stories, by Flannery O'Connor**

For discussion on Nov. 17 at 1pm at
the Baldwin Center, 117 Long Sands Road, York.
Your choice: read one or both! All are Welcome!
FMI: call Laura at 207-351-1828



You're Invited to
A Lighting Ceremony
Giving Tuesday, Nov. 29, 4pm

Lighting Ceremony at Dusk
Followed by Champagne and Hors d'Oeuvres
and Live Jazz by Dimitri Yiannacopoulos

Join us to Observe Giving Tuesday and to
Honor Sponsors & Contributors to
York Senior Housing Inc.'s Wishing Well Fund

RSVP 207-363-8444

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)

- Nov. 1—A Prairie Home Companion
- Nov. 8—Unbroken
- Nov. 15—The Blind Side

The 1st and 3rd Wednesdays of the Month (Nov. 2/16)

- 10:30 am Network Coffee Klatch

Every Thursday

- 10am Cribbage Club

The 3rd Thursday of the Month (Nov. 17)

- 1pm Book Club

Special November Event

Nov. 29 Giving Tuesday Winter Lights Celebration

- 4 pm at York Housing's Baldwin Center, 117 Long Sands Road, York. Join us for our Lighting Ceremony, champagne, hors d'oeuvres and Live Jazz

VtVNetwork.org

The Village Movement: Making Your Future a Good One

Village to Village Network (VtV) is a national network of peer villages formed to help member organizations establish and continuously improve management of their own villages whether in large metropolitan areas, rural towns or suburban settings. We were thrilled to attend the annual Village-to-Village Gathering in October in Columbus Ohio along with 270+ Village supporters from across the country. What a great opportunity to meet and be inspired by some of the pioneers of the movement from the Beacon Hill Village and villages in San Francisco, Washington DC, and here in our neck of the woods like Monadnock at Home in Jaffrey, NH and At Home Downeast in Blue Hill, ME. The movement is stronger than ever and continues to grow, and today there are 205 open villages across the U.S. and 150 villages in development: 34% Urban, 38% Suburban, and 22% Rural. Neighborhood Network is proud to be a member of this group of groundbreakers working to revolutionize elderhood and make it the very best time of our lives!