

## Holiday visits are often wakeup calls...

With so many of us living away from our parents and grandparents, holiday visits may turn into a wakeup call and can be one of the few times families get together and realize their elderly loved ones are needing help. Though the realization adds stress to an already hectic and stressful time, consider it an opportunity to take steps to turn the situation around. Joining a Village like Neighborhood Network is becoming just the answer for many families finding themselves in this boat.

### 10 Warning signs your family member needs help

The Council on Aging offers these warning signs that your elderly relatives need help. If you noticed these signs when you visited your parents or grandparents over the holiday, it may be time to consider as a family the best plan for their care:

1. Poor eating habits resulting in a decrease in weight, no appetite or missed meals.
2. Neglected hygiene: wearing dirty clothes, body odor, neglected nails and teeth.
3. Neglected home that is not as clean or sanitary as you remember growing up.
4. Inappropriate behavior by acting loud, quiet, paranoid or making phone calls at all hours.
5. Changed relationship patterns that friends or neighbors have noticed.
6. Burns or injuries resulting from weakness, forgetfulness or misuse of alcohol or meds.
7. Decreased participation in activities such as attending the senior center, book club or church.
8. Scorched pots and pans, showing forgetfulness for dinner cooking on the stove.
9. Unopened mail, newspaper piles, and missed appointments.
10. Mishandled finances such as losing money, paying bills twice or hiding money.



### Decide on an action plan to care for your relatives

If it seems like a good time to start a family conversation, here is a helpful guide from Senior Helpers:

- Pick a leader: the elderly relative who anticipates needing care, an adult child, friend or relative.
- Encourage discussion and get input from everyone. Make sure everyone makes their feelings known.
- Discuss money. Who will pay? How? If the money is coming from the elderly relative's estate, who will be executor?
- Get a consensus. At the end of the meeting, everyone present must commit to support the plan.
- Write it down so all family members have their responsibilities right in front of them.

Though discovering your elderly relatives are in duress during the holiday season can be dismaying -- holidays are supposed to be joyous times, after all -- consider the wakeup call a blessing. Now that you are aware that they are in need, you can do something about it and help ensure their health and safety as well as improve the quality of their life.

### In This Issue

- Holiday Visits Can be Wakeup Calls
- Neighborhood Network is Growing!
- January Calendar of Events
- Ongoing Activities & Programs

### Please contact us for information about our services and opportunities

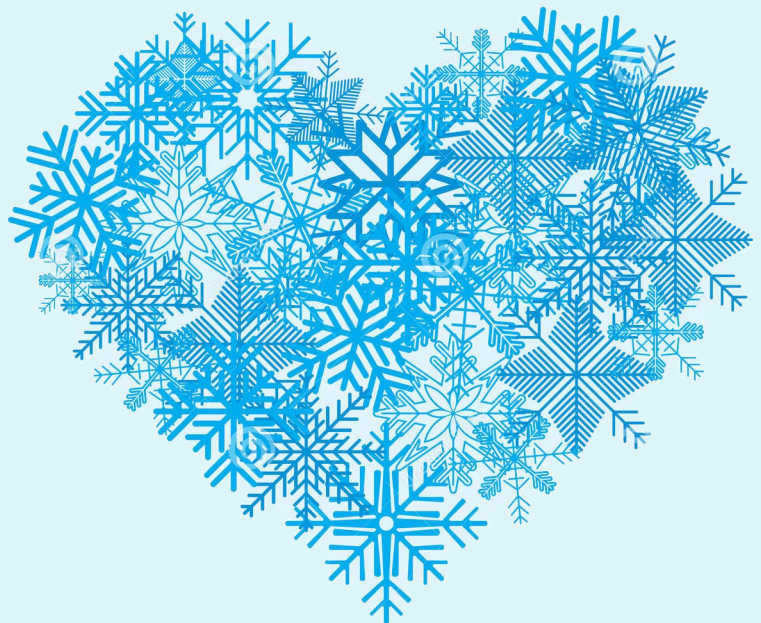
Call: 207-351-1828  
Email: [neighborhoodnetwork.me](mailto:neighborhoodnetwork.me)  
Website: [www.neighborhoodnetwork.me](http://www.neighborhoodnetwork.me)

## Neighborhood Network is Growing!

Welcome & Thank You to All of Our Members, Volunteers and Service Partners

Graham and Jean Alvord  
Mary Lou Audette  
Sudie and Peter Blanchard  
James and Elizabeth Coleman  
Scott Colwell  
Carol Costa  
Wendy Cote  
April Cusson  
PJ Day Masonry  
Sheila Dorval  
Patricia Doucette  
Jeremy Foss  
Eileen Gmelch  
Don Goettler/Coastal Sun Services  
Ana Gray  
Terry Hale/Faith Filled Care  
Dorothy Healy, Kittery  
Jan Henderson, York  
Tom Hibschan and Claire Rogers  
Louise Hirschberg  
Grant Hirst  
Toni Joerres  
Christina Jordan  
Chris and Alan Kelly  
Ed Kiley  
Glennys Kretchman  
Rosemary Loveday  
Sue McCarthy and Sharon DeGroot  
Tim McEntee  
Robin Mulcahy/Garments of Praise  
Marc Murphy/Celtic Cleaning  
Ben Paquin/Seniors Helping Seniors  
Sylvia and Lee Pollock  
Kate Reynolds  
Sara Rhoades

Peggy Rioux  
Irene Robb  
Dennis Robillard  
Kurt Rosenwald  
Pat Rosicky  
Anita Schein  
Marjorie Stevens  
Sal Sala/High-Tech Maintenance  
Jim Schliestett  
Adrian Silver  
Patricia Smith  
Pete and Kathy Smith  
Kevin Vernon  
Erica Webber  
Christopher Wessles and Kathryn Mooney  
Joann Woods  
York Hospital Physician Practices,  
Programs and Services  
York Housing Maintenance Services  
York Senior Center



# January 2017 Activities and Celebrity Birthdays

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	Celebrity Birthdays on this Date	Saturday
1 <b>New Years Day</b>	2 <b>Office Closed</b>  <b>Drumming</b> 4pm \$5 fee	3 <b>Tuesday Movie:</b> <i>It's a Wonderful Life</i> 1:10pm	4 <b>Neighborhood Network Coffee Klatch</b> 10:30am	5 <b>Cribbage Club</b> 10am	<b>January 6, 1412</b>  <b>Joan of Arc</b> I am not afraid... I was born to do this."	7
8	9 <b>Yoga</b> 9:30am <b>Mah Jongg</b> 1-3pm, sign-up required  <b>Drumming</b> canceled	10 <b>Tuesday Movie:</b> <i>Out of Africa</i> 1:10pm	11	12 <b>Cribbage Club</b> 10am  <b>Book Group</b> (special date this month) 1pm	<b>January 13, 1961</b>  <b>Julia Louis-Dreyfus</b> The Seinfeld motto: No learning, no hugging."	14
15	16 <b>Martin Luther King Jr. Birthday</b> <b>Office Closed</b>  <b>Drumming</b> 4pm \$5 fee	17 <b>Around the World: China w/ Ron Falong</b> 2pm	18 <b>Neighborhood Network Coffee Klatch</b> 10:30am	19 <b>Cribbage Club</b> 10am	<b>January 20, 1896</b>  <b>George Burns</b> "Happiness is having a large, loving, caring, close-knit family in another city."	21
22	23 <b>Yoga</b> 9:30am  <b>Drumming</b> 3:15-4pm basics; \$5 fee	24 <b>Tuesday Movie:</b> <i>Invictus</i> 1:10pm	25	26 <b>Cribbage Club</b> 10am	<b>January 27, 1756</b>  <b>Wolfgang Amadeus Mozart</b> Neither a lofty degree of intelligence nor imagination nor both together go to the making of genius. Love, love, love, that is the soul of genius."	28
29	30 <b>Yoga</b> 9:30am  <b>Drumming</b> 3:15-4pm basics; \$5 fee	31 <b>Tuesday Movie:</b> <i>84 Charing Cross Road</i> 1:10pm  <b>Veterans Coffee</b> 9:30am			<b>January is named after the Latin word for door (ianua). January is the door to the year.</b>	

## January Book Club Selections



**The Boys in the Boat,  
by Daniel James Brown  
*and*  
84, Charing Cross Road,  
by Helene Hanff**

For discussion on **Jan. 12 at 1pm** at  
The Baldwin Center,  
117 Long Sands Rd, York.

**Your choice:** Read one or both!

All are Welcome!

**FMI:** call Laura at 207-351-1828

## Ongoing Activities & Programs

Members are invited to come by York Housing's Baldwin Center, 117 Long Sands Road, York, 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)
- 3:15pm Drumming (\$5 donation) (no class on 1/9)

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

- Jan. 3 — It's a Wonderful Life
- Jan. 10 — Out of Africa
- Jan. 24 — Invictus
- Jan. 31 — 84, Charing Cross Road

### The last Tuesday of the Month (Jan. 31)

- 9:30am Veterans Coffee

### The 1st and 3rd Wednesdays of the Month (Jan. 4 and 18)

- 10:30 am Network Coffee Klatch

### Every Thursday

- 10am Cribbage Club

### The 3rd Thursday of the Month (Jan. 12—special date this month only)

- 1pm Book Club

## Special January Events

- **Monday, Jan. 9, 1-3pm— Mah-Jongg for all levels —** beginners will be shown the ropes by two volunteer instructors. With enough interest, we plan to establish a regular group meeting on the second Monday of the month. **Space is limited and sign-up is required.**
- **Tuesday, Jan. 17, 2pm — Around the World: China**

## Mah Jongg is coming to Neighborhood Network in January!



We have a few limited, first come first serve slots to join a monthly Mah Jongg group at the Baldwin Center beginning on **Monday, January 9, from 1-3pm.**

Come with experience or as a beginner with an eagerness to learn from two very special volunteer instructors!

**Please call soon** to reserve your space: **207-351-1828**

**Email:** [coordinator@neighborhoodnetwork.me](mailto:coordinator@neighborhoodnetwork.me)