

## Celebrating 15 Years of the Village Movement

In celebration of the 15th Anniversary of Beacon Hill Village and the founding of the Village Movement, we would like to thank Beacon Hill Village and its founders for taking the lead in this movement that is shifting the way our country views aging. We are also grateful to the Village to Village Network — an intergenerational movement of 350+ Villages and 30,000+ adults, volunteers, family members and staff working together to make aging in community a viable option for everyone. The VtV Network has had an important impact and influence on local and national policies for older adults and aging in community. By connecting individual Villages with resources, education, and expertise through innovation, collaboration, advocacy, and inclusion, the VtV Network expands opportunity, choice, support, and care for all older people. Today, Villages are well positioned to positively affect population health in the communities they serve. The past 15 years has been a great start for our Movement and we look forward to celebrating many more anniversaries and milestones.



## You can help our Neighborhood Network develop thriving intergenerational communities where individuals of all ages play a valued role

We want our “village on the seacoast” to continue to grow in all the towns we serve. You can be a big part of that by becoming a member or volunteer or making a referral for a service provider that you trust. Interdependent partnerships of all kinds are essential to our success -- between local government, elder communities, schools, businesses, local cultural and community organizations and services, families, adults of all ages and children.



**We're celebrating our first year all throughout the month of March. Please come to a coffee klatch on March 1 or 15 to chat with us about how you can get involved.**

- **Join!** Village members enjoy reduced isolation, enhanced purpose, and greater independence.
- **Volunteer!** It's good for you! Studies have shown that those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.
- **Refer!** Share your favorite contractor or home service providers with us. If you have someone that you are happy with that provides a service ask them if they would like to be part of Neighborhood Network and send them our way.

### In This Issue

- Celebrating 15 Years of the Village Movement
- Learning the Art of Conscious, Healthy Distraction
- March 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)

# Learning the Art of Conscious, Healthy Distraction

All day, every day we are bombarded with opportunities to be distracted. Many of us choose (whether we're conscious of it or not) to distract ourselves on purpose to escape from life in various ways. Given that most of us are going to be distracted on a regular basis, consciously or unconsciously, it's important that we take a deeper look at how and why we get distracted and do what we can do to start distracting ourselves in healthy ways and for healthy reasons.

## Learning the art of conscious, healthy distraction.

The ultimate goal is for us to be able to choose to "distract" ourselves (i.e. get out of our heads, let go of our negative worries, and take a conscious break from the day-to-day stress of life) in a truly healthy way. When our motivation is positive (we're not avoiding anything, but choosing consciously to take a break), the outcome and experience of our "distraction" is more likely to be healthy and beneficial.

If we're going to live a life of growth, meaning and fulfillment we need lots of healthy breaks and rests along the way, especially when things get hard. If we don't take these breaks, it's easy to let worry, fear, negativity, doubt and the daily pressures of life take over, almost without us even noticing.

It's not so much what we do, but why and how we do it. When we take some time to consciously "distract" ourselves in healthy ways, we interrupt the negative, unconscious and habitual patterns of our minds and our culture that often get in the way of us experiencing the peace, joy, and abundance that is naturally and authentically around us and within us all the time.

Here's a list of some healthy distractions to consider.

- Watch inspiring movies
- Meditate
- Exercise
- Walk in nature
- Sing
- Laugh
- Play with children
- Travel
- Read inspiring books
- Help others
- Paint
- Spend time with people you love
- Dance
- Take classes or workshops
- Write
- Listen to inspiring music
- Swim
- Play with pets

## Introducing: Young at Art Series

A studio art program designed by instructors at Heartwood College of Art, workshops are taught by professional, working artists in a variety of disciplines, including memory bracelets, Chinese calligraphy, book arts and polymer clay. Additional workshops will be added as the program expands. The bi-weekly workshops explore and celebrate the creative spirit while providing a sense of community and an opportunity to savor one's own personal creativity. Expression, reflection and wellness are the goals.

### When:

Six 2-hour classes from 1-3pm held every other week on Wednesdays in April, May and June, beginning on April 5. (Note: the second class will be held on Wed., April 26)

### Where:

York Housing's Baldwin Center, 117 Long Sands Road, York.

### Fee:

Bring a few dollars to donate — we'll be passing a hat

### Sign up Required:

Call Janel at 363-8444

*This new series is made possible by support from*

*the*  
**HANCOCK FAMILY FUND**  
*for* **HEALTHY AGING**

The Hancock Family Fund for Healthy Aging supports programs and services that promote and benefit the physical, emotional, spiritual & overall health and well-being of our community as we age including: Strength and Balance Programs, Medicare Informational Meetings; Neighborhood Network; and York Hospital Services—Home Delivery of Meals & Prescriptions; and Transportation to and from medical appointments. The York Hospital Board established the Fund as a tribute to Frank & Kay Hancock recognizing their leadership, community spirit and service to York Hospital, and acknowledging their independent, can-do attitudes.


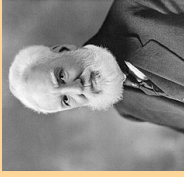





# March Activities and Historic Happenings

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



Monday	Tuesday	Wednesday	Thursday	Friday	Historic Happenings
		1 <b>Neighborhood Network Coffee Klatch</b> 10:30am	2 <b>Cribbage Club</b> 10am	3 <b>Fabulous Fish Friday at the Baldwin Center</b> \$5/meal. Call 363-8444 to reserve your place	<b>March 3, 1913</b> — Attorney Inez Milholland, clad in a white cape astride a white horse, led the great woman suffrage parade down Pennsylvania Ave followed by 9 bands, 4 mounted brigades, about 24 floats, and 5,000+ marchers “in a spirit of protest against the present political organization of society, from which women are “excluded.” 
6 <b>Yoga</b> 9:30am. \$5/class <b>Mah Jongg</b> 1-3pm <b>Drumming - basic skills</b> 3:15 \$5/class	7 <b>Tuesday Movie: Silver Linings Playbook</b> 1:10pm	8	9 <b>Cribbage Club</b> 10am	10 <b>Fabulous Fish Friday at the Baldwin Center</b> \$5/meal. Call 363-8444 to reserve your place	<b>March 10, 1876</b> — Alexander Graham Bell makes the first successful telephone call by saying "Mr. Watson, come here, I want to see you." 
13 <b>Yoga</b> 9:30am. \$5/class <b>Drumming - basic skills</b> 3:15 \$5/class	14 <b>Tuesday Movie: Waking Ned Devine</b> 1:10pm	15 <b>Neighborhood Network Coffee Klatch</b> 10:30am	16 <b>Cribbage Club</b> 10am <b>Book Group</b> 1pm	17 <b>Celebrate St. Patty's Day at the Baldwin Center</b> \$5/meal. Call 363-8444 to reserve your place	<b>March 17, 461</b> — Legend has it that on this day the Christian missionary and bishop Patrick dies in Ireland. He will be revered for his works and life, and by the seventh century he will have become Ireland's patron saint. 
20 <b>Yoga</b> 9:30am. \$5/class <b>Drumming - basic skills</b> 3:15 \$5/class	21 <b>Tuesday Movie: Little Miss Sunshine</b> 1:10pm	22	23 <b>Cribbage Club</b> 10am	24 <b>Fabulous Fish Friday at the Baldwin Center</b> \$5/meal. Call 363-8444 to reserve your place	<b>March 24, 1989</b> — Just past midnight, the Exxon Valdez tanker strikes a reef in Prince William Sound, Alaska. The resulting spill of up to 38 million gallons of crude oil is the largest in US history and will devastate 11,000 square miles of pristine wilderness. 
27 <b>Yoga</b> 9:30am. \$5/class <b>Drumming - basic skills</b> 3:15 \$5/class	28 <b>Tuesday Movie: Up!</b> 1:10pm <b>Veterans Coffee</b> 9:30am	29	30	31 <b>Fabulous Fish Friday at the Baldwin Center</b> \$5/meal. Call 363-8444 to reserve your place	<b>Horoscope Pisces</b> — A Pisces born is polite, humble, philosophical. This sign people are restless, ever dreamy, contemplating and imagining about life. By nature, Pisces born is kind, sympathetic, and loyal. Pisces born incline towards management, finance, economics, law, philosophy, and spiritual subjects. 

## March Book Club Selections



**Jacqueline Bouvier Kennedy  
Onassis: The Untold Story,**  
by Barbara Leaming

*and*

**Grandma Gatewood's Walk: The  
Inspiring Story of the Woman who  
Saved the Appalachian Trail,**  
by Ben Montgomery

For discussion on **March 16 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)
- 4 pm Drumming (\$5 donation)

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

- Mar. 7 — Silver Linings Playbook
- Mar. 14 — Waking Ned Devine
- Mar. 21 — Little Miss Sunshine
- Mar. 28 — Up!

### The last Tuesday of the Month (Mar. 28)

- 9:30am Veterans Coffee

### The 1st and 3rd Wednesdays of the Month (Mar. 1 & 15)

- 10:30 am Network Coffee Klatch

### Every Thursday

- 10am Cribbage Club

### The 3rd Thursday of the Month (Mar. 16)

- 1pm Book Club

### Every Friday

- Noon Fabulous Fish Friday at Baldwin Center  
RSVP: Call 207-363-8444 by Monday

## Special March Events

- **Monday, Mar. 6, 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.**
- **Friday, Mar. 17, 12pm— St. Patty's Day Lunch — \$5.**  
RSVP: Call 207-363-8444 by Monday, March 13

**Mah Jongg is  
back on for March 6!**



We have a few limited, first come first serve slots to join a monthly Mah Jongg group at the Baldwin Center beginning on **Monday, March 6, from 1-3pm.** (\$5 lunch optional at noon.) Future meetings will be held on the second Monday of the month, unless otherwise noted.

No experience required!

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

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

Let us know if you want to come for lunch at noon!

**Join Us for  
Fabulous Fish Fridays  
on March 3, 10, 24 & 31**



**Join Us for a Traditional  
St. Patty's Day Lunch  
on Friday, March 17**



**Cost: \$5/meal**

**RSVP: Call 363-8444**