



## June is Busting Out All Over!

All of us here at Neighborhood Network cannot believe a year has gone by since we introduced our service to the So. Maine area. To celebrate, we had our little gathering in May and had a wonderful time. There was music and food and connections were made. It was evident that our idea is working and that we have a built a foundation upon which to continue our growth. Very exciting for us and all of those who have had faith in us. I must say that we are eternally grateful to York Hospital, who joined forces with York Housing to launch this endeavor.



We have learned so much along the way, but some things that stood out for us when talking with folks, was that so many of you have not been planning for time ahead of you. Either for your health or your home. We encounter many things that are not dealt with until there is a crisis. This is not the time in your life where not having a plan is a good idea. We can help you with so many things, and it all starts with a conversation. Just brainstorming with us can get you going in the right direction. That's one area where the membership goes a long way. Having a transition plan in place, if only in your mind, gives peace in return. And having home repairs under control, even if you pick away at them slowly over time, alleviates concerns. AND, having someone to call for all of it makes life easier to navigate. That is the whole reason Neighborhood Network exists. We realize how difficult it can be to problem solve and get what you need in today's market. And we know that sometimes just talking about it all makes things clearer.

—Patricia Martine

## News Flashes!

### We're Welcoming A New Helping Hand in the Neighborhood Network Office!

Our new part-time coordinator, Debra Nichols, starts on June 1, joining Laura Dehler and Pat Doucette

### New Program for the Summer: Stories by the Sea with Pat Smith!

Wednesdays at 3pm on the Mason Hartley Reserve lawn next to the Reading Room in York Harbor

**Coming Soon to a Neighborhood coffee shop near you!** Our coffee klatches that are currently being held in Kittery and York, will be moving each month to a new community starting in July. Watch the calendar for when and where so you can join us. If you have a favorite coffee place in your town please let us know.

## Part-time Job Opportunity – Senior Transportation!

Driver needed for York Housing to drive seniors locally to grocery store and other errands. Two mornings per week. Must have valid driver's license and clean driving record. Patience required and experience working with the senior population a plus. Please call 207-363-8444.

### In This Issue

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- What is a Functional Assessment?
- What you Need to Know about Live-In Care
- June 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)

# What Is a Functional Assessment?

In medicine and gerontology, a functional assessment is an evaluation of a person's ability to manage tasks and activities that are usually necessary in daily life. These tasks include the activities of daily living (ADLs), which refer to basic self-care such as dressing and getting around the house, as well as instrumental activities of daily living (IADLs), which are more mentally complex skills such as managing grocery shopping and finances.

Functional assessments can help professionals do the following:

- Diagnose and stage cognitive problems, such as Alzheimer's and other forms of dementia
- Identify the impact of worsening physical diseases, such as heart failure and COPD
- Diagnose delirium, a state of acute mental confusion that can be the only outward sign of a life-threatening illness
- Figure out what kinds of services or other assistance an older person needs in order to safely remain at home
- Figure out what level of in-home care -- personal care or nursing assistant care -- an older person needs on a day-to-day basis

For frail older adults with multiple medical problems, geriatricians often use functional assessments to help prioritize which medical issues to focus on. Many adults also benefit from a functional assessment prior to hospital discharge, which can help planners support a safe transition back to home.

## What You Need to Know About Live-In Senior Care

*By Barbara Kate Repa, Caring.com Senior Editor*

Individuals or agencies offering live-in care usually agree to monitor a person's condition and also offer a variety of care and services, including help with such tasks as: housekeeping; grocery shopping; meal preparation; personal care needs including bathing, dressing, and grooming; and managing medications.

Those helping with these needs, commonly called elder companions or personal care assistants, are generally on duty occasionally, for a few hours a week or day. However, when more constant care is needed, or when a person simply requires close monitoring or supervision, it's also possible to arrange for a caregiver to move in with the person who needs care. In some arrangements, two or more people share full-time duties and rotate shifts.

**How it helps** — A live-in caregiver can help provide peace of mind for the person who wants to remain at home but needs care, offering the constant assurance that basic needs will be attended to and that more intensive medical care will be summoned if needed and wanted. The peace of mind also extends to others who have caregiving duties, including family members who may also live in the home but appreciate someone who will share the duties and offer some respite when they need breaks.

**What it costs** — There's a huge range in pay rates for live-in caregivers, depending on an assortment of factors, such as the complexity of the care required, how much extra work in chores or assistance is required, and whether there's another person present in the home the majority of the time. Averages run from about \$300 a day for basic companionship to \$1,000 a day or more for intense nursing care.

**How to get started** — Before inviting someone in to live with the person needing care, be sure that person is a good fit both personally and professionally. You might be able to get recommendations from neighbors, friends, or family members who have hired a local live-in caregiver. You can also use a search tool like Caring.com's Senior Living Directory to search for in-home care agencies by city or zip code -- and to see ratings and reviews of the providers.

# June Activities, Historic Happenings & 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



Monday	Tuesday	Wednesday	Thursday	Friday	Historic Happenings
			<b>1</b> <b>Cribbage Club</b> 10am	<b>2</b> <b>Fabulous Fish</b> <b>Friday</b> noon \$5/ meal. RSVP 207-363-8444	<b>June 3, 1937 — The former King Edward VIII marries Mrs. Simpson.</b> Having abdicated the British throne after a reign of only 326 days, the former King Edward VIII marries the twice-divorced Wallis Simpson at a French chateau. Edward's decision to choose the woman he loves over his kingdom has caused a domestic crisis, with war on Britain's horizon.
<b>5</b> <b>Yoga 9:30am.</b> <b>\$5 per class</b> <b>Mah Jongg Instruction For All Levels 1-3pm</b>	<b>6</b>	<b>7</b> <b>Neighborhood Coffee Klatch</b> 10:30am <b>Young At Art - 5th Workshop: Gel Print Cards 1-3pm</b>	<b>8</b> <b>Cribbage Club</b> 10am  <b>Book Group 1pm</b>	<b>9</b> <b>Fabulous Fish</b> <b>Friday</b> noon \$5/ meal. RSVP 207-363-8444	<b>June 10, 1935 — An addict takes his last drink and a support group is born.</b> Dr. Bob Smith has a beer to calm himself before performing surgery, and thanks to the help of his new friend Bill Wilson, it will be his final drink of alcohol. The fellow alcoholics have come together to kick their addiction, and their collaboration will form Alcoholics Anonymous.
<b>12</b> <b>Yoga 9:30am.</b> <b>\$5 per class</b> <b>Mah Jongg Instruction For All Levels 1-3pm</b>	<b>13</b>	<b>14</b> <b>Summertime Stories by the Seaside with Pat Smith</b> 3pm at Mason-Hartley Reserve York Harbor	<b>15</b> <b>Cribbage Club</b> 10am <b>Book Group 1pm</b>	<b>16</b> <b>Fabulous Fish</b> <b>Friday</b> noon \$5/ meal. RSVP 207-363-8444	<b>June 17, 1972 — Break-in at the Watergate Hotel ends in arrests.</b> Five men, including US President Richard Nixon's security chief, are arrested after breaking into the Democratic National Committee's headquarters at the Watergate Complex in Washington, DC. What Nixon's press secretary later dubs a 'third-rate burglary' will be the undoing of a presidency.
<b>19</b> <b>Yoga 9:30am.</b> <b>\$5 per class</b> <b>Mah Jongg Instruction For All Levels 1-3pm</b>	<b>20</b> <b>Kittery Community Network Breakfast at Sunrise Grill</b> 9:30am	<b>21</b> <b>Neighborhood Coffee Klatch</b> 10:30am <b>Young At Art: Botanical Pattern Painting 1-3pm</b>	<b>22</b> <b>Cribbage Club</b> 10am	<b>23</b> <b>Fabulous Fish</b> <b>Friday</b> noon \$5/ meal. RSVP 207-363-8444	<b>June 24, 1901 — First Paris showing for the teenage Picasso.</b> Seventy-five works by a 19-year-old Spaniard hang in a Paris gallery. While few art critics see Pablo Picasso's show, those who do give it good notices. The artist's first major exhibition comes on the cusp of his Blue Period, the first of many stylistic phases in a career that will span more than 70 years.
<b>26</b> <b>Yoga 9:30am.</b> <b>\$5 per class</b> <b>Mah Jongg Instruction For All Levels 1-3pm</b>	<b>27</b> <b>Veterans Coffee</b> 9:30am	<b>28</b> <b>York Community Network Breakfast, At Norma's 9:30am</b>  <b>Summertime Stories by the Seaside with Pat Smith</b> 3pm at Mason-Hartley Reserve York Harbor	<b>29</b> <b>Cribbage Club</b> 10am	<b>30</b> <b>Fabulous Fish</b> <b>Friday</b> noon \$5/ meal. RSVP 207-363-8444	<b>Happy June Birthdays to Our Members and Volunteers:</b>



**Sylvia Pollock**  
**Jim Schliestett**  
**Rosemary Loveday**

## June Book Club Selections

**Where Angels Fear to Tread**

by E.M. Forster

**The Art of Hearing Heartbeats**

by Jan-Philipp Sendker

For discussion on **June 15 at 1pm** at The Baldwin Center, 117 Long Sands Rd, York. All are Welcome!

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



## Community Network Breakfasts



In **Kittery at Sunrise Grill**, the 3rd Tues.  
9:30am (June 20)

In **York at Norma's**, the 4th Wed. 9:30am  
(June 28)

Come and join the group! Bring a friend!

**Coming Soon to a Neighborhood coffee shop near you!** Our coffee klatches that are currently being held in Kittery and York, will begin moving each month to a new community starting in July. Watch the calendar for when and where so you can join us. If you have a favorite coffee place in your town please let us know.

## Summertime Stories by the Seaside....with Pat Smith

Listen to the telling of stories by the seaside at Hartley Mason Reserve lawn across from the York Harbor Inn. The 2nd and 4th Wednesday afternoons of every month beginning June 14, at 3 pm. Bring a comfy chair or blanket!

**We'll bring the lemonade!**

**Rain location: the Baldwin Center**

## 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)
- 1-3 pm Mah-Jongg for all levels

### The 3rd Tuesday of the Month (June 20)

- 9:30am **Kittery Network Breakfast at Sunrise Grill**

### The last Tuesday of the Month (June 27)

- 9:30am Veterans Breakfast

### The 1st and 3rd Wednesdays of the Month (June 7 & 21)

- 10:30 am Network Coffee Klatch at Baldwin Center

### The 2nd and 4th Wednesdays of the Month (June 14 & 28)

- 3pm Summertime Stories by the Seaside at Mason Hartley Reserve, York Harbor

### The 4th Wednesday of the Month (June 28)

- 9:30am York Network Breakfast at Norma's Restaurant

### Every Thursday

- 10am Cribbage Club

### The 3rd Thursday of the Month (June 15)

- 1pm Book Club

### Every Friday

- Noon Fabulous Fish Friday at Baldwin Center \$5/meal  
**RSVP: Call 207-363-8444 by Monday**

## Special June Events

- **Wednesdays, June 7 & 21, 1-3pm— Young At Art Series.** Space is limited; Call 363-8444 to sign up. Sponsored by the Hancock Family Fund for Healthy Aging at York Hospital.

## Join Us for Fabulous Fish Fridays



on June 2, 9, 16, 23, 30

**Cost: \$5/meal**

**RSVP: Call 207-363-8444**

**Mah Jongg is  
on for June 5, 12, 19, 26!**



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

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

Let us know if you want to come for \$5 lunch at noon!