



Calling All Friends, Members & Volunteers!

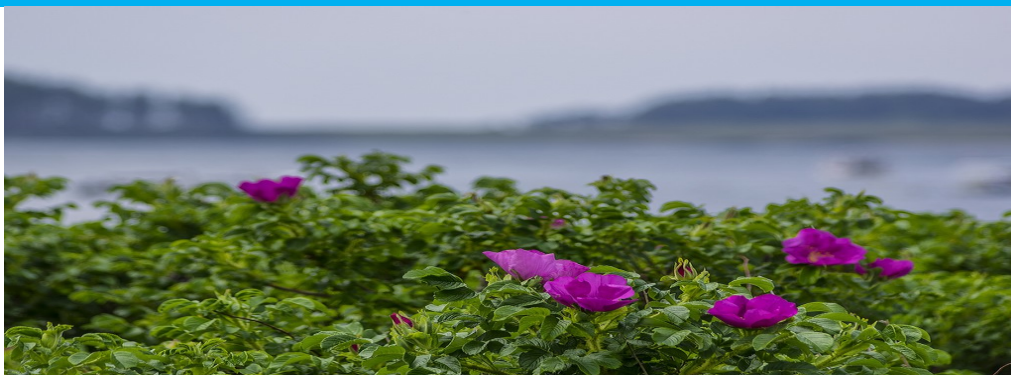
We'd love to hear from you
with your great ideas for new
programs and events!

What would you like to see
happening in your
community?

How can we help
organize an activity or event
that inspires you?

We look forward to your
suggestions!

*Please Call Us &
Share Today
207-351-1828*



Summer is Here!

Finally Summer has arrived.... A time to get out and breathe fresh air and the sweet aroma from all things blossoming. Speaking of blossoming I would like to say how beautifully our Neighborhood Network is blossoming. We have taken this into the communities and been so well received. Volunteers and Vendors are signed up and ready to serve. For those of you thinking about taking care of necessary repair items around your home please give us a call. The Network can make this process so much easier for you. It's one of the many things a Member can benefit from our team of helpmates. Getting just the right service, either by volunteer or York Housing's very able and affordable maintenance staff services, we can keep your surroundings in tip top shape. Making decisions sometimes is the hardest part of checking off items on a to-do list.

If you're unsure how the Network operates, give us a call and set up a one-on-one appointment, and we'll familiarize you with all that it offers. Staying home, where your heart is, as we age, is what most of us want to do. Solving transportation issues, and home safety issues, can be just what the doctor ordered. Acting before a crisis hits and engaging us to assist you, is the best way to stay independent for years to come. And don't forget to check out our social events on the calendar. We would love to have you join us !!!

—Patricia Martine, Executive Director

Neighborhood Network is a paid Membership Program. You are invited to join us as a special guest for a few activities before signing up as a Member. Please contact us for information about our services and opportunities.

Call: 207-351-1828

Email: coordinator@neighborhoodnetwork.me

Visit our Website: www.neighborhoodnetwork.me

YORK HOUSING
A CREATIVE APPROACH TO AFFORDABLE LIVING



Slip! Slop! Slap! Wrap!

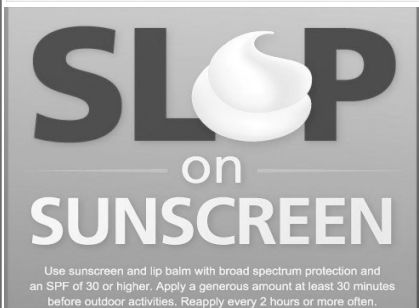
June is Cancer from the Sun Month

After only 15 minutes your skin can experience damage from the sun's rays. Skin cancer rates have steadily increased in every year and it is by far the most common cancer in the U.S. According to the American Cancer Society, 5.4 million people are diagnosed with some form of skin cancer worldwide each year and 3.3 million of them are Americans. Below is some of the best advice from the American Cancer Society and the CDC for lowering your risk for this disease.

Slip! Slop! Slap! Wrap! is the slogan the American Cancer Society uses as part of its campaign for skin cancer prevention. The society uses this simple message to promote prevention through media and educational activities.



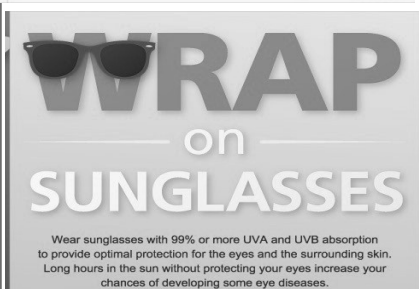
THE OFFICIAL SPONSOR OF BIRTHDAYS! The Friday before Memorial Day is Don't Fry Day™



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Slip on a shirt. Tightly woven long sleeves and long pants are the best type of protective clothing to wear when you are going to be in the sun for long hours. The CDC says a t-shirt or beach cover up will suffice, but just know that your run of the mill tee has an SPF rating lower than 15 so be sure to combine this preventative with others as well.

Slop on sunscreen. Don't be shy, slather and slop on a high quality sunscreen with at least SPF 15 *before* you go out into the sun. Sunscreen should even be used on cloudy or overcast days. Be sure to cover you entire body, not just your face, and even parts covered with clothing or bathing suits. Check out the **2016 Guide to Sunscreens** list at ewg.org for the best and safest sunscreens on the market.

Slap on a hat. The best advice here is to choose a tightly woven fabric, such as canvas, with a brim that goes all the way around to protect not only your face, but your ears and back of your neck as well. If you choose fashion over prevention with a cute straw hat or a baseball cap, either cover the exposed areas with more clothing and/or sunscreen or relax under a nice tree or fancy umbrella in the shade.

Wrap on sunglasses to protect your eyes and sensitive skin around them. The CDC suggests sunglasses that block both UVA and UVB rays for the best protection. Most sunglasses sold in the U.S. meet this requirement! Wrap around sunglasses provide the best protection because the harmful rays can't sneak in the sides. So rock those shades and protect yourself!

Ongoing Programs for Members & Special Guests

Monday-Friday at Baldwin Center, 117 Long Sands Rd, York

- \$5 Lunch at Noon *RSVP: 207-363-8444 by 9:30am to place your order*

Mondays—June 4, 11, 18, 25 at Baldwin Center, 117 Long Sands Rd, York

- Yoga at 9:30am
- Mahjongg at 1pm

Tuesdays—June 5, 12, 19, 26 at Baldwin Center, 117 Long Sands Rd. York

- BINGO at 12:30pm

Last Tuesday—June 26 at Baldwin Center, 117 Long Sands Rd. York

- Veterans Coffee at 9:30am

Wednesday—June 6 at Baldwin Center, 117 Long Sands Rd. York

- Young At Art at 1-3pm (last in series)

Wednesdays—June 13, 27 at Baldwin Center, 117 Long Sands Rd. York

- Games w/Staff at 12:30pm

Thursdays—June 7, 14, 21, 28 at Baldwin Center, 117 Long Sands Rd. York

- Cribbage and Mexican Train Dominoes at 10:30am

Third Thursday—June 21 at Baldwin Center, 117 Long Sands Rd. York

- Book Club at 1pm

Fridays—June 1, 8, 15, 22, 29 at Yorkshire Commons, 161 York St. York

- BINGO at 2pm

June Neighborhood Network Calendar

FMI or to participate, please call us at 207-351-1828 or email coordinator@neighborhoodnetwork.me for planning purposes. Unless otherwise noted, all activities are free to members and special guests and take place at York Housing's Baldwin Center, 117 Long Sands Rd., York, Maine. The programs and events listed are benefits for our paying members. If you're not currently a member or volunteer and are interested in participating in these programs as a special guest, please give us a call. We'd love to talk to you about our organization.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bingo-- Yorkshire Commons 2pm
4 Yoga 9:30am \$5 donation Mahjongg 1-3pm	5 Bingo 12:30 pm	6 Young at Art — Painted Flower Pots 1-3pm	7 Cribbage and Mexican Train Dominoes 10am	8 Bingo-- Yorkshire Commons 2pm
11 Yoga 9:30am \$5 donation Mahjongg 1-3pm	12 Bingo 12:30 pm	13 Games w/Staff 12:30pm	14 Cribbage and Mexican Train Dominoes 10am Book Club 1pm	15 Bingo-- Yorkshire Commons 2pm
18 Yoga 9:30am \$5 donation Mahjongg 1-3pm	19 Bingo 12:30 pm	20	21 Cribbage and Mexican Train Dominoes 10am	22 Bingo-- Yorkshire Commons 2pm
25 Yoga 9:30am \$5 donation Mahjongg 1-3pm	26 Veterans Coffee 9:30am Bingo 12:30 pm	27 Games w/Staff 12:30pm	28 Cribbage and Mexican Train Dominoes 10am	29 Bingo-- Yorkshire Commons 2pm

Host a Neighborhood Network Gathering in your Home!

Staff are so fortunate to witness first-hand the wonderful success stories that come from being a member of Neighborhood Network. We strive to increase our opportunities to talk about the services and benefits of being a Neighborhood Network member within all of the seacoast communities we serve.



We welcome the opportunity to meet your neighbors, co-workers and friends in an informal setting in the comfort of your home or perhaps a picnic in your yard now that the weather is starting to improve! And, we will provide all beverages and a light meal of your choice – delivered to your home for your neighborhood gathering. **Call 207-351-1828 to learn more.**

Special Programs & Events Coming Up!

Come to Young At Art's Final Class in the Series

June 6 — Painted Flower Pots (and plant a flower)

Baldwin Center 1-3pm — RSVP 207-363-8444



Are you Game? Come Play with Us!



Monday Mahjongg — 1PM Mon. June 4, 11, 18, 25 @ BC

Tuesday Bingo w/the Staff — 12:30PM Tues. June 5, 12, 19, 26 @ BC

Wednesday Games w/Staff — 12:30PM Wed. June 13, 27 @ BC

Thursday Cribbage & Mexican Train Dominoes — 10AM Thurs June 7, 14, 21, 28 @ BC

Friday Bingo at Yorkshire Commons — 2PM Fri. June 1, 8, 15, 22, 29 @ YC

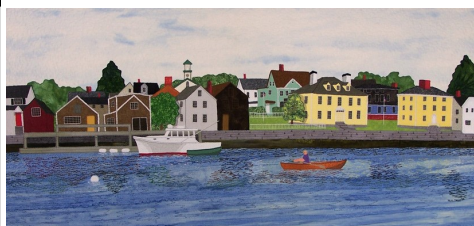
Book Club at Baldwin Center Thurs., June 21, 1-2PM

A Gentleman in Moscow, by Amor Towle



Also... Save the Date... Coming up on July 19th 1pm: Special Guest Author & Portsmouth Resident Katherine Towler! Enjoy a casual conversation with Katherine about her books and an ice cream social at Baldwin Center 1-2pm!

A Few Free JUNE Events in our Area



**Friday, June 1,
5-8pm—join local
Fabric Artist
Nancy Morgan for
an Open House
and One-Year
Anniversary
Celebration—at**

Nancy Morgan Gallery, 238 State Street in Portsmouth. Exclusively features Nancy's textured scenes of coastal life.



**Saturdays, 8am-1pm
Portsmouth Farmers
Market, 1 Junkins—back
for a whole new season!** You'll find an abundance of local meat and veggies, garden starting plants, take

-home meals, and ready-to-eat treats! Join us this year for the 41st anniversary of Seacoast Growers Association's farmers markets!



Saturday, June 16, 10am-5pm—Ogunquit's Day in the Park—showcases the area's local talent pool of artisans, craftsmen and more, in a celebratory atmosphere including music and food. Activities include: exhibitors, children's activities and entertainment, food trucks, concerts by local musicians on the new Dorothea Jacobs Grant Common.



Saturday, June 30, 9am-4pm—South Berwick Strawberry Festival—Come join us @ Our 43rd Annual Crafts, Food, & Fun Extravaganza.