

Neighborhood NETWORK

**Stay Home
With Us....**



A Membership Program Collaboration Between York Housing & York Hospital

NEWSLETTER OCTOBER 2018

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*



It Must Be October, by Pearl N. Sorrels

The harvest moon hangs round and high
It dodges clouds high in the sky

The stars wink down their love and mirth

The Autumn seasons is giving birth

Oh it must be October

The leaves of red bright gold and brown

To Mother earth come tumbling down

The breezy nights the ghostly sights

The eerie spooky far off sounds

Are signs that its October

The pumpkin yellow big and round

Are carried by costumed clumsy clowns

Its Halloween lets celebrate

Come one come all and don't be late

We know now its October

We'll roast and toast some luscious food

For apples we'll be bobbin

While tales are told around the fire

Of timely ghosts and goblins

Oh how we love October

The moon has grown pale

The stars have grown dim

Our Halloween party is over

With a hi-de-ho homeward we'll go

What a delightful month October

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

 **York Hospital**

Keeping Your Balance as You Age

by Berkeley Wellness

We all need balance in our lives. Literally. But having good balance is more complex than you may realize.

It involves the integration of various sensory and motor systems, including: vision (to perceive direction and motion), the vestibular system in the inner ear (which monitors motion and provides orientation clues, such as which way is up) and what's called "proprioception" (the ability to sense where your body is in space). To stay steady, you also need good muscle strength and reaction time.

If any of these systems are not functioning properly, you can lose your balance even while just walking or standing up. In fact, about one in three people over age 65 (not living in nursing homes) fall at least once a year—and 10 to 15 percent of these falls result in serious injury, according to a 2008 Australian paper. Falls, of course, are a major cause of fractures, which increase as people get older.

Older people often have poor balance due to loss of muscle strength and joint flex-ibility, as well as reduced vision and reaction time. And the risk of inner ear dysfunction, which can throw you off balance, increases with age.

Lack of exercise, alcohol, obesity, neuropathy (nerve damage) in the lower legs, certain drugs or medical conditions, even wearing the wrong eyeglasses, can also interfere with balance, at any age.

From tai chi to cobblestones

Exercise—such as brisk walking, running and strength training—helps improve balance. Any activity that increases strength, especially in your lower limbs, as well as agility, is worthwhile. Even golf, aquatic exercise, interactive dance video games, and Feldenkrais (a movement therapy) have been shown to help.



In particular, you may want to try tai chi. Studies have documented its ability to improve balance and decrease falls in both healthy and ill people.

Originally a Chinese martial art, this ancient practice involves slow, balanced, low-impact movements done in sequences; it builds confidence, coordination, muscle strength and all-around fitness. Classes are often available at health clubs and adult education centers. The International Taoist Tai Chi Society can help you find instructors and classes in your area.

Below are some other good things you can do for your balance. The equipment needed is available at sporting-goods stores or online; gyms and physical therapy offices may also sell it. Before you start: If you have serious balance problems, it's a good idea to begin with a trainer at a gym or a physical therapist. At home, be sure to have someone "spot" you or at least have something to hold onto so you don't fall.

Balance on a board: Also called wobble or rocker boards, balance boards are wooden or plastic devices that sit on a short base that acts as a fulcrum. By shifting your weight from side to side or front to back, you try to balance without rocking too much. For more of a challenge, do it with your eyes closed. Boards cost about \$20 to \$60 (or more, for a "professional" one).

Have a ball: Made of vinyl and filled with air, a large exercise ball (also called a stability ball or physioball) is another handy helper for improving balance. At home, be sure you have plenty of room so you don't tumble onto a piece of furniture. The balls come in different sizes (based on your height); most cost about \$15 to \$30.

(article continued on next page)

Ongoing Programs for Our Members & Special Guests

Note: our offices are closed on Mon, Oct 8 for the Holiday

Always call ahead to make sure an event is happening...207-363-8444

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—Oct 1, 15, 22, 29 at Baldwin Center, 117 Long Sands Rd, York
- Yoga at 9:30am
- Mahjongg at 1pm

Tuesdays—Oct 16, 23, 30 at Baldwin Center, 117 Long Sands Rd. York
- Lunch BINGO at 12:30pm

Last Tuesday—Oct 30
- Veterans Coffee at 9:30am

Wednesdays—Oct 17 at Baldwin Center, 117 Long Sands Rd. York
- Games w/Staff at 12:30pm

Thursdays—Oct 11, 18, 25 at Baldwin Center, 117 Long Sands Rd. York
- Cribbage at 10am

Fridays—Oct 5, 12, 19, 26 at Yorkshire Commons, 161 York St. York
- BINGO at 2pm

October 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 Yoga 9:30am \$5 donation Mahjongg 1-3pm	2	3	4	5 Bingo-- Yorkshire Commons 2pm
8 Office Closed for Holiday!	9	10	11 Cribbage 10am	12 Bingo-- Yorkshire Commons 2pm
15 Yoga 9:30am \$5 donation Mahjongg 1-3pm	16 Lunch Bingo 12:30 pm	17 Games w/Staff 12:30pm	18 Cribbage 10am Book Club 1pm	19 Bingo-- Yorkshire Commons 2pm RSVP deadline for Medicare BINGO
22 Yoga 9:30am \$5 donation Mahjongg 1-3pm	23 Medicare Bingo 1pm RSVP 207-363-8444 by Fri, 10/19	24	25 Cribbage 10am	26 Bingo-- Yorkshire Commons 2pm
29 Yoga 9:30am \$5 donation Mahjongg 1-3pm	30 Veterans Coffee 9:30am Lunch Bingo 12:30 pm	31		

Improving your Balance (article continued from previous page)

Walk on cobblestones: Chinese tradition holds that walking on uneven paths is good for balance. A study at the Oregon Research Institute gave support to the practice. It found that healthy but sedentary older adults significantly improved their balance by walking on special cobblestone mats. Aim for half an hour of cobblestone walking two or three times a week, in addition to regular walking and strengthening exercise. If you have no cobblestone paths in your neighborhood, you can buy long walking mats like those used in the study for about \$50.

Try a mini-trampoline: Training on a mini-trampoline for 14 weeks increased balance in a study published in the *Journal of Electromyography and Kinesiology* in 2011. After participating in the program, older people were better able to regain their footing in a forward fall experiment—an ability that can help prevent a serious injury in real life. If you are very unsteady on your feet, though, this may not be a good choice. Mini-trampolines cost about \$40 to \$80; some have handrails.

Bottom line: If you are over 60, ask your doctor to check your sense of balance. There are many ways to improve your balance and thus reduce the risk of falls. Find what you like but also mix it up. Another thing to consider for fall prevention is a vitamin D supplement. Studies suggest that adequate vitamin D reduces the risk of falls by increasing muscle strength in the legs. The recommended daily intake is 600 IU up to age 70 and 800 IU for those older, but we recommend 800 to 1,000 IU a day for most people. People who are deficient may need higher doses.

Special Programs & Events Coming Up!



Are you Game? Come Play with Us!

Mon Mahjongg — 1PM Oct 1, 15, 22, 29 @ BC
Tues Lunch Bingo — 12:30PM Oct 2, 9, 16, 23, 30 @ BC
Occasional Wed Games w/Staff — 12:30PM Oct 3, 17 @ BC
Thurs Cribbage — 10AM Oct 4, 11, 18, 25 @ BC
Fri Bingo at Yorkshire Commons — 2PM Oct 5, 12, 19, 26@ YC

Book Club

Thursday, Oct 18, @ 1pm @ Baldwin Center,
York Housing, 117 Long Sands Road, York



What we're reading this month—
My Dear Hamilton: A Novel of Elizabeth Schuyler Hamilton
by Stephanie Dray and Laura Kamoie

October Harvest-Fests in Our Area

York Harvestfest & Kidfest

York Beach, ME - Oct 13, 2018

Annual event for 30+ years on the weekend after Columbus Day. Held from 9 AM to 4 PM. Live performances, food, kids games, juried craftors, HarvestFest, and horse-drawn wagon rides at Short Sands Beach. Public parking at York's Wild Animal Kingdom.



Marshwood Education Foundation Oktoberfest - Eliot, ME - Oct 13, 2018

Back again is the annual Oktoberfest fundraiser for the Marshwood Education Foundation. Appetizers and desserts from local chefs, live music, DJ, dancing and live auction with games and prizes. Activities kick off at 7:00 pm.

Kennebunk HarvestFest - Kennebunk, ME - Oct 13, 2018

Features include a parade down Main Street, bounce houses, face painting, treat bag decorating, pumpkin decorating, apple cider, games, candy, and more! Free, family friendly event – don't forget to bring a costume!

Harvest on the Harbor - Portland, ME - Oct 16 to Oct 21, 2018

Culinary creations from Maine's top chefs. Events include sampling at the marketplace, the Maine Lobster Chef of the Year Competition, and Grand Tasting on the Harbor (wine, beer and spirits with views of Casco Bay while enjoying morsels from notable Maine chefs). 21+ events

OgunquitFest - Ogunquit, ME - Oct 19 to Oct 21, 2018

15th annual! Pumpkin decorating, scarecrow contest, costume parade, classic car show, craft show, wagon rides and more.