



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*



Some Thoughts for November by Daniel Turner

Another month of days has passed us by
We now prepare for cold November rains
For veterans our hearts will sadly sigh
With daylight savings time some sun we'll gain
The turkey will become our welcome guest
Our families and friends will visit soon
We'll realize how much we're truly blessed
And start to tire of constant Christmas tunes
But yet for some depression will set in
Because of poverty and loneliness
November is the time to call on them
To share the gift of hope and happiness

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





It's Your Life. Treat Your Diabetes Well.

November is National Diabetes Month. Here's to managing your diabetes for a longer, healthier life from the CDC.

There isn't a cure yet for diabetes, but a healthy lifestyle can *really* reduce its impact on your life. What you do every day makes the difference: eating a healthy

diet, being physically active, taking medicines if prescribed, and keeping health care appointments to stay on track.

The Basics—More than 30 million people in the United States have diabetes, but 1 out of 4 of them don't know they have it.

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant, which can put the pregnancy and baby at risk and lead to type 2 diabetes later).

With type 1 diabetes, your body can't make insulin (a hormone that acts like a key to let blood sugar into cells for use as energy), so you need to take it every day. Type 1 diabetes is less common than type 2 diabetes; about 5% of the people who have diabetes have type 1. Currently, no one knows how to prevent type 1 diabetes.

Most people with diabetes—9 out of 10—have type 2 diabetes. With type 2 diabetes, your body doesn't use insulin well and is unable to keep blood sugar at normal levels. If you have any of the risk factors below, ask your doctor if you should be tested for diabetes. The sooner you find out, the sooner you can start making healthy changes that will benefit you now and in the future.

Type 2 diabetes risk factors include:

- Having prediabetes (blood sugar levels that are higher than normal but not high enough to be diagnosed as diabetes).
- Being overweight.
- Being 45 years or older.
- Having a parent, brother, or sister with type 2 diabetes.
- Being physically active less than 3 times a week.
- Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds.
- Race and ethnicity also matter: African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk for type 2 diabetes.

You can lower your risk for developing type 2 diabetes by losing a small amount of weight if you're overweight and getting regular physical activity. A small amount of weight loss means around 5% to 7% of your body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. That's just 30 minutes a day, five days a week.

You've Been Diagnosed with Diabetes. Now What?—It's a balancing act—food, activity, medicine, and blood sugar levels—but you can do it. Meeting with a diabetes educator is a great way to get support and guidance, including how to:

- Follow a healthy eating plan.
- Get physically active.
- Test your blood sugar.
- Give yourself insulin by syringe, pen, or pump, if needed.
- Monitor your feet, skin[134 KB], and eyes to catch problems early.
- Get diabetes supplies and store them according to package directions.

Ongoing Programs for Our Members & Special Guests

Note: our offices are closed on Mon, Nov 12 for Veterans Day and Thurs-Fri Nov 22-23 for Thanksgiving

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—Nov 5, 19, 26 (Note: no programs on Mon Nov 12) at

Baldwin Center, 117 Long Sands Rd, York

- Yoga at 9:30am

- Mahjongg at 1pm

Tuesdays—Nov 6, 13, 20, 27 at Baldwin Center, 117 Long Sands Rd, York

- Lunch BINGO at 12:30pm

Last Tuesday—Nov 27

- Veterans Coffee at 9:30am

Wednesdays—Nov 14, 28 at Baldwin Center, 117 Long Sands Rd, York

- Games w/Staff at 12:30pm

Thursdays—Nov 1, 8, 15, (Note: office is closed on Nov 22) at Baldwin Center, 117 Long Sands Rd, York

- Cribbage at 10am

Fridays—Nov 2, 9, 16, 30 at Yorkshire Commons, 161 York St. York

- BINGO at 2pm

November 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	2 Bingo-- Yorkshire Commons 2pm
5 Yoga 9:30am \$5 donation Mahjongg 1-3pm	6 Lunch Bingo 12:30 pm DON'T FORGET TO VOTE!!!	7	8 Cribbage 10am	9 Bingo-- Yorkshire Commons 2pm
12 Office closed— Veterans Day Holiday	13 Lunch Bingo 12:30 pm	14 Games w/Staff 12:30pm	15 Cribbage 10am Book Club 1pm	16 Bingo-- Yorkshire Commons 2pm
19 Yoga 9:30am \$5 donation Mahjongg 1-3pm	20 Lunch Bingo 12:30 pm	21	22 Office closed— Thanksgiving Holiday	23 Office closed— Thanksgiving Holiday
26 Yoga 9:30am \$5 donation Mahjongg 1-3pm	27 Veterans Coffee 9:30am Lunch Bingo 12:30 pm	28 Games w/Staff 12:30pm	29 Cribbage 10am	30 Bingo-- Yorkshire Commons 2pm

Nov. 8 is National Tongue Twister Day!!!!

Can you say these thanksgiving tongue twisters 5x fast?

- ✦ Ten tricky tantalizing turkeys trotted to the table.
- ✦ Great gray greedy gobblers grabbed gravy.
- ✦ Flora flipped fifty fabulous flapjacks!
- ✦ Betty baked a beautiful batch of buttered biscuits.
- ✦ Pilgrims planted perfect pumpkins peacefully.
- ✦ Tommy tricked the turkey to travel to the table
- ✦ Percival Pilgrim picked a peck of plump, perfect pumpkins. If Percival Pilgrim picked a peck of plump, perfect pumpkins, then how many plump, perfect pumpkins did Percival Pilgrim really pick?



Special Programs & Events Coming Up!



Are you Game? Come Play with Us!

Mon Mahjongg — 1PM Nov 5, 19, 26 @ BC
Tues Lunch Bingo — 12:30PM Nov 6, 13, 20, 27 @ BC
Occasional Wed Games w/Staff — 12:30PM Nov 14, 28 @ BC
Thurs Cribbage — 10AM Nov 1, 8, 15, 29 @ BC
Fri Bingo at Yorkshire Commons — 2PM Nov 2, 9, 16, 30@ YC

November Book Club

Thursday, Nov 15, @ 1pm @ Baldwin Center,
York Housing, 117 Long Sands Road, York



What we're reading this month—
The Japanese Lover by Isabel Allende
The Hate U Give by Angie Thomas

Diabetes Month article continued from page 2

Manage stress and deal with daily diabetes care —Ask your doctor about diabetes self-management education and support, and to recommend a diabetes educator. You can also search the American Association of Diabetes Educators' nationwide directory for a list of educators in your community.

Know Your ABCs — Work with your doctor to manage your diabetes ABCs, and keep a record of your numbers. Results will help determine if your treatment plan is working and you're able to stay in your target range—for example, an A1C of 7% or less—or if adjustments need to be made. Staying on track will help lower your risk of additional health problems.

- **A**—the **A1C** test, which measures average blood sugar over 2 to 3 months.
- **B**—blood pressure, the force of blood flow inside blood vessels.
- **C**—cholesterol, a group of blood fats that affect the risk of heart attack or stroke.
- **s**—stop smoking or don't start.

Prevent Complications—People with type 1 or type 2 diabetes are at higher risk for serious health complications, including:

- **Heart disease and stroke:** People with diabetes are twice as likely to have heart disease or a stroke as people without diabetes, and at an earlier age.
- **Blindness and eye problems:** Diabetic retinopathy (damage to blood vessels in the retina), cataracts (clouding of the lens), and glaucoma (increase in fluid pressure in the eye) can all result in vision loss.
- **Kidney disease:** High blood sugar levels can damage the kidneys over time, long before you start to feel bad.
- **Amputations:** This means you could lose a foot or leg. Diabetes causes damage to blood vessels and nerves, particularly in the feet, and can lead to serious, hard-to-treat infections. Amputation may be necessary to keep the infection from spreading.

But controlling your blood sugar levels can help you avoid or delay these serious health complications, and treating complications as soon as possible can help prevent them from getting worse.

Put Care on Your Calendar

Every day: stay active, eat a healthy diet, and take medication if prescribed; check feet for redness, swelling, pain, or sores.

Each health care visit (several times a year): get a blood pressure check and foot check.

Twice a year: get an A1C test and dental checkup.

Once a year: get a cholesterol test and kidney function test, visit your podiatrist (foot doctor) and eye doctor, and get a flu shot (and other vaccines as recommended by your doctor).

Living with diabetes has its ups and downs, but healthy lifestyle choices can give you more control over them. And more control means fewer health problems down the road and a better quality of life *now*.