

# Neighborhood NETWORK

Stay Home  
With Us....



A Membership Program Collaboration Between York Housing & York Hospital

NEWSLETTER DECEMBER 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*

## Who are My Neighbors?

### Tips for Making Friends During the Holidays and Throughout the Year

If you step back for a moment and reflect on what the holidays are all about, you may see that this is actually the perfect time of year to get to know your neighbors. Getting to know your neighbors can not only improve your social life, but can also enhance everyone's lifestyle and safety. For example, friendly neighbors can take in mail, water plants, and keep an eye on things for each other while they're away. Here are just a few tips for helping you meet and build friendly relationships with neighbors during the holidays.

**Lend a hand**—This is the time of year when you're more likely to see your neighbors adding holiday decorations in their homes. This is an excellent opportunity to head over and introduce yourself. A good icebreaker? Ask if you can help out. Holding a ladder or simply complimenting their taste in décor can go a long way to creating a neighborly bond – or even a lifelong friendship.

**Broaden your guest list**—If you're planning to host a holiday party in your home, consider inviting a few of your neighbors to the festivities. Just sending the invitation can set the stage for a new friendship, but for a more personal touch, knock on your neighbor's door and ask them in person.

**Join a club**—Many communities offer a selection of social clubs, and quite a few hold events throughout the year. Making the time to join one now can be a worthy investment that will pay off throughout the year.

**Hold an event**—If you are a bit more ambitious, consider organizing an event of your own. Choose a local charity to support through a fundraising event, or let your personal interests and passions determine the nature of the activity. For instance, if you're a pet lover, you could hold a "Holiday Dog Sweater" pageant as a way to meet fellow dog lovers in your neighborhood.

**Make the most of mistakes**—The season is the busiest time of year for the postal service – and sometimes someone else's package or letter mistakenly finds its way to your house. Hand-delivering the item to your neighbor will make them grateful and give you an opportunity to start a short get-to-know-you conversation.

**As busy as the holidays may be, here's hoping you have the time to give yourself one of the most important gifts of all – a new or strengthened friendship with your neighbors.**

Celebrate the  
happiness that  
**friends**  
are always giving,  
make every day  
a holiday &  
celebrate just living!

Amanda Bradley

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](mailto:coordinator@neighborhoodnetwork.me)

Visit our Website: [www.neighborhoodnetwork.me](http://www.neighborhoodnetwork.me)

**YORK HOUSING**  
A CREATIVE APPROACH TO AFFORDABLE LIVING

 **York Hospital**

## Friendship is important to older adults

Nina Chen, Ph.D., former Human Development Specialist, Jackson County, University of Missouri Extension

Many studies have shown the positive benefits of friendship on social, emotional and physical well-being. Having a strong circle of friends can be a good boost for aging hearts and can help the body's autoimmune system resist disease. People who have one or more good friends are in better health than those who have only casual friends or no friends.

Because of physical changes, loss and retirement, friendship is very important for older people. In many cases, friends are as important as families. Many people turn to their friends first when they encounter crisis because of the distance of their family.

People without friends are likely to feel isolated and lonely. In the U.S., one in three women and one in seven men aged 65 or older lives alone. Men usually have a harder time dealing with widowhood than women. About two-thirds of older men reported that they did not have a close friend, and 16 percent of widows reported having no friends. Older adults living alone need to reach out to friends for companionship, support and human contact.

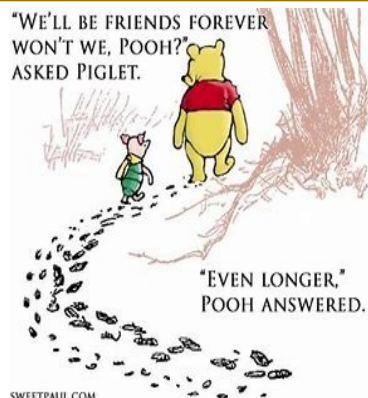
Casual friendships can help, but one very close friend can do so much to help relieve stress and depression. Close friendship provides emotional support as friends comfort, help, share and inform each other. In addition to emotional support, friendship can help enrich a person's physical, mental and social health and help us adjust to changes through the rewarding and challenging times of life.

If you don't have a friend, take the initiative to be a friend to someone else. For instance, join social clubs, civic groups, volunteer organizations, community events, church activities, etc. These are good places to meet people and build a good relationship. When you attend a group, have something to say. Be informed by reading news, magazines and books, and find opportunities to speak to other people without waiting for them to initiate. It is also very important to listen to what the person is saying to you. Remember, if you want to have a friend, you must be a friend.

References:  
Chen, N. (2001). The meaning of aging. *Journal of Extension*. Vol. 39, No. 6.  
Matthews, W. (1993). The magic of friendship. North Carolina Cooperative Extension Service.  
Meyers, S. (1993). Friendships in later years. University of Minnesota Extension.



"You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes."  
— A.A. Milne,  
Winnie-the-Pooh



## Ongoing Programs for Our Members & Special Guests

Note: our offices are closed for the holidays **Mon-Wed Dec 24-26**

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

**Monday-Friday (Note: no lunch on Dec 24-26)** at Baldwin Center, 117 Long Sands Rd, York  
- \$5 Lunch at Noon (**RSVP: 207-363-8444 by 9:30am to place your order**)

**Mondays—Dec 3, 10, 17, 31 (Note: no programs on Mon Dec 24)** at Baldwin Center, 117 Long Sands Rd, York  
- Yoga at 9:30am  
- Mahjongg at 1pm

**Tuesdays—Dec 4, 11, 18 (Note: no programs on Tues Dec 25)** at Baldwin Center, 117 Long Sands Rd, York  
- Lunch BINGO at 12:30pm

**Last Tuesday—(Note: no Dec mtng)**  
- Veterans Coffee at 9:30am

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

**Thursdays—Dec 6, 27 (Note: no game on Dec 13 and 20)** at Baldwin Center, 117 Long Sands Rd, York  
- Cribbage at 10am

**Fridays—Dec 7, 14, 21, 28** at Yorkshire Commons, 161 York St. York  
- BINGO at 2pm

# December Neighborhood Network Calendar

**FMI or to participate, please call us at 207-351-1828 or email [coordinator@neighborhoodnetwork.me](mailto: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                              |
|---|----------------------------|--------------------------------|--------------------------------|-------------------------------------|
| 3<br>Yoga 9:30am<br>\$5 donation<br>Mahjongg 1-3pm  | 4<br>Lunch Bingo 12:30 pm  | 5                              | 6<br>Cribbage 10am             | 7<br>Bingo-- Yorkshire Commons 2pm  |
| 10<br>Yoga 9:30am<br>\$5 donation<br>Mahjongg 1-3pm | 11<br>Lunch Bingo 12:30 pm | 12                             | 13<br><b>no cribbage today</b> | 14<br>Bingo-- Yorkshire Commons 2pm |
| 17<br>Yoga 9:30am<br>\$5 donation<br>Mahjongg 1-3pm | 18<br>Lunch Bingo 12:30 pm | 19<br>Games w/Staff<br>12:30pm | 20<br><b>no cribbage today</b> | 21<br>Bingo-- Yorkshire Commons 2pm |
| 24<br><b>Office closed</b>                          | 25<br><b>Office closed</b> | 26<br><b>Office closed</b>     | 27<br>Cribbage 10am            | 28<br>Bingo-- Yorkshire Commons 2pm |
| 31<br>Yoga 9:30am<br>\$5 donation<br>Mahjongg 1-3pm |                            |                                |                                |                                     |

## WHAT DRAWS PEOPLE TOGETHER AS FRIENDS?

- Common interests.** This probably ties us closer to our friends than many would like to admit. When our interests diverge and we can find nothing to enjoy jointly, time spent together tends to rapidly diminish. Not that we can't still care deeply about friends with whom we no longer share common interests, but it's probably uncommon for such friends to interact on a regular basis.
- History.** Nothing ties people together, even people with little in common, than having gone through the same difficult experience. As the sole glue to keep friendships whole in the long run, however, it often dries, cracks, and ultimately fails.
- Common values.** Though not necessarily enough to *create* a friendship, if values are too divergent, it's difficult for a friendship to thrive.
- Equality.** If one friend needs the support of the other on a consistent basis such that the person depended upon receives no benefit other than the opportunity to support and encourage, while the relationship may be significant and valuable, it can't be said to define a true *friendship*.



# The Back Page



## Are you Game? Come Play with Us!

Mon Mahjongg — 1PM Dec 3, 10, 17, 31 @ BC  
Tues Lunch Bingo — 12:30PM Dec 4, 11, 18 @ BC  
Occasional Wed Games w/Staff — 12:30PM Dec 12 @ BC  
Thurs Cribbage — 10AM Dec 6, 27 @ BC  
Fri Bingo at Yorkshire Commons — 2PM Dec 7, 14, 21, 28 @ YC

## Book Club is on holiday hiatus in December

Our next meeting will be Thursday, Jan 17, @ 1pm  
@ Baldwin Center, York Housing, 117 Long Sands Road, York

What we're reading —  
**Becoming** by Michelle Obama



## HOW CAN YOU BE A GOOD FRIEND? Advice from TinyBuddha.com

**Be kind and listen. Be fun and light.** Be serious when needed, love extensively, and forgive always.

**Don't be scared to tell each other the truth,** no matter how difficult it may be.

**Guide each other in times of need** with your honest opinions.

**A true friend is someone who always listens** and is genuinely interested in the good and bad, and someone who calls or writes just to say hello.

**Be loyal in confidence and character,** always open and inviting to share concerns, always honest even if you disagree.

**A true friend tries his best to cheer you up** when you are upset and makes you feel special.

**Be who you truly are, be that vulnerable,** and provide the other person the space, safety and choice to do the same.

**Be genuinely happy when they get, receive, or achieve something you truly desire.**

**Share the truth in your heart,** without the fear of misunderstandings.

**Be loyal and forgive** but above all: love and respect.

**Remain friends despite a person's choices in life** and don't bail on them when they aren't who you want them to be.

**A true friend always supports *the person* but doesn't feel compelled to support *the situation*.** A true friend knows how and when to say the firm, "No."

**Help yourself and those closest to you grow.** To live means to grow, and a true friend is someone that you can honestly say has helped define you as an individual.

**Celebrate the wins and be there to support the losses.** Keep your word and acknowledge it when you don't.

**Walk in to a friend's aid when others are walking out.**

**Don't hold grudges over petty disagreements.**

**A true friend is someone you feel as comfortable with as you do when you are by yourself.** No illusions, no holding back.

