



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*



ARTICLE BY ANTHONY CIRILLO, U.S. NEWS & WORLD REPORT

New Year's Resolutions are just for the young, right? Not necessarily. Setting resolutions actually has practical value for older people and can impact your overall health positively.

Resolutions Provide Purpose

If nothing else, resolutions provide us with goals and purpose in our lives. Rush University has conducted studies that show people who view life with a sense of purpose are two to four times less likely to develop Alzheimer's. Purpose gives you discipline. Another Rush study notes that self-disciplined, highly organized people are less susceptible to Alzheimer's.

And, a study in Journal of the American Medical Association showed that older adults with a solid sense of purpose tend to retain strong hand grips and walking speeds -- key indicators of how rapidly people are aging. Writing down our thoughts and desires can make a big difference in our general outlook on life. It's a way to enter the year with an upbeat and positive attitude. And yes, there are studies to support the benefits of a positive attitude as you age. A Columbia University study showed that people who are enthusiastic and content are less likely to develop heart disease, while a Swedish study noted that social people who don't sweat the small stuff are 50 percent less likely to develop dementia.

Share Mutual Resolutions With a Loved One

Having mutual resolutions with a loved one means you can work together to realize them. Let's take one: sharing your life story. Some families know their parents or older loved one's stories quite well. Many do not. And often, it's because no one has taken the time to ask them about their lives or encouraged them to keep a journal. Think about recording your parent or using other means to preserve memories of your loved one for future generations. There are places that will interview loved ones and write the story for you.

(article continued on next page)

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**

(New Year's Resolutions from previous page)

The process of making a family tree provides an opportunity to reminisce and teach you about the lives of family members you may not have known much about. Consider the many DNA kits that are available.

Or, make a family time capsule for your descendants to open in the distant future.

And here's another idea: Create a cookbook together. Especially after the holidays, when memories are fresh from holiday meals you've have shared. It can act as an instrument for carrying on family cooking traditions that might otherwise disappear.

Practical Resolutions for Everyone

For starters, make your home safer. According to the Centers for Disease Control and Prevention, 1 in 3 adults over the age of 65 falls each year. Many of these falls are preventable. Here's how to make a senior's home safer:

- Telephones should be in each main room, and they should be positioned low enough that they can be reached from the floor in case of a fall.
- Keep a working flashlight on the nightstand; check the batteries periodically.
- Put eye-level decals or reflectors on glass and screen doors.
- Remove throw rugs from any high traffic areas.
- Replace glass shower doors with unbreakable plastic or shower curtains.
- Fix the height of the bed so it's easier to get out of.
- Following these senior safety guidelines will help you keep key areas of the house, such as the kitchen, bedroom, bathroom and outside, secure.

Set Health Goals

Set up a schedule of doctor visits at the beginning of each year. Get your flu shot. Of course, we are hammered in the New Year with resolutions about diet and exercise. Well they become even more important as you age so actually acting on these resolutions is important.

Eating healthier, setting exercise goals. Did you know that a stunning 3.7 million seniors were diagnosed with malnutrition during 2012 according to the American Academy of Family Physicians?

Plan With Your Parents and for Yourself

Many people avoid conversations around planning for aging, but these can't be avoided forever. Use the new year as an opportunity to get must-have documents (such as marriage certificates, living wills and military records) in order. Educate yourself and your loved one about the cost of long-term care and how you pay for it.

Less	More
Talking	Listening
Television	Reading
Planning	Doing
Soda	Water
"Being Connected"	Putting the Phone Down
Junk Food	Fruits and Vegetables
Complaining	Encouraging
Excuses	Responsibility
Worrying	Hoping
Doubting	Believing
Procrastinating	Achieving
Frowning	Smiling
Selfishness	Giving
Weakness	Confidence
Ignorance	Understanding
Ungratefulness	Thankfulness

Ongoing Programs for Our Members & Special Guests

**Note: our offices are closed for the
New Year's Day and the MLK
holiday Mon Jan 21**

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

**Monday-Friday (Note: no lunch on
Jan 1 or 21) at Baldwin Center, 117
Long Sands Rd, York**
- \$5 Lunch at Noon (**RSVP: 207-363-
8444 by 9:30am to place your order**)

**Mondays—Jan 7, 14, 21, 28 (Note:
no programs on Mon Jan 21) at
Baldwin Center, 117 Long Sands Rd,
York**
- Yoga at 9:30am
- Mahjongg at 1pm

**Tuesdays—Jan 8, 15, 22, 29 (Note:
no programs on Tues Jan 1) at
Baldwin Center, 117 Long Sands Rd.
York**
- Lunch BINGO at 12:30pm

Last Tuesday—Jan 29
- Veterans Coffee at 9:30am

**Wednesdays—Jan 16 at
Baldwin Center, 117 Long Sands Rd.
York**
- Games w/Staff at 12:30pm

**Thursdays—Jan 3, 10, 17, 24, 31 at
Baldwin Center, 117 Long Sands Rd.
York**
- Cribbage at 10am

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

January 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 Lunch Bingo 12:30 pm	2	3 Cribbage 10am	4 Bingo-- Yorkshire Commons 2pm
7 Yoga 9:30am \$5 donation Mahjongg 1-3pm	8 Lunch Bingo 12:30 pm	9	10 Cribbage 10am	11 Bingo-- Yorkshire Commons 2pm
14 Yoga 9:30am \$5 donation Mahjongg 1-3pm	15 Lunch Bingo 12:30 pm	16 Games w/Staff 12:30pm	17 Cribbage 10am Book Group 1pm	18 Bingo-- Yorkshire Commons 2pm
21 Office closed	22 Lunch Bingo 12:30 pm	23	24 Cribbage 10am	25 Bingo-- Yorkshire Commons 2pm
28 Yoga 9:30am \$5 donation Mahjongg 1-3pm	29 Veterans Coffee 9:30am	30	31 Cribbage 10am	

Wise Words from Women's Day Magazine

With Old Man Winter here you may feel like spending all your time hunkered down under the covers. Shorter days can mess with serotonin and melatonin levels.

Here are 10 Ways to Get More Energy! (continued on back page)

Let Color be Your Therapy: Research shows that vibrant hues can perk you up, so pull on your brightest sweater and slick on some vivid berry lipstick, then feel yourself glow from the inside out.

Take "Rise and Shine" Literally: Scientist have long known that lack of sun light can make people depressed and lethargic. And Morning Light in particular matters- it helps set your body's internal clock. So expose yourself to sunlight when you first wake up. Step outside for a few minutes, or have your coffee while facing a window instead of the TV screen. The flood of natural light should help energize you!



The Back Page

Are you Game? Come Play with Us!



Mon Mahjongg — 1PM Jan 7, 14, 28 @ BC
Tues Lunch Bingo — 12:30PM Jan 8, 15, 22, 29 @ BC
Occasional Wed Games w/Staff — 12:30PM Jan 16 @ BC
Thurs Cribbage — 10AM Jan 3, 10, 17, 24, 31 @ BC
Fri Bingo at Yorkshire Commons — 2PM Jan 4, 11, 18, 25 @ YC

January Book Club

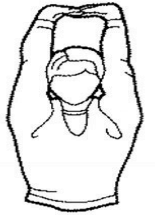
Our next meeting will be Thurs, Jan 17, @ 1pm
@ Baldwin Center, York Housing, 117 Long Sands Road, York



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

Here are 10 Ways to Get More Energy!
(continued from previous page)

Stretch Your Upper Body: This move gets circulation going, to help you feel more alert! – Don't forget we offer morning chair yoga every Monday at the Baldwin Center.



Do a Quick Cool-Off: After lathering up in a warm shower, give yourself a 30-second blast of cold water. Once the initial shock wears off, you'll feel more invigorated as blood flows toward your body's core to help it try to conserve heat. One study found that this actually helps release endorphins, so your polar bear moment could have an antidepressant effect.

Winterize Your Summer Fun: Once you give in to the winter blues and start hibernating, it's difficult to dig yourself out. Push hard to be more like your summer self. Maybe remix your favorite warm weather activities; if you have a green thumb, start a windowsill herb garden; if you like being in water, try a pool aerobics class.



Defy The Dark: Grab your family or a friend, bundle up, and go outside- yes even if it's not light out. Being outdoors could ease the chronic tiredness many people feel in the winter. Just a walk around the block at dusk or after dinner can help.

Fill Up Your Water Bottle: People who suffer from even mild dehydration- and yes, this can happen in the cold months too- report dips in mood and concentration. H₂O = the new energy drink, so keep a bottle handy and sip throughout the day.



Breathe Out Slowly: A lot of people think that when you breathe, you should focus on taking in oxygen, but it's during the exhale that oxygen is transferred into the bloodstream, decreasing stress, which is crucial on days when you need the most energy. For an energizing breath, breathe in through your nose while counting to 4, then exhale through your mouth to a count of four. Repeat 5-10 times.

Exhaling slowly
allows for much better
absorption of oxygen.

Rethink Your Meals: Simple carbs like the white flour in pasta and pizza break down fast, giving a quick boost followed by an even quicker crash. Choose food with fiber-rich grains, like black bean soup or quinoa bowl.

Ward Off Energy Vampires: These are the friends who drain you and deplete your batteries when you hang out with them. To up your pep, connect with pals around whom you can relax and be yourself.

STOPPING
ENERGY
VAMPIRES