



*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*



Paunxatauny Phil Didn't See His
Shadow on Feb. 2.
Spring is Just Around the Corner!



A New Community-wide Transportation Program is in the Works!

We're teaming up with partners York Hospital, the Senior Center, and York Community Service Association to provide new local transportation options Monday—Friday mornings. We're looking for volunteer and paid drivers for the new program to be launched on Valentine's Day. **Please call the office for more information and if you're interested in participating.**

*Need a
Ride?*



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**

How to Survive a Heart Attack When You're Alone



BREATHE DEEPLY AND COUGH VIGOROUSLY

From my sister, the surgical nurse and certified CPR teacher: Please pause for 2 minutes and read this:

1. Let's say it's 7:25pm and you're going home (alone) after an unusually stressful day. You're really tired, upset and frustrated.
2. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about a mile from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far.
3. You've been trained in CPR, but the guy who taught the course didn't tell you how to perform it on yourself. Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.
4. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.
5. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Ongoing Programs for Our Members & Special Guests

Note: our offices are closed for the
President's Day holiday Mon Feb 18

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

**Monday-Friday (Note: no lunch on
Feb 18)** at Baldwin Center, 117 Long
Sands Rd, York
- \$5 Lunch at Noon (**RSVP: 207-363-
8444 by 9:30am to place your order**)

**Mondays—Feb 4, 11, 25 (Note: no
programs on Mon Feb 18)** at
Baldwin Center, 117 Long Sands Rd,
York
- Yoga at 9:30am
- Mahjongg at 1pm

Tuesdays—Feb 5, 12, 19, 26 at
Baldwin Center, 117 Long Sands Rd.
York
- Lunch BINGO at 12:30pm

Last Tuesday—Feb 26
- Veterans Coffee at 9:30am

Wednesdays—Feb 27 at
Baldwin Center, 117 Long Sands Rd.
York
- Games w/Staff at 12:30pm

Thursdays—Feb 7, 14, 21, 28 at
Baldwin Center, 117 Long Sands Rd.
York
- Cribbage at 10am

Third Thursday—Feb 21 at Baldwin
Center, 117 Long Sands Rd. York
- Book Club at 1pm

Fridays—Feb 1, 8, 15, 22 at
Yorkshire Commons, 161 York St. York
- BINGO at 2pm

Febuary 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 Lunch Bingo 12:30 pm	6	7 Cribbage 10am	8 Bingo-- Yorkshire Commons 2pm
11 Yoga 9:30am \$5 donation Mahjongg 1-3pm	12 Lunch Bingo 12:30 pm	13	14 Cribbage 10am Book Group 1pm	15 Bingo-- Yorkshire Commons 2pm
18 Office closed	19 Lunch Bingo 12:30 pm	20	21 Cribbage 10am	22 Bingo-- Yorkshire Commons 2pm
25 Yoga 9:30am \$5 donation Mahjongg 1-3pm	26 Veterans Coffee 9:30am	27 Games w/Staff 12:30pm	28 Cribbage 10am	

February is American Heart Month— It provides a wonderful opportunity for us to focus on the organ that beats around 3 billion times, nonstop, in the average human lifetime. Your heart keeps you alive. It sends life-giving oxygen, nutrients, and natural medicine through your bloodstream to all parts of your body. That's what your heart does for you. What have you done for your heart lately?

Why not take this month to pay attention to your heart's health? Here are six ways to do it.

- 1) Exercise to support, not strain, your heart.
- 2) Take time to relax and rejuvenate in nature.
- 3) Connect with friends and family.
- 4) Eat more heart-healthy foods.
- 5) Get 6-8 hours of sleep at night.



The Back Page

Are you Game? Come Play with Us!



Mon Mahjongg — 1PM Feb 4, 11, 25 @ BC
Tues Lunch Bingo — 12:30PM Feb 5, 12, 19, 26 @ BC
Occasional Wed Games w/Staff — 12:30PM Feb 27 @ BC
Thurs Cribbage — 10AM Feb 7, 14, 21, 28 @ BC
Fri Bingo at Yorkshire Commons — 2PM Feb 1, 8, 15, 22 @ YC

February Book Club

Our next meeting will be Thurs, Feb 21 @ 1pm
@ Baldwin Center, York Housing, 117 Long Sands Road, York



What we're reading —
Where the Crawdads Sing, by Delia Owens
Educated, A Memoir, by Tara Westover

Wise Words from Women's Day

SNIFF AWAY STRESS!!

To Energize Yourself > CITRUS SCENT —

A body wash or face scrub with a Zesty Lemon or Grapefruit scent delivers a natural mood boost in just a few breaths.

To help with Focusing > EUCALYPTUS SCENT—The aroma of this plant's leaves is thought to help clear the mind.

To Relax Yourself > LAVENDER SCENT—Studies show that the flower's fragrance can help promote slumber.



EAT for a STRONG HEART!!

Research suggest that a MEDITERRANEAN diet is good for your heart, and a new study from the journal *Ophthalmology* found that participants who followed one also had a 41% lower risk of developing age-related macular degeneration, which can lead to vision loss. Here are the basics:

FILL YOUR PLATE WITH PLANTS: Eat lots of fruits and vegetables, and sub in whole grains for refined ones. A diet of 2,000 daily calories should include 2 ½ cups each of fruits and vegetables and 6 oz. of grains. Nuts should be part of your daily 6 ½ oz. of protein.

FOCUS ON FISH: For protein, avoid red and processed meats and add more seafood. Options like tuna and salmon contain omega-3 fatty acids, which improve cholesterol, reduce inflammation, and play a key role in eye health.

