



## *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*

## Welcome Sarah Pajak, Service Coordinator

We are pleased to announce that we've hired a new staff coordinator for the Neighborhood Network program. Sarah is looking forward to working with our members and would love to hear from you!



## Introducing New Local Ride Service for York Residents

Neighborhood Network is piloting a new local transportation service to residents of York alongside our partners, York Senior Center, York Community Service Assn, and York Hospital. Rides to and from York and adjacent towns for non-medical purposes are available on a first-come, first-served basis, on Monday-Friday from 9am-noon. The fare is \$2/round-trip. Riders should call at least 48 hours in advance to arrange their ride. We are just starting to pilot this program in York and will be deciding whether to open up the service to other communities in the future.

Please call Sarah (207-351-1828) or email ([coordinator@neighborhoodnetwork.me](mailto:coordinator@neighborhoodnetwork.me)) to register. **You do not need to join Neighborhood Network to use this service, but you must live in York.**

**Please Note:** For rides to and from medical appointments, please call York Hospital Transportation (207-351-3413).



Live in York?  
Need a Ride?  
Call 207-351-1828

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



## 5 Best Home Remedies for a Cough

Coughs are a totally normal thing to get from time to time, but that doesn't make them any less annoying. Whether you're hesitant to head to the drug store because you like to go au natural when it comes to illness, or if you feel too sick to go outside, there are home remedies you can whip up with supplies in your own home says Keith Roach, M.D., associate professor in clinical medicine at New York Presbyterian Hospital.

### TEA WITH HONEY AND LEMON

Honey itself may actually be a decent cough suppressant, according to the Mayo Clinic. One 2007 study of 100 children published in the Archives of Pediatric Medicine found honey to be more effective than the common cough suppressant dextromethorphan (which didn't prove to be any more effective than no treatment.)

### COUGH DROPS... OR CANDY

Yep, it's a good idea to have a few cough drops on hand in case of a cold. But even candy can work in a pinch, says Dr. Roach. "[They're] helpful because they have a constant flow of stuff down the back of the throat," he explains. That helps to relieve irritation for many people.

### STEAM

You know how showers always feel amazing when you're sick? Beyond getting all of the germy sweat off your body, they help because steam is great for alleviating a cough. Dr. Roach recommends people stand in the shower for at least ten minutes with water as hot as they can stand.

### NETI POTS

Neti pots, which are essentially tea pots that are used to pour saline water through your nasal cavities, can be a real saver when it comes to a cough. "Basically they wash away all the nasty stuff that's there," DR. Roach says. That could be allergens, viruses, bacteria, or even just the mucus-y post-nasal drip that can really trigger a cough. It's not a one and done situation – you'll want to use the neti regularly to keep your symptoms at bay.

### SALT WATER GARGLE

Most often used for sore throats, a salt water gargle can sometimes be effective for coughs, too. The salt in the water helps to reduce swelling and inflammation in the throat, which can sometimes trigger a cough.

## Ongoing Programs for Our Members & Special Guests

*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—Mar 4, 11, 18, 25** at  
Baldwin Center, 117 Long Sands Rd,  
York  
- Yoga at 9:30am  
- Mahjogg at 1pm

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

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

**Wednesdays—Mar 13** at  
Baldwin Center, 117 Long Sands Rd.  
York  
- Games w/Staff at 12:30pm

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

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

**Fridays—Mar 1, 8, 15, 22, 29** at  
Yorkshire Commons, 161 York St. York  
- BINGO at 2pm

# March 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
				1 Bingo-- Yorkshire Commons 2pm
4 Yoga 9:30am \$5 donation Mahjongg 1-3pm	5 Lunch Bingo 12:30 pm	6	7 Cribbage 10am Yoga 2pm	8 Bingo-- Yorkshire Commons 2pm
11 Yoga 9:30am \$5 donation Mahjongg 1-3pm	12 Lunch Bingo 12:30 pm	13 Games w/Staff 12:30pm	14 Cribbage 10am Yoga 2pm	15 Bingo-- Yorkshire Commons 2pm
18 Yoga 9:30am \$5 donation Mahjongg 1-3pm	19 Lunch Bingo 12:30 pm	20	21 Cribbage 10am Book Group 1pm Yoga 2pm	22 Bingo-- Yorkshire Commons 2pm
25 Yoga 9:30am \$5 donation Mahjongg 1-3pm	26 Veterans Coffee 9:30am	27	28 Cribbage 10am Yoga 2pm	29 Bingo-- Yorkshire Commons 2pm

## What It's Like to Go Without Complaining For A Month— Six Steps to Practicing "Complaint Restraint"

Changing habits is hard as we all know. Try these steps if you want to make this one positive change.

- 1) Start By Defining What a Complaint Is*—Observe how complaining makes you feel (e.g., as I hear myself complain, am I slouching and not breathing?)
- 2) Track How Often You Complain*—Change starts with awareness. How many times an hour, a day, a week are you complaining?
- 3) Separate Yourself From Chronic Complainers*—If you must lend an ear, try to respond with something positive rather than joining in the rant session.
- 4) Turn Complaints Into Solutions*—Complain effectively. Don't sit around and admire the problem. Do something about it!
- 5) Use The "But-Positive" Technique*—"I don't like driving to work, but I'm thankful at least I can drive and I even have a job!"
- 6) Change "Have To" To "Get To"*—"I **have** to pick up the kids" becomes "I **get** to pick up the kids!"

# The Back Page

## Are you Game? Come Play with Us!

Mon Mahjongg — 1PM Mar 4, 11, 25 @ BC

Tues Lunch Bingo — 12:30PM Mar 5, 12, 19, 26 @ BC

Occasional Wed Games w/Staff — 12:30PM Mar 13 @ BC

Thurs Cribbage — 10AM Mar 7, 14, 21, 28 @ BC

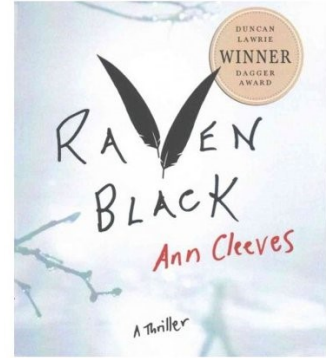
Fri Bingo at Yorkshire Commons — 2PM Mar 1, 8, 15, 22 @ YC



## March Book Club

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

What we're reading —  
**Raven Black (#1 in the Shetland Island Mystery Series),**  
by Ann Cleeves



## Recipe for St. Patrick's Day

### Green Tea Cookies

Matcha is the secret ingredient that gives these dainty shortbread biscuits their vibrant color and earthy flavor.

**MAKES: 2 DOZEN    TIME: 35 MINS – NOT INCL CHILLING**

### INGREDIENTS

1 cup - all-purpose flour  
1 tbsp. green tea powder (matcha)  
¼ tsp kosher salt  
½ cup (1 stick) unsalted butter, at room temp  
¼ cup sugar  
Melted semisweet and white chocolate, for dipping



In a medium bowl, sift together flour, green tea powder, and salt. Using an electric mixer on low speed, mix butter and sugar until combined and smooth. Add flour mixture and mix until dough comes together. Divide dough in half, place each half on a piece of plastic wrap, and shape both into 1½-in.-thick logs. Wrap and refrigerate at least 30 minutes and up to 1 week.

Heat oven to 350°F. Slice dough ¼ in. thick; place pieces on baking sheet 2 in. apart. Bake until dough no longer looks raw and cookies are just barely set at edges, 8 to 9 minutes. Let cool completely on sheet on wire rack. If desired, dip half of each cookie in melted chocolate and let set.