



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*

We're looking for volunteer drivers for our new ride program for York residents!



All we need are a few volunteers to have on call to drive home-bound York residents from their homes to locations around town and back home. For now, the program is only available in York. We are assessing whether to extend the service to other nearby communities.

All you need are a clean driving record, a reasonably clean vehicle, and flexibility to be on call for at least three rides/month.

If this sounds like you, please contact **Sarah at 207-351-1828**. **If this sounds like someone you know**, please share this note with them! This is a great way to give back to your community! **Many, many thanks on behalf of our riders in the York community.**

SPRING CLEANING 101

Send Ol' Man Winter packing with these easy Spring cleaning tips:

1. Got clutter? Consider donating any unwanted items to the York Community Service Association. They accept donations Mon-Fri 10-5 or you can leave items on the side porch after hours.
2. Clean out the medicine cabinet and take all your unneeded medications in their containers to the York police station to drop off any time.*
3. Pantry: discard any expired food or seasonings and spices.
4. Freshen up a grimy shower curtain.
5. Reorganize the junk drawer.

** York's annual Drug Take Back Day is on Saturday, April 27th at Hannaford from 10am-2pm.*



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**

Knowing the Right Time to Say Goodbye to a Pet

End-of-life decisions for animals are difficult. A veterinarian has developed a scale to help clear up the confusion.

Excerpts from an article by Tara Parker-Pope, NY Times, March 19, 2019

A natural death is what many of us hope for with our pets. They are members of our family, deeply enmeshed in our lives, and for many of us, thoughts of euthanasia seem unfathomable, so we cling to the notion that a natural death is desirable. But my veterinarian advised me that my end-of-life scenario for my dog wasn't realistic. In most cases, a natural death, she told me, means prolonged suffering that we don't always see, because dogs and cats are far more stoic than humans when it comes to pain.

Dr. Alice Villalobos, a nationally recognized oncology veterinarian based in Hermosa Beach, Calif., said that many pet owners idealize a natural death without thinking about what a "natural" death really means. A frail animal, she noted, doesn't linger very long in nature.



Artist: Fabio Consoli

"When animals were domesticated they gave up that freedom to go under a bush and wait to die," said Dr. Villalobos. "They become very quickly part of mother nature's plan due to predators or the elements. And yet in our homes we protect them from everything so they can live a long time — and sometimes too long."

Dr. Villalobos has dedicated her career to helping pet owners navigate end-of-life issues. She created an animal hospice program she calls "pawspice." She coined the name because she doesn't want to confuse end-of-life care for animals with the choices we make for human hospice.

Her program is focused on extending a pet's quality of life. That might mean treating a cancer "in kind and gentle ways," she said. It can mean supportive care like giving fluids, oxygen or pain medication. In some cases, it might mean hand-feeding for frail pets or carrying an animal to a water dish or litter box. And finally, she said, it means a "well death."

Dr. Villalobos has advocated what she calls "bond-centered euthanasia," which allows the pet owner to be present and play a comforting role during the procedure. She has also championed sedation-first euthanasia, putting the animal into a gentle sleep before administering a lethal drug. To help pet owners make decisions about end-of-life care, Dr. Villalobos developed a decision tool based on seven indicators.

The scale is often called the HHHHHMM scale, based on the first letter of each indicator. On a scale of zero to 10, with zero being very poor and 10 being best, a pet owner is asked to rate the following:

- **Hurt:** Is the pet's pain successfully managed? Is it breathing with ease or distress?
- **Hunger:** Is the pet eating enough? Does hand-feeding help?
- **Hydration:** Is the patient dehydrated?

(article continued on next page)

Ongoing Programs for Members & Special Guests

Always call ahead to make sure an event is happening...207-363-8444. Please note: our offices are closed for Patriots Day, 4/15/19

Monday-Friday (excl. holidays) at Baldwin Center, 117 Long Sands Rd, York

- \$5 Lunch at Noon

(RSVP: 207-363-8444 by 9:30am to place your order)

Mondays—Apr 1, 8, 22, 29 at Baldwin Center, 117 Long Sands Rd, York

- Yoga at 9:30am (\$5 charge)

- Mahjongg at 1pm

Tuesdays—Apr 2, 9, 16, 23, 30 at Baldwin Center, 117 Long Sands Rd. York

- Lunch BINGO at 12:30pm

Last Tuesday—Apr 30

- Veterans Coffee at 9:30am

Wednesdays—Apr 10 at

Baldwin Center, 117 Long Sands Rd. York

- Games w/Staff at 12:30pm

Thursdays—Apr 4, 11, 18, 25 at

Baldwin Center, 117 Long Sands Rd. York

- Cribbage at 10am

- Yoga at 2pm (\$5 charge)

Third Thursday—Apr 18 at

Baldwin Center, 117 Long Sands Rd. York

- Book Club at 1pm

Fridays—Apr 5, 12, 19, 26, at

-EUCHRE at 12:30 (Baldwin Center)

- BINGO at 2pm (Yorkshire Commons)

April 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 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	2	3	4 Cribbage 10am Yoga 2pm-\$5 donation	5 Bingo-- Yorkshire Commons 2pm
8 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	9 Lunch Bingo 12:30 pm	10	11 Cribbage 10am Yoga 2pm-\$5 donation	12 Bingo-- Yorkshire Commons 2pm
15 Office closed for Patriot's Day	16 Lunch Bingo 12:30 pm	17 Yoga 2pm-\$5 donation	18 Cribbage 10am Book Group 1pm	19 Bingo-- Yorkshire Commons 2pm
22 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	23 Lunch Bingo 12:30 pm	24	25 Cribbage 10am	26 Yoga 2pm-\$5 donation Bingo-- Yorkshire Commons 2pm
29 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	30 Lunch Bingo 12:30 pm			

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- **Hygiene:** Is the pet able to stay clean? Is it suffering from bed sores?
- **Happiness:** Does the pet express joy and interest?
- **Mobility:** Can the patient get up without assistance? Is it stumbling?
- **More:** Does your pet have more good days than bad? Is a healthy human-animal bond still possible?

Dr. Villalobos says pet owners should talk to their vet about the ways they can improve a pet's life in each category. When pet owners approach end of life this way, they often are surprised at how much they can do to improve a pet's quality of life, she said. By revisiting the scale frequently, pet owners can better assess the quality of the pet's hospice care and gauge an animal's decline. The goal should be to keep the total at 35 or higher. And as the numbers begin to decline below 35, the scale can be used to help a pet owner make a final decision about euthanasia.

"Natural death, as much as many people wish it would happen, may not be kind and may not be easy and may not be peaceful," Dr. Villalobos said. "Most people would prefer to assure a peaceful passing. You're just helping the pet separate from the pack just as he would have done in nature."

Tara Parker-Pope is the founding editor of [Well](http://www.well.com), The Times's award-winning consumer health site. She won an Emmy in 2013 for the video series "[Life, Interrupted](#)" and is the author of "[For Better: The Science of a Good Marriage](#)." [@taraparkerpope](https://twitter.com/taraparkerpope)

The Back Page

Are you Game? Come Play with Us!



Monday Mahjongg at BC — 1pm on Mon Apr 1, 8, 22, 29
Tues BINGO at BC — 12:30pm on Tues Apr 2, 9, 16, 23, 30
Wednesday Pictionary w/ Staff at BC — Wed Apr 10
Wildcard Wednesday w/ Staff at BC — Wed Apr 24
Thursday Cribbage at BC — 10AM on Thurs Apr 4, 11, 18, 25
New Friday EUCHRE at BC — 12:30PM on Fri Apr 5, 12, 19, 26
Friday Bingo at YC — 2PM on Fri Apr 5, 12, 19, 26

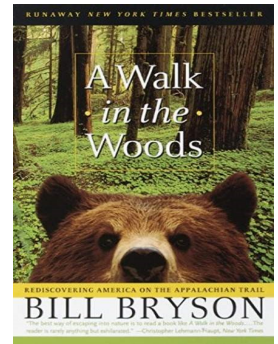


Book Club at Baldwin Center

Next Discussion: Thursday, Apr 18, @ 1pm

April Reading Selections

The Orchid Thief, by Susan Orlean
A Walk in the Woods, by Bill Bryson



Chair YOGA at Baldwin Center Now Twice a Week!!!

Yoga improves your balance, sharpens your mind, boosts your mood!

Monday Mornings with Pam @ 9:30AM — Apr 1, 8, 22, 29

Thursday Afternoons with Laura @ 2PM — Apr 4, 11, *17, *26

***Note: special make-up classes with Laura on Wed 4/17 and Fri 4/26**



Safe Gardening Tips from Sarah

- Use a trellis or vertical garden to alleviate the need to bend or crouch down
- Sit on a stool rather than kneel or crouch down to do ground-level work
- Tools with longer handles can slow the need to bend over and provide increased leverage
- Avoid the hottest times of day by gardening early in the morning or shortly before dusk
- Drink plenty of water to stay hydrated
- Wear lightweight, long-sleeved clothing to protect against scratches and cuts that may heal slowly
- Consider hydroponics or other indoor solutions to garden comfortably indoors
- Use colored tape or paint to brighten tool handles and to make them easier to locate
- Wear sunscreen to protect against skin damage
- Alternate between easier and more rigorous garden tasks to give yourself periods of restful work

