



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*

Spring Has Sprung! It's Time to Get Cleaning

As the temperatures begin to rise, now's the perfect time to pull back the curtains, open up the windows and let fresh air in while taking care of the tedious tasks that were neglected all winter. **Here are some hints to help with your SPRING CLEANING!!**



Ask your loved ones for help; cleaning an entire home on your own can be overwhelming. An extra helping hand can take care of the chores you can't complete. It's also the perfect opportunity to bond with your loved ones!

Make a spring cleaning checklist; create a checklist of all of the tasks you'd like to complete. Spring cleaning generally consists of sanitizing and organizing rooms, mopping, vacuuming and dusting.

Eliminate the clutter; it may be difficult to part with items you've accumulated over the years, but hanging onto the things you rarely use takes up space, and has the potential to negatively impact your physical and mental health. Start by creating three piles and labeling one Keep, Junk, Donate, this will help to keep things organized while decluttering.

3 Helpful tips when decluttering:

- **Go Slow** – don't try to tackle everything at once. Instead carve out two or three hours per day, see what gets done, and then take a break. This will keep you from getting stuck and allow you to begin the next day with a positive outlook.
- **Bring in an Objective Party** – Going through all your old belongings is a challenge, doing it objectively can feel impossible. Bringing in an objective third party can really make decisions easier, and help you navigate the emotional terrain effectively. Some people to consider could be a professional organizer, downsizing service, or housekeeper.
- **Ask Your Family to Help** – Tell your loved ones you're decluttering. This will give them the opportunity to rescue items of remembrance or personal value from your donate or junk pile.

Reorganize before you cleanse; once you have eliminated the clutter in your home, you'll have a fresh slate for cleansing and organizing. For your first task, gather all your important financial, health and legal documents and organize them in ONE space. This will save you time, money, and stress in the event of an emergency. Once you have gathered your critical documents continue organizing. Make the items you use regularly easily accessible, and place items you rarely use tucked out of your way. Once your living space is arranged, you can start taking care of the traditional spring cleaning tasks.

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**



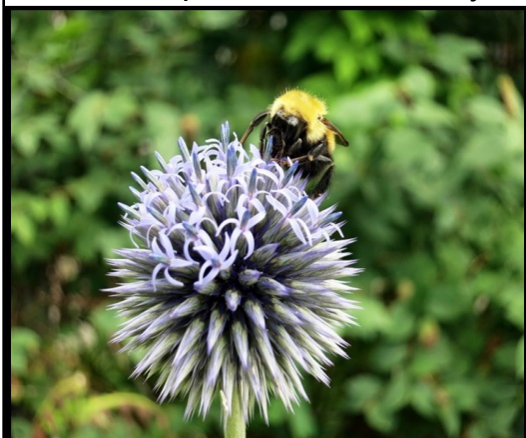
COPING WITH SEASONAL ALLERGIES

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

Reduce your exposure to allergy triggers

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a pollen mask when you do outside chores.



Flowers that Attract Bees:

Black-Eyed Susan
Daisy
Roses
Sunflower
Zinnia
Bee Balm
Clover (all varieties)

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 Memorial Day, 5/27/19

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—May 6, 13, 20 at
Baldwin Center, 117 Long Sands Rd,
York
- Yoga at 9:30am (\$5 charge)
- Mahjongg at 1pm

Tuesdays—May 7, 14, 21, 28 at
Baldwin Center, 117 Long Sands Rd.
York
- Lunch BINGO at 12:30pm

Last Tuesday—May 28
- Veterans Coffee at 9:30am

Wednesdays—May 8 at
Baldwin Center, 117 Long Sands Rd.
York
- Games w/Staff at 12:30pm

Thursdays—May 2, 9, 16, 23, 30 at
Baldwin Center, 117 Long Sands Rd.
York
- Cribbage at 10am
- Yoga at 2pm (\$5 charge)

Third Thursday—May 16 at
Baldwin Center, 117 Long Sands Rd.
York
- Book Club at 1pm

Fridays—May 3, 10, 17, 24, 31
- EUCHRE card game at 12:30 (Baldwin)
- BINGO at 2pm (Yorkshire Commons)

May 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	2 Cribbage 10am Yoga 2pm-\$5 donation	3 EUCHRE card game 12:30pm Bingo-- Yorkshire Commons 2pm
6 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	7 Lunch Bingo 12:30 pm	8 Pictionary 12:30pm	9 Cribbage 10am Yoga 2pm-\$5 donation	10 EUCHRE card game 12:30pm Bingo-- Yorkshire Commons 2pm
13 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	14 Lunch Bingo 12:30 pm	15	16 Cribbage 10am Book Group 1pm Yoga 2pm-\$5 donation	17 EUCHRE card game 12:30pm Bingo-- Yorkshire Commons 2pm
20 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	21 Lunch Bingo 12:30 pm	22	23 Cribbage 10am Yoga 2pm-\$5 donation	24 EUCHRE card game 12:30pm Bingo-- Yorkshire Commons 2pm
27 Office closed for Memorial Day	28 Veterans Coffee 9:30am Lunch Bingo 12:30 pm	29	30 Cribbage 10am Yoga 2pm-\$5 donation	31 EUCHRE card game 12:30pm Bingo-- Yorkshire Commons 2pm



CREATURE FEATURE

If you find one of these creepy crawlies on your skin, here's how to safely remove the critter after a bite:

- ◆ Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- ◆ Pull upward with steady, even pressure.
- ◆ After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
- ◆ Never crush a tick with your fingers.
- ◆ Dispose of a tick by putting it in a container with rubbing alcohol, or flushing it down the toilet.



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

The Back Page

Are you Game? Come Play with Us!



Monday Mahjongg at BC — 1pm on Mon May 6, 13, 20

Tues BINGO at BC — 12:30pm on Tues May 7, 14, 21, 28

Wednesday Pictionary w/ Staff at BC — Wed May 8

Thursday Cribbage at BC — 10AM on Thurs May 2, 9, 16, 23, 30

New Friday EUCHRE card game at BC — 12:30PM on Fri May 3, 10, 17, 24, 31

Friday BINGO at YC — 2PM on Fri May 3, 10, 17, 24, 31

Book Club at Baldwin Center

Next Discussion: Thursday, May 16 @ 1pm

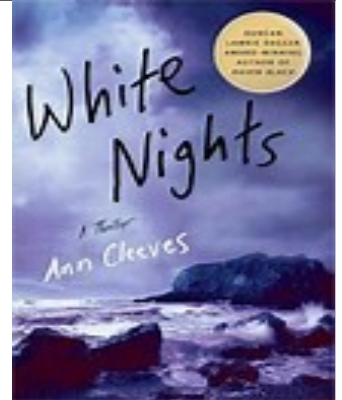
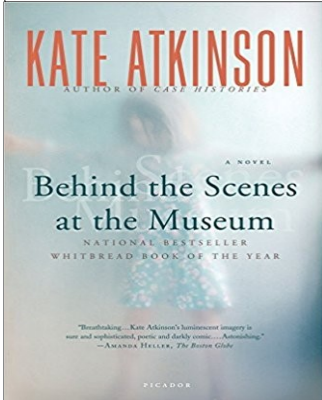
May Reading Selections

Behind the Scenes at the Museum

by Kate Atkinson

White Nights (Shetland Island Mysteries #2)

by Ann Cleeves



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 — May 6, 13, 20

Thursday Afternoons with Laura @ 2PM — May 2, 9, 16, 23, 30



Lavender just screams spring!

But mixing lavender with vanilla???

It's just divine. It's slightly sweet without being too much. It has this taste that makes you go "what is that" and Not in a weird way. It's delicious hot, but many prefer it iced, it tastes like sip-able ice cream. Enjoy!!

ICED LAVENDER VANILLA LATTES



INGREDIENTS:

LAVENDER VANILLA SYRUP

1/2 cup sugar

1/2 cup water

2 teaspoons dried culinary lavender

2 sprigs fresh lavender

1 vanilla bean split in half

1/2 teaspoon vanilla extract

LATTE

6 ounces milk - cow's, almond, coconut, etc.

2 shots espresso

2 tablespoons lavender vanilla syrup

fresh lavender sprig for garnish

INSTRUCTIONS:

Place the sugar, water, lavender and vanilla bean in a saucepan over med-low heat. Whisk until sugar dissolves, bringing the mixture to a simmer. Cook for 1 min. Turn off the heat and set the saucepan aside. Let it cool completely. Strain the mixture through a fine mesh sieve to remove the lavender. Stir in the vanilla extract. Store in a sealed container in the fridge! The syrup will make about 1/2 cup. Fill a large glass with ice. Add the milk and syrup and stir together well. Pour in the espresso shots and stir. Garnish with a sprig of fresh lavender. Serve immediately!