



## *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*



## **Breathe Easy – The Simplest Way to Freshen and Improve Your Home's Air Quality**

Inside air quality is important! On average, Americans spend 90% of their time indoors, where the amount of some pollutants is often two to five times higher than outside. Here are some tips to optimize your inside air quality!

1. **Conquer Dust**: use a vacuum with a HEPA filter to clean soft surfaces that trap allergens. Zap drapes and cushions weekly and mattress each season.
2. **Adopt a Plant**: hang a golden pothos in a basket, which may help filter formaldehyde. Potted palms, peace lilies, and Alii ficuses have similar qualities.
3. **Open a Window**: let fresh air circulate while you cook to dilute pollutants like carbon monoxide and formaldehyde from natural gas or propane stoves.
4. **Clean Smarter**: use refillable spray bottles in place of aerosols to limit potentially harmful substances like butane and propane that enter the air.

## **HYDRATE TO SLEEP BETTER TONIGHT!!**

DRINK UP!!! Adults who only get six hours of sleep are less likely to be adequately hydrated the next day than those who get eight hours, new research says. In later stages of sleep, more of a hormone that regulates your body's water conservation is released. Without enough shut-eye, you may not get the same protective effects. When you're short of sleep, DRINK EXTRA WATER!!



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

 **York Hospital**

# Get To Know Your Resting Heart Rate

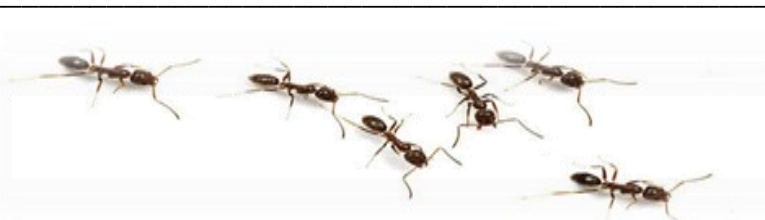


**What it is:** The number of times your heart beats in a minute when you're calm. A lower rate generally indicates better cardiovascular fitness

**How to Measure yours:** Many fitness trackers measure your resting heart rate, but you can also count it manually. Place your index finger and middle finger on the side of your neck. When you feel your pulse, count how many times it beats in 30 seconds and then multiple by two.

**What the number means:** A typical reading is between 60 and 100 beats per minute. However, your risk of death from cardiovascular issues increases significantly when it's at 90 or above.

**How to Bring it Down:** Talk to your doctor about stress management, exercise, quitting tobacco, or medications that might help.



## The Ants go Marching...

IT'S THAT TIME OF YEAR AGAIN WHEN ALL THE LITTLE CREEPY CRAWLIES ARE COMING OUT OF HIDING.....KEEPING SUGAR BOWLS COVERED AND FOOD UNDER WRAPS WILL DISCOURAGE THE ANTS FROM VISITING YOU! IT'S ALSO A GREAT IDEA TO WIPE DOWN KITCHEN COUNTERS WITH WHITE VINEGAR. AND YOU CAN ALSO DETER ANTS BY KEEPING A SPEARMINT PLANT ON YOUR WINDOW SILL!



## Ongoing Programs for Members & Special Guests

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

**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—June 3, 10, 17, 24** at Baldwin Center, 117 Long Sands Rd, York  
- Yoga at 9:30am (\$5 charge)  
- Mahjogg at 1pm

**Tuesdays—June 4, 11, 18, 25** at Baldwin Center, 117 Long Sands Rd. York  
- Lunch BINGO at 12:30pm

**Last Tuesday—June 25**  
- Veterans Coffee at 9:30am

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

**Thursdays—June 6, 13, 20, 27** at Baldwin Center, 117 Long Sands Rd. York  
- Cribbage at 10am  
- Yoga at 2pm (\$5 charge)

**Third Thursday—June 20** at Baldwin Center, 117 Long Sands Rd. York  
- Book Club at 1pm

**Fridays—June 7, 14, 21, 28**  
- EUCHRE card game at 12:30 (Baldwin Center, 117 Long Sands Road, York)  
- BINGO at 2pm (Yorkshire Commons, 161 York Street, York)

# June 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, unless otherwise indicated. 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
3 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	4 Lunch Bingo 12:30 pm	5	6 Cribbage 10am Yoga 2pm-\$5 donation	7 EUCHRE card game 12:30pm Bingo-- at <b>Yorkshire Commons 2pm</b>
10 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	11 Lunch Bingo 12:30 pm	12 Pictionary 12:30pm	13 Cribbage 10am Yoga 2pm-\$5 donation	14 EUCHRE card game 12:30pm Bingo-- at <b>Yorkshire Commons 2pm</b>
17 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	18 Lunch Bingo 12:30 pm	19	20 Cribbage 10am Book Group 1pm Yoga 2pm-\$5 donation	21 EUCHRE card game 12:30pm Bingo-- at <b>Yorkshire Commons 2pm</b>
24 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	25 Veterans Coffee 9:30am Lunch Bingo 12:30 pm	26	27 Cribbage 10am Yoga 2pm-\$5 donation	28 EUCHRE card game 12:30pm Bingo-- at <b>Yorkshire Commons 2pm</b>

## Blackberry Mint Ice Tea

1. Add fresh blackberries, mint leaves, and green tea bags to a 1 quart mason jar or pitcher.
2. Pour hot water into the mason jar, and allow to steep for 15 minutes. Then, remove the tea bags.
3. Place into the fridge to completely chill for 3-4 hours for the flavors to release.



 **Neighborhood  
NETWORK**  
**TRANSPORTATION**



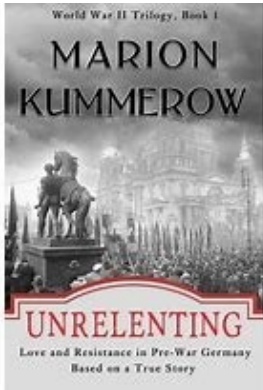
Live in York?  
Need a Ride?  
Call 207-351-1828



# The Back Page

## Are you Game? Come Play with Us!

Monday Mahjonn @BC — 1pm on Mon June 3, 10, 17, 24  
Tues BINGO @BC — after lunch on Tues June 4, 11, 18, 25  
Wednesday Pictionary w/ Staff @BC — 12:30pm on Wed June 12  
Thursday Cribbage @BC — 10am on Thurs June 6, 13, 20, 27  
Friday EUCHRE card game @BC — 12:30pm on Fri June 7, 14, 21, 28  
Friday BINGO @YC — 2pm on Fri June 7, 14, 21, 28



## Book Club at Baldwin Center

Next Discussion: Thursday, June 20 @ 1pm

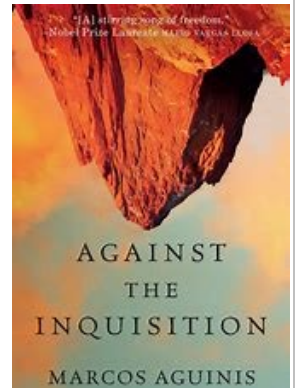
### June Reading Selections

#### **Against the Inquisition**

by Marcos Aguinis

#### **Unrelenting**

by Marion Kummerow



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

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

**Monday Mornings w/Pam @ 9:30AM — June 3, 10, 17, 24**  
**Thursday Afternoons w/Laura @ 2PM — June 6, 13, 20, 27**



## **EAT A HUMMUS TUNA SANDWICH**

### **Ready in 10 Mins!**



Toss **3 oz Solid White Tuna in Water** (drained) with **1 Tbsp** each **Lemon Juice** and **Finely Chopped Red Onion**, **1 Stalk Celery** (thinly sliced), **1 Tbsp** each **Fresh Mint** and **Golden Raisins** (both chopped), and a pinch of **Pepper**. Split **1 Mini Whole-Wheat Pita** in Half. Spread each half with **1 ½ Tbsp Hummus**, then top with Tuna Salad. Enjoy!

**Kitchen Tip:** Turn extra pitas into chips! Halve, then brush insides with oil. Cut into wedges and bake at 425F until edges are golden, 8 to 10 minutes.

