



*Calling All
Friends,
Members &
Volunteers!*

We'd love to hear from
you with your great
ideas for new pro-
grams 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*

The Importance of Vitamin D— The Sunshine Vitamin

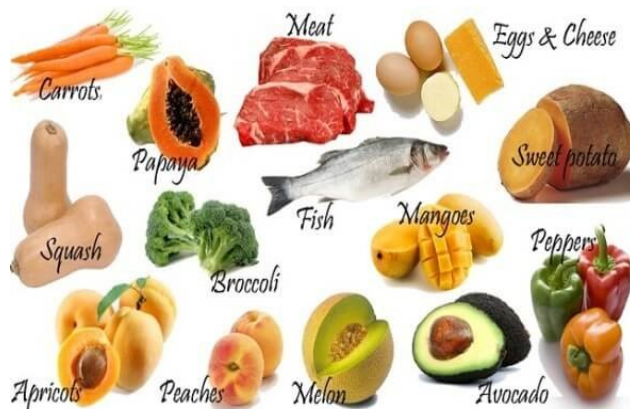


Vitamin D is essential for maintaining many aspects of good health, it promotes strong bones, and it also may help prevent certain types of cancer, mood disorders, cognitive impairments, diabetes and autoimmune diseases. Recent evidence also points to the vitamin playing a protective role against falls in older people.

What is Vitamin D?—The body produces vitamin D when the skin comes into contact with UV rays from the sun. You can also find vitamin D in a few foods where it occurs naturally. Fish, some fish oils and egg yolks are natural sources of “the sunshine vitamin.” Also, some dairy and grain products are fortified with vitamin D.

How to Know if You Have a Vitamin D Deficiency—A vitamin D deficiency usually doesn't cause any clearly identifiable symptoms. Sometimes there may be signs of a low mood, weakened immune functioning and excessive tiredness. But the only way to be sure that you have a deficiency is through a blood test for vitamin D.

Who Should Take a Vitamin D Supplement?—Most experts recommend taking vitamin D supplements if you live in the northern part of the country or spend the majority of your time inside and away from natural sunlight. If you're an older person aged 71 and older who is at risk of falls, vitamin D helps the body to use calcium efficiently to maintain healthy bones. Calcium also is required for muscle contraction. The higher your levels of vitamin D, the more muscle mass you're likely to have. Strong muscles help with balance and fall prevention. Your skin color also plays a role in your likelihood to develop a vitamin D deficiency. Dark pigmentation acts as a natural sunscreen, preventing UV rays from triggering vitamin D synthesis. If you think you're at risk of a vitamin deficiency, talk to your doctor.



Vitamin D Foods

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

\$5 Lunch-time Meals!!!

Offered at the Baldwin Café Monday-Friday



(excl. holidays — **no meal on Sept 2**)

Please call Sarah to sign up by 9:30am to
order a meal for that day—207-351-1828

- Lunch is **\$5 per meal (age 62+; otherwise \$6)** and includes two entrée choices, a soda, dessert or fruit.
- You may pay by cash or check to “York Housing”
- The menu comes weekly from the hospital. You may request a menu to be sent by mail or email on Thurs for the upcoming week and you may call or submit your menu choices to the office at any time.
- **IMPORTANT:** If you have special dietary needs or issues (e.g., gluten free), you must call York Hospital Dining to inquire which choices are appropriate for you before you submit your choices to the office.

THANK YOU FOR PARTICIPATING!

We have a NEW CREATIVE GROUP



**getting together on: Tues Sept 10th at
1pm in the Baldwin Center Boardroom**

This is a great time to visit with your friends, have a cup of coffee, be creative! You're welcome to bring a project you are currently working on or try out the “craft of the day”! **Call Sarah with any questions at 207-351-1828.** Hope to see you there!!

**Monthly Veterans
Coffee @ Baldwin Café
Tues Sept 24 9:30AM
(RSVP 207-361-1828)**



Ongoing Programs for Members & Special Guests

*Always call ahead to make sure an
event is happening...207-351-1828*

**Mon-Fri (excl. holidays—NOTE:
NO MEAL ON MON 9/2)** at

Baldwin Center, 117 Long Sands Rd,
York

- \$5 Lunch at Noon (**RSVP: 207-351-
1828 by 9:30am to place your
order**)

**Mon—Sept 9, 16, 23, 30 (NOTE:
NO PROGRAMS ON MON 9/2)** at

Baldwin Center, 117 Long Sands Rd,
York

- Yoga at 9:30am (\$5 charge)
- Mahjongg at 1pm

Last Tues—Sept 27

- Veterans Coffee at 9:30am

Wed—Sept 5, 12, 19, 26 at

Baldwin Center, 117 Long Sands Rd.
York

- Lunch BINGO at 12:30pm

Thurs—Sept 1, 8, 15, 22, 29 at

Baldwin Center, 117 Long Sands Rd.
York

- Cribbage at 10am
- Yoga at 2pm (\$5 charge)

Third Thurs—Sept 15 at

Baldwin Center, 117 Long Sands Rd.
York

- Book Club at 1pm

Fri—Sept 2, 9, 16, 23, 30

- EUCHRE card game at 12:30
(Baldwin Center, 117 Long Sands
Road, York)

- BINGO at 2pm (Yorkshire
Commons, 161 York Street, York)

September 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, 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
2 Office Closed for Labor Day Holiday	3	4 Lunch Bingo 12:30 pm	5 Cribbage 10am Yoga 2pm-\$5 donation	6 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
9 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	10 -NEW Craft Group @ BC Boardroom 1pm	11 Lunch Bingo 12:30 pm	12 Cribbage 10am Yoga 2pm-\$5 donation	13 Bingo-- at Yorkshire Commons 2pm
16 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	17	18 Lunch Bingo 12:30 pm	19 Cribbage 10am Book Group 1pm Yoga 2pm-\$5 donation	20 Bingo-- at Yorkshire Commons 2pm
23 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	24 Veterans Coffee 9:30am	25 Lunch Bingo 12:30 pm	26 Cribbage 10am Yoga 2pm-\$5 donation	27 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
30 Yoga 9:30am-\$5 donation Mahjongg 1-3pm				

!!!Special Offer for York Residents!!! Associate Neighborhood Network Membership

\$10/month (3-month minimum). FMI Call Sarah 207-351-1828!

For the cost of 5 round trip rides/month from our transportation service, associate members receive the following benefits:

- 2 roundtrip rides/week (8 rides/month) anywhere within the Town of York
- Complimentary rides to York Housing events, if space available.
- Baldwin Café Lunch M-F (cost: \$5 for those 62 and older; \$6 others).
- Monthly calendar of social and educational activities at York Housing -- including yoga, cribbage, mah jongg, BINGO, Warm Up America knitters & crocheters group, crafters, veterans coffee, fall-winter movies, seasonal holiday celebrations, and much more. (NOTE: most events free, however, some will charge a small fee—\$5 or less/person.



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

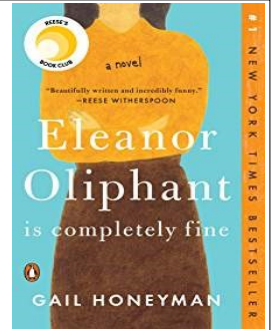
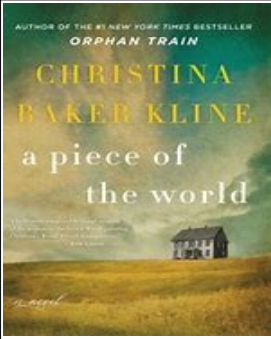
The Back Page

Book Club at Baldwin Center — ALL ARE WELCOME!!!

Next Discussion: Thurs, Sept 19 @ 1pm

- A Piece of the World by Christina Baker Kline
(Maine Author!)

- Eleanor Oliphant is Completely Fine by Gail Honeyman



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

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

Monday Mornings: Waking Up with Leigh

@ 9:30AM — Sept 9, 16, 23, 30 (*no class on Sept 2*)

Thursday Afternoons: Seeking Serenity with Laura

@ 2PM — Sept 5, 12, 19, 26



Are you Game? Come Play with Us!

Mon Mahjongg @BC — 1pm on **Mon** Sept 9, 16, 23, 30 (*no game on 9/2*)

Wed BINGO @BC — after lunch on **Wed** Sept 4, 11, 18, 25

Thurs Cribbage @BC — 10am on **Thurs** Sept 5, 12, 19, 26

Fri EUCHRE card game @BC — after lunch on **Fri** Sept 6, 13, 20, 27

Fri BINGO @YC — 2pm on **Fri** Sept 6, 13, 20, 27



Update from Warm Up America!

We don't just warm up America, we warm hearts! With much help from the clever crafters at York Housing & York Senior Center, we purchased baby dolls and swaddled them in specially made blankets. Each blanket was designed by the maker and named for each design. In cases where a maker crafted a blanket for a second doll, they named the doll for a special person. These baby dolls are used by caregivers for Alzheimer/dementia patients. Cuddling them provides comfort. Dolls were donated to the Alzheimer/dementia units at Durgin Pines and Avita in Wells. We made many smiles!!!



Warm Up America Group! Stitching Up a Storm to Help Others!

Please join us at Yorkshire Commons **WED 1-3pm** (Sept 4, 11, 18, 25)
Call Sandy @ Yorkshire Commons FMI: 207-361-4447