



Harpswell Aging at Home

*Making Harpswell
Home for a Lifetime*

Upcoming Events

Cooking With Friends

**Sept. 15, 11 a.m. - 2 p.m. at
the Orr's Island Schoolhouse**

Presented in partnership with the Harpswell Community Garden, Town of Harpswell, Orr's Island Schoolhouse and the Mid Coast Hunger Prevention Program. Reserve your spot by calling the Town Office 833-5771.

HAH Health Fair

**Nov. 4, 10 a.m. - 1 p.m. at
the Harpswell Town Offices**

Stayed tuned. More information coming soon.

News Flash

HAH Facebook Page

Please like our FB page, and invite your friends to like it too at <https://www.facebook.com/HarpswellAgingAtHome/?fref=ts> Many useful resources for older adults are, and will continue to be, posted there.



Volunteers Needed

Help HAH Make a Difference

The HAH Steering Committee is excited about the progress we're making in transportation, chores and food, home repairs, and health and wellness. The partnerships we've established with the Town of Harpswell, People Plus VTN, the Mid Coast Hunger Prevention Program, Harpswell Coastal Academy, Harpswell Community Gardens, and others are resulting in new or increased services to help older adults remain safer in their homes as they age.

Opportunities to partner with new organizations and bring more services to Harpswell seniors have become available. To pursue these, we need volunteers of all ages who would like to join our vibrant team. We need people with organizational skills to spearhead new programs, and volunteers to work on teams. Time commitments vary and the results are hugely rewarding. For more info, call Hollie Vanderzee at 844-8116 or email hah.maine@gmail.com.



Did You Know About

The Annual Maine Summit on Aging is 9/21/16 in Augusta

"It (Still) Takes a Village, Forging Lasting Partnerships to Support Healthy Aging."

Register now at:

mainecouncilonaging.org

To share a ride to the conference, email

hah.maine@gmail.com

The Good Morning Program

This is a FREE daily safety check-in program available to older adults in Harpswell. If you live alone and want to maintain your independence, but are worried about your safety, this program provides a confidential daily telephone call-in system to ensure your safety and well-being. Contact Brunswick PD for more info at 207-725-6621, ext. 4310.

HAH Senior Resource Guide

The HAH Senior Resource Guide is now available as a brochure at the Town Offices, as well as on Town website.

AARP Smart Driver Class at The Highlands

Register now for the AARP Smart Driver class at The Highlands in Topsham 10/13/16, from 1- 5 pm. This class is designed to help older drivers hone their driving skills and learn about any recent law changes. Registrations should be made by contacting the instructor, Read Rich, directly at 729-0775. Cost is \$15 for AARP members and \$20 for non-members. Drivers can be eligible for discounts on their insurance upon completion of the class.

Coming Soon, HAH Contractor Referral List

Have you ever needed a reliable contractor to fix a leaking pipe, a crumbling walk, an electrical fault, etc., but didn't know where to find one? To help with this challenge, HAH's Committees are developing a **referral list of trusted, reliable, local contractors and services** based on the experience of HAH volunteers and residents. HAH cannot recommend individual contractors, advocate one contractor over another, or guarantee their work performance. The list is based on quality performance for one or more of the contributors to the list. However, the consumer is always responsible to screen the contractor to decide if he/she is right for you.

Heating Assistance

Older adults can sign up for Fuel Assistance through the Low-Income Home Energy Assistance Program (LIHEAP). Opportunity Alliance assists residents in signing up for this program to help pay a portion of their annual heating expenses. The program provides a one-time-per-season direct payment to vendors for homes heated with oil, kerosene, coal, pellets, wood, LP gas or electricity. For more information, call 553-5900 or email heatingassistance@opportunityalliance.org

For information on HAH Call Jess Maurer at 207-332-1640 or email hah.maine@gmail.com