



Harpswell Aging at Home

*Making Harpswell
Home for a Lifetime*

Calendar of Events

MEALS IN A PINCH

Every other Tuesday

August 4 and 18

September 1 and 15

Meals in a Pinch
is designed for:

- Seniors who find it difficult to prepare nutritious meals for themselves.
- Those who have difficulty obtaining food for practical or financial reasons.
- Those who have health issues (themselves, spouses or caregivers) that make getting and preparing healthy meals difficult.

Four fresh and/or frozen meals per person will be delivered.

To sign up or for more information contact

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The Home Repairs Team is back to work amid Covid-19 precautions

HAH in the Time of Covid-19

*Meeting the needs of Harpswell Seniors
while observing virus safety*

This time of the coronavirus has brought challenges for all of us. We are happy that HAH volunteers have been able to adjust and adopt Covid-19 safety protocols to continue providing necessary services.

After having to suspend work for a time, the Home Repairs (HR) team is back doing outside work for clients in small teams. HR is working with Habitat for Humanity to decide when they can safely resume inside work. At the moment, there are 13 jobs ahead, and they are eager to resume full service.

Meanwhile, the Food Team has been very busy. In March Lunch with Friends was transitioned to a new venture, Lunches to Go. They now believe in miracles. The first two weeks, the Lunches averaged 34 people and 80 meals distributed and the response kept growing. At the height of its activity, 169 people received 425 meals. In all, over 2,000 people received over 5000 meals.

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Volunteer Spotlight

Anne Taft

This issue the spotlight shines on Anne Taft. Anne has been a valued member of the Food Team since the beginning of HAH. She is a real asset and is described as willing to do whatever needs to be done. She began with cooking before moving on to the Food Team, and then organizing Lunch with Friends at the Merriconeag Grange. In that role she contacts the cooks, assures a balanced variety of food, transports supplies, sets up and cleans up. She makes sure there are flowers on every table, some of which come from her own garden. She also orders all the supplies for the Food Team.

Anne is a native Mainer who left to pursue a career in banking. She returned to Maine in 1995 and is well suited to her other role as treasurer of HAH.

Anne was active in Lunch to Go as well and is described as a “dream to work with, always has ideas, is cheerful and encouraging.” Thank you, Anne. We all look forward to a return to Lunch with Friends when it is safe.

Week after week, the team wondered if they would have enough food, enough cooks, enough drivers, enough volunteers for all the other tasks. Week after week, Harpswell neighbors volunteered to make it happen.

Another busy group is Seniors Connecting, a group that keeps in touch with seniors who might otherwise be isolated. Normally volunteers call people weekly for a friendly chat and to share information about programs and activities. During the time of Covid-19, the numbers of seniors requesting calls, and volunteers making calls, have doubled.

The pattern repeats. When people are in need, neighbors step up. Without willing volunteers, none of this could happen. So MANY, MANY THANKS to the wonderful people of Harpswell who give their time and energy to enable HAH to fulfill the mission of “helping people thrive while aging at home.”

A Great Big THANK YOU to Sam Powers



Gratitude abounds for HAH volunteers. This is a special tribute to Sam Powers who is retiring from the Home Repairs Team. Sam is described as one of the founding fathers of the Home Repairs team and he remembers with a chuckle the fun he had in those early days when the workers had to

bring their own tools to the job site. Sam was a builder before retiring and in the words of Steve Ingram, HR team head, Sam's “expertise in woodworking, tool use and maintenance, and machinery in general made him a valued member of each team he volunteered with and his craftsmanship set the standard for all other team members.”

Sam is described as the “consummate” team member, always ready to help out and lend a hand or guidance when needed. In addition, his sense of humor made the time fly. What Sam remembers most is the camaraderie. He enjoyed the other team members and the appreciation of the home owners. Team members say that Sam was one of its most valuable members. He is missed by everyone. Our deep thanks to you, Sam.

For more information about HAH
visit our Website at www.hah.community
Email hah@hah.community or call 207-833-5771