



Harpswell Aging at Home

*Making Harpswell
Home for a Lifetime*

Calendar of Events

MEALS IN A PINCH (MIP)

Every other Tuesday

March 2, 16, 30

April 13, 27

May 11, 25

Four fresh or frozen meals per person

Delivered to those who:

Do not consistently prepare meals for themselves

Have difficulty obtaining food for practical or financial reasons

Have health issues (themselves or caregivers) that make proper meal preparation difficult

The purpose of MIP is to encourage seniors to eat healthy, nutritious meals. Often as we age, and particularly, if we live alone, we neglect good eating habits which is detrimental to our health.

For this reason, the HAH Food team supplies occasional meals to seniors who request them. Harpswell is fortunate to have many who really enjoy cooking for others. They look forward to sharing what they love to do. The Meals in a Pinch program unites these two groups so seniors can continue to thrive while aging in Harpswell.

Contact Julie Moulton at juliemoulton28@gmail.com or (207) 330-5416



Ann and Marty Mitchell are pleased with the valentines they received from preschoolers.

TRAVELING TALES AND MORE

HAH Aims to Combat Social Isolation

As the coronavirus spreads, seniors are encouraged to avoid gatherings. That means no coffee or lunches with friends, no concerts or theater, or socialization with family. Many studies have documented the toll on health that social isolation brings. The Health and Wellness Committee of HAH has come up with a number of creative ideas to address these concerns.

Traveling Tales is a book, puzzle, CD, and DVD exchange. Many people have donated items to share and the Willing Helpers have generously offered the vestry of Islands Community Church (ICC) as our 'Library.' Every couple of weeks, items are delivered to seniors in our community. Currently 12 very appreciative seniors participate. Donations of large print books, audiobooks, puzzles with 500 pieces or fewer, nonfiction books and heavy-duty plastic bags, can be brought to the Orrs Island Schoolhouse on the Tuesdays Meals in a Pinch is delivering or dropped on the center table at the ICC church vestry. For information on how to sign up, call the Harpswell Town Office at (207) 833-5771.



Volunteer Spotlight

Hollie Vanderzee

The Spotlight this issue shines on Hollie Vanderzee. Hollie has been involved in HAH since it was only an idea. She was chairperson of the Communications Committee and evidence of her vision and inspiration is all around us. All publicity, from Facebook to the website and anything in between was developed under her leadership. HAH has benefited enormously from her expertise and dedication. One year ago, Hollie stepped down from the position of chairperson. No one has stepped forward to fill the position. She stayed on in a leadership role but now has other interests she wants to pursue. So she is leaving HAH and will be sorely missed. In Hollie's words, "Volunteering with HAH has been one of the most rewarding experiences of my life. Helping it grow, the remarkable people I've met, and the friends I've made has enriched my life."

Seniors Connecting This program matches a senior with a volunteer for weekly chats, and has been in place for about five years. Currently 17 volunteers are calling 21 seniors. There are a number of volunteers who would love to have a senior to call so if you know someone who would like a call they can contact Linda Strickland at the Town Office at (207) 833-5561.

Cheerful Notes Community volunteers have written cheery notes that have been sent to seniors enrolled in the Meals in a Pinch and Seniors Connecting programs. The response from those who have received the notes has been very positive.

Drawings and Valentines The Health and Wellness Committee has teamed up with two daycare centers. Preschoolers at the Little Schoolhouse, run by Rebekah Baumgartner, and the Harpswell Community Nursery School, under the leadership of Lisa Hogan, will be making valentines and drawing pictures for Harpswell seniors. This is, hopefully, the first of many projects in which the children can participate. The drawings will be given to seniors in the Meals in a Pinch and Seniors Connecting programs.

Pet Food Program Our pets are important to us. Many studies have reported the physical and emotional benefits pets have for us. Therefore, the Health and Wellness Committee has teamed up with the Coastal Humane Society to provide dog and cat food for pets of seniors. Volunteer Jane Clavet picks up and delivers pet food as needed to five seniors for seven or eight pets. Any senior interested in receiving pet food can call Jane at (207) 576-5099.

Harpswell TV The Health and Wellness Committee began working with Harpswell TV in November to determine how to bring programming to seniors in their homes. In December and January, Maine Representative Jay McCreight, hosted a program on scams in which two sheriff's departments and a senior who was scammed were featured. Harpswell TV station is broadcasting Senior Programming from 3-4 p.m. Monday through Saturday. The committee will be interviewing Harpswell residents on a variety of topics starting in March. Topics include book readings by a local author, wildlife, storytelling, birdwatching, poetry and more.

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