



Harpswell Aging at Home

*Making Harpswell
Home for a Lifetime*

Summering Here? Thinking of Retiring In Harpswell?

Have You Heard of HAH?

Harpswell Aging at Home (HAH) is a community organization helping older adults address the challenges of aging at home. Our community assessment found that as we age, we sometimes need help with home maintenance and chores, meeting basic needs such as food and transportation, and access to resources. We want opportunities to engage with and learn from one another. HAH's overall goal is helping older adults find the services they need.

Have a Few Hours to Spare This Summer?

Volunteering with HAH is a great way to meet new people, get connected, and make a difference. Sign up on our website www.hah.community or email hah@hah.community.



A Great Way to Socialize *Lunch with Friends...*

was piloted by HAH on Bailey Island for 11 Tuesdays during the winter. Over 400 free meals were served. Lunches were hosted by seven community groups and a number of individuals. It was a great opportunity to greet old friends and make new ones. At the 4th luncheon, one woman commented, "These lunches mean so much to me. Getting together with friends and sharing good food is wonderful. I look forward to it each week."

The May Lunch with Friends had a special guest, Melinda Richter, from the Island Candy Company. Melinda gave a truffle-making demonstration followed by each of the 48 attendees putting the finishing touches on their own truffle.

Lunch with Friends will continue this fall at the Merriconeag Grange Hall and the Bailey Island Church with at least two events per month. If you or your group would like to host an event, please contact Surrey Hardcastle at 207-833-0092.



Did You Know...

"Hard Tellin, Not Knowin"...

HAH's 4th television episode will be airing soon on Channel 14, Harpswell Community TV – "How Augusta Is Working For You" featuring Harpswell's Jay McCreight, Maine State Representative, and State Senator Brownie Carson.

You Can Download Senior Resources from HAH Website

- ◆ *Senior Resource Guide*
- ◆ *Home Repairs Contractor Referral List*
- ◆ *Health and Wellness Referral List*
- ◆ *Adaptive Tool List*
- ◆ *Home Safety Checklist*

The Home Repairs and Resources Team...

Just completed repairs on its 16th home, with the goal of completing 15 more in 2017.

Harpswell Walks for 50+

Third Wednesdays at 1 p.m.

Interested in an easy guided walk on some of Harpswell's beautiful trails? Harpswell 50+ walks are a great way to spend time outdoors, walk on mostly level ground, meet new people and have fun. Join Harpswell Aging at Home, Harpswell Heritage Land Trust, and Harpswell Recreation on the third Wednesday of the month at 1 p.m. Transportation and hiking poles are available if needed. If you need transportation, call the Volunteer Transportation Network (VTN) at 729-0757. Be sure to register with VTN in advance. Participants are limited to 15. Please register for the walks in advance by calling Linda Strickland at the Harpswell Town Office at 833-5771.

Wednesday, July 19, 1 p.m. at the Giant's Stairs Trail and McIntosh Lot Preserve. This is a walk of approx. 1/2 mile, round trip, along a mostly even dirt path and road. Views are spectacular! Please park at Johnson Field Preserve, 25 Abner Point Road. A shuttle service to the trail head will be provided.

Wednesday, August 16, 1 p.m. along Pott's Point Road to Pott's Point Preserve. This is a walk of approx. 3/4 mile, round trip, along a dirt road. At the very end there is a short trail to the beach at Pott's Point Preserve. Parking is located at the very southern end of Harpswell Neck Road. Park by the side of the road, but please do not block access to any buildings or businesses.

Wednesday, September 20, 1 p.m. at Curtis Farm Preserve. This is a walk of approx. 1/2 mile on a level and even trail around a field, including a spur trail to a large glacial erratic nicknamed "The Pebble." Parking is located at 1554 Harpswell Neck Road. Look for a sign.

For more information on HAH, like us on Facebook, visit our Website at: www.hah.community, email hah@hah.community, or call 207-833-5771