



Harpswell Aging at Home

*Making Harpswell
Home for a Lifetime*

Upcoming Events

Mark Your Calendars

Lunch with Friends...

No Reservations Needed

Tuesday Noon at
Bailey Island Union Church

- September 26th
- October 24th
- November 14th

Thursday Noon at
Merriconeag Grange
529 Harpswell Neck Road

- October 12th
- November 9th

Health and Wellness Fair...

Sponsored by HAH

October 6th, Friday
10am-2pm
Harpswell Community
School
308 Harpswell Islands Road

Dolphin Marina and Restaurant...

Fundraiser for HAH

October 12th, Thursday
11:30am - 8:00pm



HAH Fundraiser Hosted By The Dolphin Marina and Restaurant

Thursday October 12th...

The Saxton family, of the Dolphin, has been a supporter of HAH's community work from the beginning. They are deeply committed to making Harpswell a better place for older adults to live. On October 12th, they will donate a percentage of their net proceeds from sales of the entire day to Harpswell Aging at Home.

HAH will have a staffed table at the Dolphin providing information about our programs. All of the resource material we have developed to help older adults age in place and to connect to services will be available. We will also be recruiting volunteers to join our community based efforts.

If you are thinking about dining out, please put October 12th on your calendar and join us at the Dolphin Marina and Restaurant to support Harpswell Aging at Home programs.



Did You Know...

HAH's Home Repair Team Recently Received The "Golden Hammer Award" from our partner, Habitat for Humanity/7 Rivers Maine, for their volunteer work doing home repairs for eligible Harpswell seniors to keep them safe, warm, and dry.

In September, the team completed work on their 25th home in just one year's time!

HAH Needs Volunteers

- ✦ Home Repairs Team Workers and Job Coordinators
- ✦ Volunteer Transportation Drivers for Harpswell
- ✦ Senior Callers
- ✦ Help with Lunch with Friends
- ✦ Co-Chairs for Committees

About the New Resources on the HAH Website

- ✦ Revised Home Repairs Contractor Referral List
- ✦ Chores Referral List
- ✦ Home Repairs Work Offered

Health and Wellness Fair

October 6, Friday from 10:00am - 2:00pm

HAH will host a Health and Wellness Fair at the Harpswell Community School, 308 Harpswell Islands Road. The event will include presentations at: 10:30am Age Friendly Exercise - Gina Perow, Harpswell Recreation Dept.; 11:30am Emergency Preparedness and Response - David Hudson, Mid Coast Hospital; 12:30pm Medicare Part D - Nita Nuhaj, Kennebec Pharmacy; and 1:30pm Home Repairs and Resources Program - Bob Bauman, HAH. Representatives from many community organizations involved in health and wellness programs will be available to provide information. Free flu shots and blood pressure checks will be offered.

HAH Quilt Raffle

Quilt Donated by Ocean Waves Quilt Guild

Beginning October 1st, HAH will be selling raffle tickets for a String Quilt generously donated by the Ocean Waves Quilt Guild of Bailey Island. Tickets will be \$2/each or \$10 for a book of six. The drawing will be on April 24, 2018 at 3:30pm at the Town Office. All proceeds will benefit Harpswell Aging at Home. To purchase tickets, email hah@hah.community or call Hollie Vanderzee at 844-8116.

Lunch with Friends

Looking for Volunteers

The Food Team is looking for volunteers who would be willing to cook or help with setup or clean up for Lunch with Friends this Fall. To volunteer at the Merriconeag Grange, contact Anne Taft at dtaft48@comcast.net or 725-5716. To help at the Bailey Island Union Church, contact Surrey Hardcastle at surreysh@comcast.net or 833-0092.

Visit our Website: www.hah.community, like us on FB, email hah@hah.community, or call 207-833-5771