



## Harpswell Aging at Home

*Making Harpswell  
Home for a Lifetime*

### *Calendar of Events*

#### **LUNCH WITH FRIENDS FALL DATES**

**Meals are open to everyone and  
begin at noon**

Merriconeag Grange  
11/8, 12/13

Orr's Island Schoolhouse  
10/16, 11/20

Cundy's Harbor Community Hall  
10/25

### *Volunteers Needed*

HAH programs have been so successful that we need more willing hearts and hands. Ridership is up and more drivers are needed. The new Home Helpers program is looking for eager new members. Lunch with Friends is always on the lookout for people who love to cook. There is an opportunity for whatever it is you like to do. To join in the fun, get in touch and we'll find a place for you.

Contact Susan Stemper  
at [smstemper.community@gmail.com](mailto:smstemper.community@gmail.com)



*Pictured above is Marjorie Parker equipped and ready to go in her role as a HAH Home Helper*

## **New HAH Program Launched**

### *Home Helpers Now Available*

One of the most common needs for assistance among seniors is help with the "chores" necessary for home cleanliness and safety, such as vacuuming. And now, HAH has a new team ready to help. The goal is, as always, to enable seniors to stay in their homes.

Called Home Helpers, the program will initially focus on care of floors, dusting of furniture, kitchen and bathroom cleaning, cleaning of clothes washers, washing interiors of windows, and disposal of household trash and recycling items. Plans are to expand later to include outdoor tasks such as raking.

The Home Helpers Team is looking for willing hands to make this program successful. This is an opportunity to do important work for your neighbors. If you are interested in volunteering or for more information, contact Susan Stemper at [smstemper.community@gmail.com](mailto:smstemper.community@gmail.com). Those seeking such services should call Linda at the Town Office (833-5771). Thanks go to the hard work and planning of a team headed by Jerry Klepner, Marjorie Parker, and Dick Regan for developing this program.



## Volunteer Spotlight

### John Ferraro

In the volunteer spotlight this issue is John Ferraro, a dedicated and long-time member of the Home Repairs Team. John has been with the team for almost two years. A retired electrical engineer, John is seen as the mentor of the team on all issues electrical.

When asked what he likes best about volunteering, he named the satisfaction that comes from helping the clients. Equal to that is the challenge and fulfillment that comes from working together with other members of the team to solve problems and complete projects. He is viewed as a seasoned Project Coordinator who is conscientious, meticulous and admired for his knowledge.

After vacationing in Maine for many years, John and his wife moved to Harpswell in 2012, drawn to the area by the beauty of the coast. John was retired and looking for a way to feel useful and give back. HAH is privileged to have him.

Thank you, John.

## Meals in a Pinch Successful Pilot Program

Another successful HAH project this summer was Meals in a Pinch. This effort was organized by Surrey Hardcastle and the Food Committee. The plan was to support seniors by providing temporary or emergency meals because of illness, recent hospitalization, food insecurity, power outages, or other personal reasons. The plan was available between May and September and served 229 meals to 28 seniors. The program involved 25 cooks and 12 drivers who delivered 2 free, nutritious meals twice a month. There were no financial guidelines. This program will also be available next summer.

In the meantime, for anyone needing them, a few meals will be available to take home from each Lunch with Friends event. If people find they need meals and cannot come to Lunch with Friends, notify Julie Moulton at 330-5416 or [juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com). The team will try to meet the need.

## Susan Stemper - New Volunteer Coordinator

A hearty welcome to the newest member of the HAH Team goes out to Susan Stemper, who is taking on the position of Volunteer Coordinator. Susan has been in Harpswell for over two years, having lived previously in Boston and San Francisco.



She moved to Harpswell with her husband for the quality of life. She especially loves hiking and kayaking. But in Susan's words, "... best surprise has been the great and welcoming community and getting more involved than we ever intended."

She is excited about helping HAH achieve its mission and plans to begin by learning more about the organization, the volunteers and how to support them. Recognition of volunteers is high on her list. With her energy and enthusiasm, she will be a great asset to HAH, and the team is delighted to welcome her. You may reach Susan at [smstemper.community@gmail.com](mailto:smstemper.community@gmail.com)

**For more information about HAH**  
 Visit our Website at [www.hah.community](http://www.hah.community)  
 Email [hah@hah.community](mailto:hah@hah.community) or call 207-833-5771