



# Harpswell Aging at Home

*Making Harpswell  
Home for a Lifetime*

## Calendar of Events

### MEALS IN A PINCH

**Every other Tuesday**

January 31

February 14 and 28

March 14 and 28

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

**Have** an emergency need

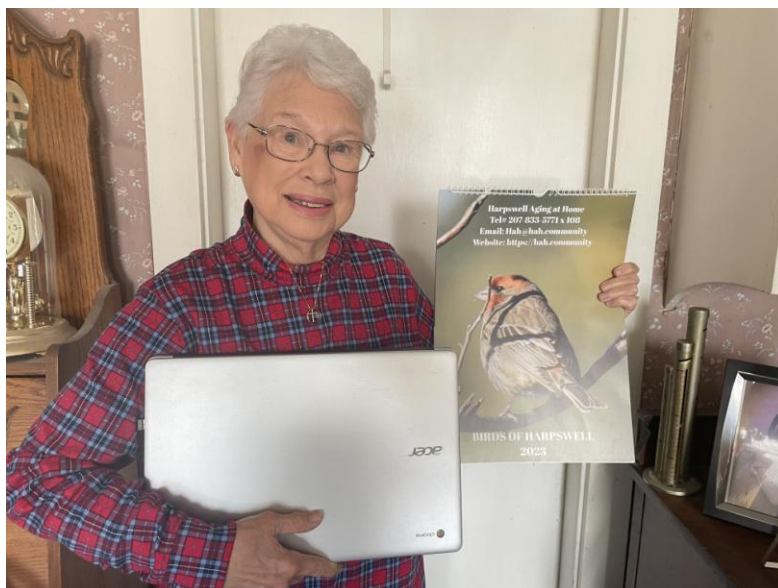
**Contact:** Julie Moulton at  
[juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com)  
or 330-5416

### LUNCH WITH FRIENDS

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

February 23  
Merriconeag Grange

You may dine in to socialize with friends and neighbors but a takeout option will also be available. Those not comfortable eating inside with others may come and fill containers to take home. All are welcome.



*Norma Conway is delighted by the Chromebook and beautiful calendar she received from HAH this Holiday season*

## Health and Wellness

### Bringing Neighbors and Services Together

Another busy, active team of HAH is the Health and Wellness (H&W) team. You have no doubt seen them about town as they are likely to pop up making deliveries or preparing for their next program or activity. The committee is led by Gayle Hays and their motto is "Supportive, Engaging, and Encouraging Connection." How they do that takes many forms.

For example, HAH was fortunate to receive a gift from Bernstein Shur, a law firm, in Portland. They updated their computers at the end of the year and generously donated 25 Chromebooks to HAH. These Chromebooks will be passed on to income eligible older adults in our community through technology volunteer, Alvin Stearns. One Chromebook has already made its way to Norma Conway, whose computer was on its last legs. Norma said that Alvin was very helpful and made her feel at ease with her limited tech knowledge. She also said that when her family is here with their devices, she can now join them on the couch with the new device. So much flexibility!



## Volunteer Spotlight

### Cheryl Dunning

In the spotlight this month is another valuable member of the Food Team, Cheryl Dunning. Cheryl is the Pastor of the Great Island Church of the Nazarene and she has opened her church and her heart to HAH. Every other week she hosts the Meals in a Pinch crew. She has installed shelves for storing supplies, loans use of a full size freezer as well as the church's Fellowship Hall for packaging the meals.

A lifelong Mainer, Cheryl has been involved with HAH for 4 years. She is enthusiastic and delighted to partner with HAH, a group that shares her vision of connecting with the community. She likes to call it "building bridges". Her friend, Marie Durant, says Cheryl goes over and above to help others and that is apparent in her effort. Cheryl says she feels blessed by her work for HAH. And HAH is indeed blessed to have her contributions. Thank you, Cheryl.

*Newsletter compiled and Written By  
Connie Bryon*

Alvin Stearns is available to help older people with technical issues such as those computer problems that seem to bedevil us, or setting up equipment, or any other problems. And if you would like to be considered for a Chromebook contact Gayle at

[ghays1949@gmail.com](mailto:ghays1949@gmail.com)

Pat Herbert is a member of the Health & Wellness Committee and is fond of photographing animals, birds, places, and scenery in Harpswell. This year she designed and donated 56 calendars with bird photographs she had taken. These calendars were delivered to older adults who take part in Home Repairs, Neighbors Connecting, and Meals in a Pinch. The recipients could not say enough about how beautiful the photos were. They did not realize some bird species were indigenous to Harpswell! We are grateful to Pat for her generosity and desire to make someone else's day brighter.

In December H&W partnered with the Harpswell Garden Club to create beautiful arrangements of greenery to deliver to their neighbors in town. In addition, H&W was part of the Friends Together initiative that had a trial run this fall bringing neighbors together for crafts, exercise and information. The group sponsors special programming for older people daily on community TV, channel 14 or 14a. Currently, the team wants to get the word out about **HEATING ASSISTANCE AND SAND BUCKETS**. Call the Town Office for more information 207-833-5771.

*Below Garden Club and H&W Members display their creations.*



**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



## ***Come Join Us***

### **Cooking For Friends (With Friends)**

**Wednesday, February 8, 2023  
12 pm - 3 pm  
Midcoast Hunger Prevention Program  
(MCHPP)  
179 Neptune Drive  
Brunswick**



## ***Lend a Hand***

This is a picture of what seven cooks made in an afternoon: 38 servings of haddock chowder, 24 servings of turkey chili, and four pans of stuffed cabbage roll casserole. We were delighted to have two new cooks with us and use the new kitchen on the base.

Want to join other Harpswell cooks to make dishes that will be used for Harpswell Aging at Home's Meals in a Pinch program? We'll supply the ingredients and recipes.

You bring an apron and come ready for some laughs.

Email Julie at [juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com)  
call or text her at 207-330-5416 to sign up

## ***Cooking at 43° North***

### **Sustainable Oyster: A Possible Key to the Future of our Working Waterfront**

**Friday, February 17, 2023  
11:30 am-1:00 pm Orrs Island Schoolhouse**

So why oysters? Because you like to eat them? You want to hear how they can improve the cleanliness of our waters? You want to help fishermen find an alternative means of harvesting seafood on the coast of Maine? Jim Hays found his answer after leaving his 12-year job as Harpswell Harbor Master, and growing oysters off Orrs Island for the past five years. This session is your chance to dive into all things oysters--from how to safely open them to sampling this fresh, saltwater delicacy, while hearing Jim's story about oyster farming and how it can help our working waterfront and its fishermen become more sustainable. Space for this workshop is limited so sign up soon!

Please sign up by February 13th by  
using this link: [Slippery, Slurpy, Sustainable Oysters](#)  
or emailing [juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com), or  
texting/calling her at 207-330-5416

## ***How Donations Help***

For the second year the Merriconeag Fund offered a challenge grant of \$10,000 if HAH could match it by December 31. Happily we were able to do that, thanks to the generosity of the Harpswell community. True, we are an all volunteer organization but we could not provide all of the services we do without these contributions.

A large portion of funds helps the Food Team by providing containers and wrapping for MIP. A new Resources program uses funds for a Phillips Life Alert button system that will automatically alert emergency services if someone falls. Resources is also working with the three Fire Departments in town to provide reflective house numbers that will save precious time in an emergency. Other costs include gas cards for drivers and food gift cards for those in need also help out. Administrative costs for HAH's one paid employee plus consultants, advertising, and materials for flyers and communication. A hearty thank you to our donors.