



## Harpswell Aging at Home

### Making Harpswell Home for a Lifetime

This newsletter is published quarterly to share all the Harpswell Aging at Home happenings with our community. Young or older, you can take part in many of our events. Join us!



### Looking for ways to give back to your community?

Have you ever wondered how you could make a difference in this wonderful community? Well, Harpswell Aging at Home can help you out!

Whether you have a few minutes, a few hours, time once a month, or more, we have wide-ranging opportunities for you. Come learn about the many ways you can volunteer for Harpswell Aging at Home.

Drop by the Orrs Island Schoolhouse on **Wednesday, May 10th**, between **3-4:30 p.m.** for our **Volunteer Fair** and create your own "aHAH!" moment. Bring your friends! We can't wait to see you!

After the volunteer event at the Orrs Island Schoolhouse, join us at the other Schoolhouse in town—Schoolhouse 1913—for a fundraiser for Chuhuiiv, Ukraine on May 10th from 5-7 pm.



**Harpswell  
Aging at Home**  
[www.hah.community](http://www.hah.community)

## Upcoming Events

### **MEALS IN A PINCH**

**Every other Tuesday**

**May 9, 23**

**June 6, 20**

Four fresh and/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 in the home that make proper meal preparation difficult



**A NOTE FROM OUR CO-CHAIR,  
Lili Ott**

- **Have** an emergency need

**Contact:** Julie Moulton at  
[juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com)  
 or 207-330-5416

**COOKING FOR FRIENDS  
 (With Friends)**

**Friday, May 5  
 12:00-3:00 pm  
 Midcoast Hunger Prevention  
 Project Kitchen (Brunswick  
 Landing)**

Do you like to cook? Would you like to cook for a good cause? Join other Harpswell cooks in the new industrial kitchen at MCHPP 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 come ready for some fun.

Contact Julie Moulton  
[juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com)  
 207-330-5416

**GIRL SCOUT TEA**

**Sunday, May 7  
 1:00-2:30 pm  
 Orr's Island Schoolhouse**

Calling all Girl Scouts! Were you ever in Girl Scouting? Do you (even vaguely) remember the Promise? What about Make New Friends or the Brownie Smile Song?

All former and current Girl Scouts (no matter your age or where you were a Girl Scout) are invited to Tea!

Harpswell Aging at Home and Harpswell GS Troop 1263 want to meet you and hear about your GS adventures. Feel free to bring your old badge sash or other memorabilia to share. RSVP by emailing LeAnne at [leannegr@earthlink.net](mailto:leannegr@earthlink.net) or 207-833-3151 by May 5th.



Harpswell Aging at Home Volunteers are PRICELESS!! Since we have no staff, all the HAH accomplishments are the direct result of the cooking, driving, hammering, writing, calling and so much more done by our corps of 400+ Harpswell neighbors.

On Wednesday, May 10<sup>th</sup>, we hope you will stop by the Orr's Island Schoolhouse between 3 PM and 4:30 PM for coffee and cookies and meet the committee chairs from the many HAH committees. You can see what we've been doing in the past year or so, and you can hear about some of the new initiatives we hope to start in the next few months. Bring a friend; maybe you'll win a door prize.

Harpswell Aging at Home is a special organization where all your work stays right in town, helping our neighbors remain in our beautiful Harpswell, living their best lives. Every one of us feels that we receive more than we give by volunteering for HAH. We would love you to join our team and learn more about all the areas where you can make a difference.

If you have questions, send us an email at [volunteer@hah.community](mailto:volunteer@hah.community), and Volunteer Committee members, Jane Clavet and Jay McCreight, will get back to you. Hope to see you on May 10.

**NEED A HAND?  
 HAH's Resources Team Can Help You  
 Find What You Need**

Since its inception in 2015, Harpswell Aging at Home (HAH) has had one steadfast mission – to help “older adults thrive while aging in their home”. Supported by a throng of dedicated volunteers, a variety of programs and services have played an integral part in making this mission a success.

“We help them stay in their community,” said Judy Muller, Chairperson of HAH's Resources Committee. This highly experienced team--Muller and Margie McDougal are clinical social workers, Maureen Sullivan was the founder/owner of Just Friends, Inc., the in-home companionship agency based in Yarmouth, and Patty McGovern is a retired community nurse--help older residents identify resources which will help them age safely in their own homes.

The majority of referrals to the committee start with a simple application process initiated with Gina Caldwell, Harpswell's Recreation Director and Community Services Coordinator. Caldwell, who grew up in town and assumed the intake duties a year ago, fields inquiries from residents and children of older homeowners about a variety of assistance programs. “I've met so many wonderful people,” Caldwell said. Reflecting on the calls she gets from the children of residents, many of whom live out of town, Caldwell added, “They are just so grateful that HAH helps

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## LUNCH WITH FRIENDS

**Meals are open to everyone  
regardless of age**

**Tuesday, May 16**

**12:00-1:00 pm**

**Orr's Island Schoolhouse**

Join old and new friends at Lunch with Friends. You are welcome to come pick up a lunch to take home, or sit and eat with others, depending on your comfort level. Come for good food and good company. All are welcome. See you there! Note; Masks are required when not actively eating or drinking.

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## HARPSWELL NECK FIRE & RESCUE OPEN HOUSE

**Thursday, May 25**

**4:00-7:00 pm**

**1426 Harpswell Neck Road**

Enjoy a tour of the Harpswell Neck Fire & Rescue station and equipment. Come meet dispatchers from the Cumberland County Regional Communication Center and explore their 911 booth. Test yourself with the Maine Bureau of Highway Safety Distracted Driver simulators. Learn about our community partners: Harpswell Anchor, Harpswell Aging at Home, Harpswell Garden Club. Get free reflective house numbers so rescue personnel can find you in an emergency. Plus, complimentary hot dogs, popcorn & beverages.

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## MEET HAH VOLUNTEER Lauren Griffiths



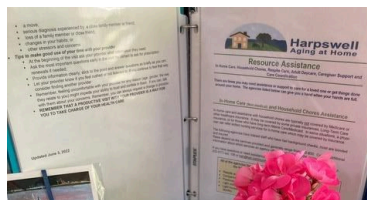
enable their parents to stay at home". After establishing age and for some services like home repairs, income eligibility, the resident is referred to HAH for an initial discussion with a member of the Resources Committee. Armed with small gifts such as reading glasses and a copy of the book, *Glimpses of Harpswell Past and Present*, a team member visits with the homeowner to help determine which services might benefit them. Guided by a standardized questionnaire covering a variety of possible home and personal needs, the team member is able to offer a number of HAH programs. Home Repairs may include installing a ramp, adding insulation or grab bars in a shower; Neighbors Connecting facilitates a weekly check in call, and the Food Team can provide occasional meal deliveries. "We sit down and listen to what people are telling us," Muller said. "It helps us to be creative in helping them with what they need."

In addition to the programs directly facilitated by HAH volunteers, the team can also help connect them to outside services such as transportation, legal aid and respite programs for both residents and caregivers. HAH has also started a pilot program this year, through a partnership with Maine Health, which equips eligible residents with a Lifeline Call Button. Homeowners are also offered a visit by Harpswell's Fire Administrator, Art Howe. He will assess the home for fire safety issues such as smoke and CO2 detectors, make sure the home is accessible to fire and emergency vehicles and deliver a "File of Life". Filled out by the homeowner, the document provides critical emergency information such as contacts and medical information which can then be left in the magnetic red pocket on the refrigerator for emergency personnel if there is need.

The team continues their outreach efforts with follow-up phone calls to ensure that the individual has been able to connect with the appropriate resource and will periodically check in once services have been established. In cases where there is a greater need or it has become unsafe for residents to remain in their home, team members will brainstorm options and help families navigate the transition.

Muller noted that all services are provided cost free to eligible homeowners and the homeowner makes the final decision about which services they wish to use. "We are so honored to meet so many people, hear their stories and help them to stay in their community," Muller noted. "Community really means something here because we care about and help each other."

If you need a hand and would like to learn more, please contact Gina Caldwell at 207-833-5771 ext. 108.





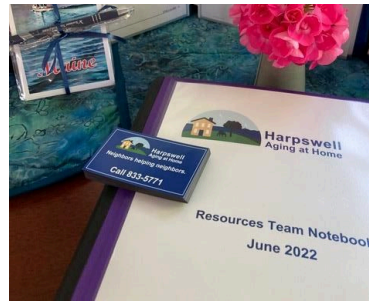
Drawn to Maine by a year of study at Bowdoin while a student at Mount Holyoke College, Lauren met both her future husband and discovered her future home. Lucky for both of them!

While Lauren grew up in the Boston area, she has called a number of spots home over the years. She, her husband, two daughters and the family Wheaton Terrier (there have been three) have lived in Wellesley, MA; Seattle, WA; Cooperstown, NY; Princeton, NJ; Cleveland, OH and now Harpswell.

Like many, Lauren's first connection to HAH came through FOOD – macaroni and cheese to be exact. It was her first cooking contribution as part of the Harpswell Garden's Club Lunch with Friends sponsorship back in 2018.

Drawn to volunteering for its connections to her community, exposure came early. Her mother was her original role model and combined with her time as a Girl Scout, she has volunteered to wear many hats over the years as part of her local communities - Girl Scout Leader, soccer coach, YWCA volunteer, newsletter editor and fundraiser - to name a few. She also served as president of the Wellesley Service League, a non-profit based in Wellesley, MA whose mission mirrors that of HAH's in many ways. Her career has also been intertwined with community connections with time spent as a publicist and media relations manager at WCVB-TV, Boston's ABC affiliate and assistant director of public relations and marketing at Glimmerglass Opera in Cooperstown, NY.

These days Lauren looks forward to the camaraderie and team work associated with being a member of HAH's Tuesday Meals in a Pinch crew, along with being a member of the Food Team, supporting Lunch with Friends programs as well



## CONTAINER GARDENS Now Available

Are you having more trouble bending over to get your hands into the dirt? Do your back and legs hurt a lot more than they used to when you spend time in the garden? Are the costs of plants making the idea of planting a garden harder?

Yet, you still long to

- eat a cherry tomato or a sweet pepper fresh from the plant, warmed by the sun,
- pick a few fresh herbs to add to your dinner, or to brew a cup of tea,
- or make a salad with your own hand-picked lettuce.

This summer, Harpswell Heritage Land Trust and Harpswell Aging at Home are joining forces once again to provide free container gardens to Harpswell residents who could use a hand.

Many vegetables can be grown successfully in pots, which can be placed on a deck or in the yard and are easily cared for. Container gardens can provide an abundance of fresh and healthy food.

Options include a cherry tomato *or* a sweet pepper plant in a five-gallon bag, three culinary herbs *or* three tea herbs in a rectangular window box, *or* salad greens in a rectangular window box. Each household may choose up to three items.

**Reserve your free container gardens by May 10th**

Contact  
Julie Moulton  
[juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com)  
207-330-5416

They will be delivered to your home on May 31;  
Raindate June 1.

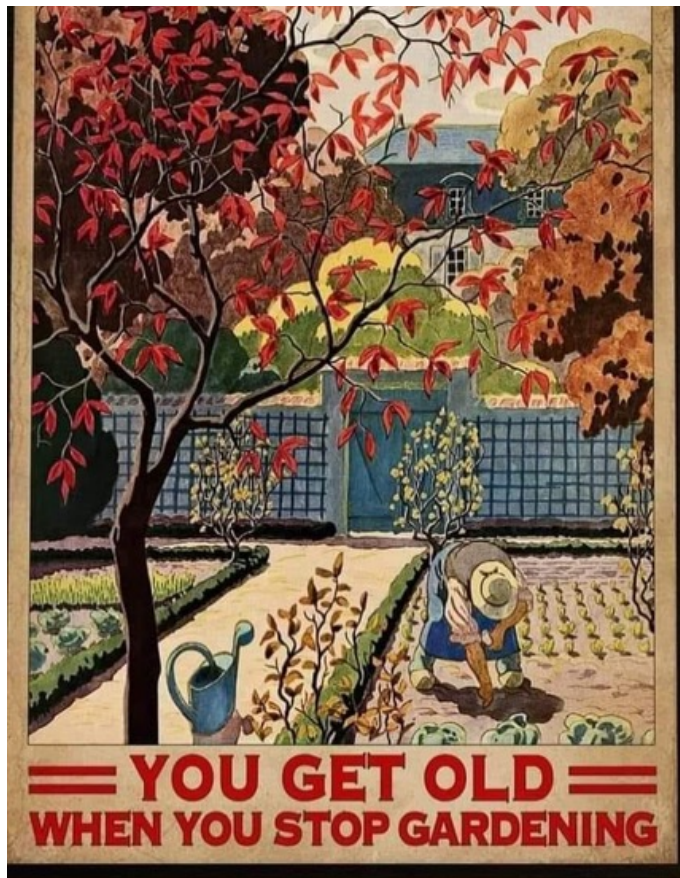
Brought to you through a partnership between Harpswell Aging at Home and Harpswell Heritage Land Trust.



In addition to her time at HAH, Lauren is also an ambulance driver for Harpswell Neck Fire & Rescue and holds leadership roles at the Harpswell Garden Club and her neighborhood homeowner's association. She has even returned to Bowdoin, working in the bookstore part-time. Lauren did share that she likes to stay busy – guess so!

When there is a bit of free time, she enjoys it in her garden or walking and talking with Pippa, her current Wheaton Terrier. Thinking there's lots to talk about.

There is little doubt that Harpswell and HAH are lucky for Lauren's early connection to Bowdoin and for the full circle of her life that has brought her and her family back to Maine.



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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 ext 108