



Inside HAH

October 2023



Dear HAH Volunteers:

What a busy season for Harpswell Aging at Home—in one single week in October, we'll have Meals in a Pinch, a VTN drivers' meeting, a Cooking at 43rd North program, a long-range planning session, Friends Together at the Town Hall, and several committee meetings. Much to celebrate and much to do!

More details are in this newsletter and on our website: [HAH Community](#). We can use your help this fall as we move inside and start up our autumn routines. The increased numbers for Meals in a Pinch (MIP) means more healthy, tasty food is always needed. Sign up here if you'd like to support MIP by doing a little cooking: [Sign-Up Genius](#). Even if you volunteer in other areas, it's easy to add an extra pot of soup or batch of cookies, and it makes a world of difference for those in need of some home-cooked treats.

In September, several of our Steering Committee members attended the Age Wisdom Summit in Augusta, sponsored by the Maine Council on Aging. All returned to Harpswell with a sense of rejuvenation and great new ideas on the national and even international issues on aging. Stay tuned as we find ways to create programs or add insights to our HAH offerings based on these valuable takeaways.

Recently we met with Cumberland County Sheriff Kevin Joyce to make sure we are doing all we can to assure HAH's volunteers are safe during all your work. He reiterated that if any time you feel uncomfortable you should just get away from the situation and call your committee chair. Your safety and security are primary, but there was solid agreement that we are a very safe and tight knit community.

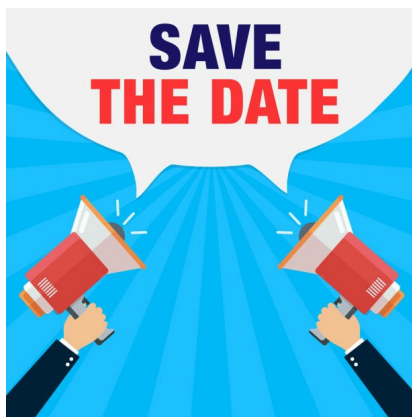
You'll also read in the next *Harpwell Anchor* that we again have a generous challenge grant from the Merriconeag Fund. Every gift made to HAH in November and December will be matched up to \$10,000. If you have friends or neighbors who have said they want to help or need to make an RMD from their retirement account before year-end, let them know about this wonderful opportunity to double their contribution.

Make sure you mark your calendars for Sunday, November 19 from 1:30 to 3:30 at the Orr's Island Schoolhouse for the Volunteer Appreciation party - "Hats Off to You"! We had planned to be doffing our summer caps in your honor, but now after two weather postponements, it may be our winter woolies! The important part of the event is to tell you that HAH succeeds ONLY because of you. Your work and your ideas and your participation and your marketing of HAH activities are what sustains the organization.

With many thanks for all you do and all our best wishes,

Lili Ott and Bill Snellings
Co-Chairs

----- Happenings -----



Meals In a Pinch

November 7 & 21
December 5 & 19

Drivers Connection

October 25th 2:00 pm
Town Hall

Cooking at 43° North

Making Your Food Look as Good as It Tastes: Garnishing Tips and Tricks

November 3rd 3:30-5:00
Iris Eats Cafe
419 Harpswell Islands Rd., #7

Join us for a fun and interactive workshop where you'll learn how to create beautiful food using simple garnishing techniques. Elyse Dana will teach us how to transform ordinary dishes into works of art that are sure to impress your guests. This workshop is perfect for anyone who wants to add a touch of elegance to their meals.

Space is limited. Contact Julie at juliemoulton28@gmail.com by October 30 to reserve your spot!

Come meet fellow drivers and Lynne Smith of People Plus and share your thoughts and experiences about being a driver for HAH.

---- Transportation Tidbit ----

HAH drivers continue to add on the miles. At the current rate, HAH drivers will have driven over 11,000 miles this year.

WOW!!

Repair Cafe Harpswell

**November 18th 10:00 - 12:00
Harpswell Town Office**

Do you have a beloved lamp that is broken? A blender that wobbles? How about a clock that won't keep time?

Rather than throw it away, bring it to the Repair Cafe - a local event where skilled volunteers gather to repair electronics, lamps, small appliances, leather goods, wooden furniture, and jewelry, mend clothing, and sharpen tools. If they are unable to repair your item, they will make suggestions on where you can find the parts or where to have it professionally repaired.

The landfill and your wallet will thank you!

Oysters From Harpswell

**November 29th 1:00-2:30
Merriconeag Grange**

Back by popular demand, oyster farmer, Jim Hays will take us for another deep dive into all things oysters. Explore the changes and challenges that affect oystering and what can be done. Learn more about oyster farming here in Harpswell. There will be raw oysters to taste, cooked oysters to sample, and fresh oysters to order!

Space is limited. Contact Julie at juliemoulton28@gmail.com by November 20th.

Holiday Cookie Swap

**December 10th 1:00- 2:00
St. Katherine Drexel Church
Parking Lot**

"There are two kinds of people in the world. Those who like cookies and those who... oh, wait. Don't we all love cookies?"

Join our joyous holiday cookie swap!

Bake up 4 dozen of your favorite cookie, and pack them up 4 to a package along with the recipe.

Bring a chair and we share a warm drink, yummy bites and a little holiday cheer.

Please sign up so we know you are planning to attend so we can reach you in case of inclement weather.

[Cookie Swap Sign Up Link](#)

Questions - Contact Julie at juliemoulton28@gmail.com
juliemoulton28@gmail.com



Volunteer Appreciation Event



For all you do...this one's
for you!

November 19 - 1:30-3:30
Orr's Island Schoolhouse

Come and join others who give so generously of their time, just like you, to help support our community and make HAH the success it has become.

RSVP by emailing hah@hah.community by November 15th to let us know you'll be there.

FOOD, GLORIOUS FOOD !

As a volunteer for HAH it is likely you are familiar with one of our signature programs:

Meals in a Pinch

Due to the efforts of so many of you,

the planners, the packers, the drivers and the cooks

this program continues to grow, providing an expanding number of our neighbors with not only nutritious meals but a friendly face.

MIP delivers four meals to recipients every other Tuesday. In September, HAH volunteers served on average 56 neighbors per delivery which totaled over 220 meals each MIP Tuesday. A simply amazing effort by all involved.

With the growing success of this program has come an increased need for food and cooks. If you might be willing to join our happy band of volunteers by occasionally cooking we would love to have you!

The Sign Up Genius is where you can go to Sign Up!

Grocery gift cards and frozen meat is available should you like that support in your cooking.

Be a VIP and join MIP!!

Any questions - just ask Julie!!
juliemoulton28@gmail.com
207-330-5416

or visit our website: [HAH Community - Meals in a Pinch](#)

"Certainly meals are not the only important thing we deliver. Not sure who gets more out of volunteering!"

--- MIP Driver

Programs that Support MIP

Cooking for Crowds Important Food Safety Training

November 2nd - 9 am-12 noon
Harpwell Town Office

Do you cook for Meals in a Pinch? If so, it's important to know how to keep your delicious food safe, in accordance with food safety principles. Harpswell Aging at Home is hosting "Cooking for Crowds," presented by the University of Maine Cooperative Extension.

Our cooks are strongly encouraged to attend this training at least once every three years as guidelines change and everyone needs a reminder. And the best news--HAH will cover your registration fee.

So mark your calendars and register with Julie Moulton to reserve your spot by October 30th
juliemoulton28@gmail.com
See you there!

Cooking for Friends ...with friends

November 3rd
MidCoast Hunger Prevention
Program 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 our *Meals in a Pinch* program. We'll supply the ingredients and recipes. You just come ready for some fun!!

This program is generally held on the first Friday of the month (occasionally the second, because of scheduling issues). There is space for eight cooks and it is popular. Be sure to connect with Julie to reserve a slot!

Email Julie
at juliemoulton28@gmail.com, or call or text her at 207-330-5416 to sign up.



Friends Together Returns

Last year HAH initiated a pilot program called Friends Together with the purpose of decreasing isolation and encouraging socialization, along with having some fun.

The drop-in program included exercise and crafts, along with talks on health and safety.

Given the response to last year's efforts, HAH is excited to sponsor the program series again this year.

Thursday Mornings - October 19th, 26th & November 9th, 16th
9:30 - 12 - Harpswell Town Office

Each week's gathering will consist of two components:

9:30 to 10:30 - Chair yoga brought to you by Janet Alexander

10:45 - 12:00 - Inspiration focused on crafts, safety and wellness.

October 19 - Seashell Crafts

October 26 - Staying Safe at Home and more Seashell Crafts

November 9 - When Those Health Challenges Happen

November 16 - Fall in Bloom: Make Your Own Dried Flower Arrangement



Beverly Prosser Gelwick

This past July, Beverly Prosser Gelwick, one of HAH's first volunteers passed away. She joined HAH in our early days and served as the first chair of our grant writing committee. She also helped with data-gathering efforts, which were conducted to identify what Harpswell residents needed and wanted. This input helped us form our earliest efforts.

"She freely offered her skills and enthusiasm where needed," recalls fellow HAH volunteer, Jay McCreight.

Later in life, Beverly became a recipient of HAH's programs, particularly Meals in a Pinch and Neighbors Connecting.

One of her MIP drivers, Jeff Wootan, recalls how he re-worked his delivery route so that Beverly would be last on his list, and he could stay and chat with her. They became fast friends. In reflecting on her, he shares that she was, "an extraordinary soul whose intelligence and wit always shined through. Her adventurous nature and keen analytical mind made each interaction a joy, and her faith-filled spirit was deeply inspiring. From delivering meals to our insightful conversations over homemade chipotle sauce and cheesecake, her company became a cherished gift."

Clearly a tale of a friendship made possible by the community of HAH.

Interested in Something New? Volunteer Opportunities

HAH has become an integral part of the Harpswell Community and most volunteers get involved by supporting one of our many community-focused programs.

As volunteers learn more about all that HAH has to offer, many have broadened



their support by volunteering with additional HAH programs. That is actually one of the greatest things about HAH. It offers so many services, with assorted layers, that it's easy to find a spot ...or two ...or three, where volunteers can truly enjoy giving the gift of their time.

While all HAH teams welcome new participants, we currently have a few specific roles we'd like you to consider filling.

Community Partnerships Coordinator - An important leadership role focused on cultivating relationships with new and existing community partners. Working within HAH to understand organizational needs to effectively and enthusiastically share our story in the solicitation of community support through donations and in-kind support. If you are well organized, an effective communicator, and have a bit of a local network we'd love to talk! Previous sales or marketing experience would be an additional bonus! For more information contact us at: hah@hah.community

Photographer - Can't you just picture yourself capturing laughter and smiles to share with the community? We'd love to have those with a good eye to help record these moments for all to see! For more information contact us at: volunteer@hah.community

Living Histories Coach - So many stories, so little time. HAH helps to capture the memories and stories of lives well lived to share with families of our neighbors' loved ones. Come listen and record, helping to save these oral histories for the next generation. For more information contact us at: volunteer@hah.community

Neighbors Connecting Callers - Are you interested in brightening someone's day? Consider becoming a volunteer for the Neighbors Connecting program and chatting with an older Harpswell neighbor weekly. For more information contact us at: volunteer@hah.community

Double Donations

Fund raising is a critical part of any non-profit organization and HAH is no exception. There just are things only money can buy.

HAH is very fortunate to exist in a town filled with generosity of spirit.

Our volunteers selflessly give the gift of time and personal resources to support the numerous programs and efforts we have in play.

The Harpswell Community also generously supports our financial needs.

This year, we have again received a very generous opportunity provided by the **Merriconeag Fund**.

They have offered to match all donations to HAH up to \$10,000 gifted in November and December 2023, doubling the value of any gifts.

Sharing your HAH involvement with friends and neighbors will help to expand awareness of our efforts in the community. We hope that as news of our programs and spirit spread, neighbors will consider HAH a good place for some of their 2023 charitable contributions, their volunteer time, or will recommend us to someone who needs a hand.

[Click here to donate online](#)

A Fond Farewell to Summer



If you were lucky enough to make it to one of the Harpswell Bandstand Concerts this summer, perhaps you spied our HAH Volunteers. Each week volunteers came to provide information on HAH's services and volunteer opportunities.

What a great way to get out into the community...and have a little fun along the way.

Here are Catherine Gibson and Elizabeth Dyer enjoying an evening by the sea!

WE MAKE A
LIVING BY
WHAT WE GET,
BUT WE MAKE A
LIFE BY
WHAT WE GIVE.

-WINSTON CHURCHILL

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