



Inside HAH

April 2023



Spring

Dear Volunteers,

Although Harpswell's winter started with a mild and mostly easy December and January, the last weeks of February and the winds and snow of March have made us all realize that winter in Maine is not for the faint of heart! Many Meals in a Pinch recipients have remarked that the warm meals and the extra surprise treats have made a huge difference to them during the Cabin Fever days. We've heard the same from folks who get phone calls and rides and repairs, so a huge THANK YOU to all of you who have brightened up our neighbors' long winter days.

It's easy for us all to underestimate how much our kind actions make a huge impact on other Harpswell folks, so take a minute to take a deep breath and appreciate your own gifts through HAH and feel the appreciation of those around you.

And spring is coming! Newly arrived birds are chirping more; with the time change we can enjoy longer evenings; and reports of snowdrops and even a crocus or two are on social media.

HAH is in planning mode and getting ready for a host of spring and summer activities. Many will be listed in this newsletter with reminders coming to your inbox. We are very pleased to announce a party for your friends and neighbors who might be interested in volunteering with HAH; plan to come to the Orr's Island Schoolhouse on Wednesday, May 10 at 3 PM to hear what some of the committee

chairs are planning for the summer and fall, have a tasty snack, and maybe win a door prize. After such a long time of NOT meeting in person, it will be a treat to actually see each other. It's a great opportunity for people who want to know more about HAH, or are new to the area or who have newfound time available to meet like-minded folks. It's also a great time to see if there are other jobs within HAH that might interest you or a family member.

We hope to see you there, and meanwhile, thank you for your work, and Think Spring!!

All our best to you,
Lili Ott

Happening S

Meals In a Pinch

April 11 & 25
May 9 & 23
June 6 & 20

Lunch with Friends

April 20 - 12:00
Merriconeag Grange

Join in some old-time camaraderie at Lunch with Friends. Pick up a lunch to take home, or sit and eat with others, your call. All are welcome. See you there!

Masks are needed when not actively eating.

New Volunteer Gathering

May 10th 3:00
Orr's Island Schoolhouse

Come and hear what HAH is all about and what we are planning for the upcoming seasons.

Cooking at 43^o North

A Time to Rise

April 27th 1-3:00
Harpwell Community
Television Community Drive

Join us for a
YEASTED BREAD BAKING
workshop.

Gain confidence as we demystify the process of making your own yeasted creations.



Picture Yourself as HAH's

FRIENDS TOGETHER COORDINATOR

Given the interest, fun and feedback associated with our Friends Together Pilot Program that ran last September - November, it is clear that this program provided value to our community, so we'd like to keep it going. In order to make that happen

WE'RE HIRING!!

HAH's Friends Together Coordinator will be responsible for the organization and coordination of eight programs throughout the fall and winter months focused on providing socialization through a myriad of fun, healthy, and educational programs.

This will be a part-time, contract position.

For more details, please click here
[Friends Together Coordinator](#)

Please send letter of interest with relevant experience to hah@hah.community.

The deadline for submission is April 21st.

Whether you have never attempted to make bread or if you bake regularly, come and share in this experience.

To register email Julie at juliemoulton28@gmail.com or text or call her at 207-330-5416.



More details at hah@hah.community.org

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.

Repair Cafe is a global movement that started in Europe with the goal of reducing waste as well as educating people on how to repair everyday items rather than throw them away. It is free and open to anyone, regardless of age or income.

Area cafes alternate between the Curtis Memorial Library in Brunswick and the Patten Free Library in Bath. The next cafe will be held **Saturday May 20th at the Curtis Memorial Library**. It starts at 10 am and is on a first come, first served basis - so arrive early. Depending on the turnout they cannot guarantee they will be able to help everyone or repair every item - but they try! If you have any questions or if there is something you would like repaired but don't know if they can help, you can call Hannah Lackoff at (207) 443-5141 for more information. HAH volunteers, Gayle Hays and Martha Israel, attended the café in January and highly recommend you bring your well-worn, treasured items in need of some TLC to the Repair Cafe.



The landfill and your wallet will thank you!

2022 By the Numbers



While it is the spirit of community that drives HAH volunteers and our committed partners to provide the support we do - the numbers do tell a story and its pretty amazing!

Nearly **4400** Meals delivered through MIP
Repairs in **36** homes - more than **2800** volunteer hours
Sharing support services information during over **100** home visits
Nearly **525** hours of conversation - neighbor to neighbor
500 road trips covering **10,000+** miles to homebound residents
Over **38** hours of community TV programing

(: S-M-I-L-E :)

--- Faces of HAH ---







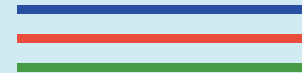
New Faces

Over the last several months we have been fortunate to welcome a number of new volunteers anxious to support HAH's mission and join in with so many of you that have been a part of HAH for years.

As HAH's reach has broadened in the community, so has our need for additional hands to provide the myriad of services many of our neighbors have come to count on.

We heartily welcome these new faces, hoping that HAH will bring you the sense of community it has brought so many others.

With this welcome to new folks, we also offer a HUGE thank you to all of you who have been part of HAH, helping to be part of this supportive community.



If you could only sense how important you are to the lives of those you meet...

There is something of yourself that you leave at every meeting with another person.

-Fred Rodgers



Now and Then

LEND
A
HAND
WHEN
YOU
CAN

If something on this list piques your interest, please reach out to our Volunteer Coordinator - Jane Clavet at volunteer@hah.community.

If you'd be willing to cook for MIP now and then, check out the Sign-Up Genius link below for dates and needs.

If you've never cooked for HAH before, feel free to reach out to Julie Moulton for details on how things work!

juliemoulton28@gmail.com

While HAH certainly has a myriad of programs that rely on the leadership, talents and time commitment of many volunteers, we certainly realize that lives are busy and not everyone is able to make an ongoing volunteer commitment. We also know that many neighbors would like to lend a hand to another when the effort and the time is right. Not necessarily every week, or every month but when it works for you on your schedule – just now and then.

Our hope is by sharing some of these tasks, something on the list might appeal to you and that you'd be willing to lend a hand occasionally. If something does cause that "A-HAH" moment, please reach out to our volunteer coordinator Jane Clavet to let her know that you'd willingly volunteer for a given task - now and then.

Fill in for a regular and deliver a MIP route.

Put up town house numbers.

Represent HAH at community events.

Stack wood.

Fill a bird feeder or two.

Distribute flyers to local businesses.

Place or pick up outdoor sandwich boards.

Move furniture or appliances.

Help coordinate a Lunch with Friends.

On either the Neck, Orrs/Bailey's or Cundy's Harbor

Cook for MIP – whenever your schedule allows.

If our times don't work for you, you can freeze your contribution, and we will pick up. Or consider cooking for MIP at the last minute to fill in a gap in foods needed. We can often supply the food or gift card to cover expense.

Install a microwave or something similar.

Deliver seasonal flower arrangements.

Help with mailings to HAH program recipients.

Support our seasonal Sharing Tables effort.

Coordinate one of our 3 locations. Locations on the Neck, Orr's Island and Cundy's Harbor.

Join our cooking group at

Mid-Coast Hunger Prevention's kitchen.

Cook one month or help with the shopping prior. We provide the list and the \$\$.

Share your hobby or interest by presenting at our Friend's Together Program.

Help drive "stuff" around as needed.

No driving clearance required.

Interview a neighbor for our Living History program.

Help capture memories and reflections.



Do You Know?

Someone who might benefit from a Chromebook? HAH was gifted 25 Chromebooks and is anxious to share them with those who have access to WI-FI but are not able to afford a device. Let Gayle Hays know at ghays1949@gmail.com if someone comes to mind.

Someone who might enjoy having books, audio books or DVD's delivered? Curtis Library will deliver once a month to residents of our area. Contact Maura Donovan 13agully@gmail.com.

Did You Know?

Changes to the Maine State Housing Authority grant that funds much of HAH's Home Repairs efforts will allow us to effectively double what we are able to spend on a home for 2023. This will allow our team to recommend and do more for local homeowners.

This is a **Win/Win** for not only does it expand our Home Repairs Team's reach, but potentially HAH's as well. Our Home Repairs program is a gateway to HAH as each Home Repair homeowner is visited by a member of HAH's Resources Team who is able to share insights into HAH and other community services. These visits can lead to home safety checks, placement of reflective house numbers and a connection to many of the programs HAH has to offer. It is exciting to see how expansion in one area of our efforts, leads to growth in others.



Calling All Girl Scouts

Were you ever a Girl Scout? Here, there, or anywhere?

Do you (even vaguely) remember the
Brownie Smile Song? The Promise?

Harpswell Girl Scout Troop 1263

and Harpswell Aging at Home

invite all current and former

Girl Scouts to a Tea on

Sunday, May 7, 1:00-2:30 pm

Orrs Island Schoolhouse

RSVP by emailing hah@hah.community or call LeAnne at 207-833-3151

Please feel free to bring your old badge sash or other memorabilia you might have.

**Save
the
Date**

HAH's Annual Volunteer Celebration

Join us for an afternoon of fun and camaraderie at the home of LeAnne Grillo and Howie Marshall.

Sunday, September 10th (rain date 9/17)

Be sure to mark your calendar's now!

Harpswell Aging at Home | PO Box 25, Harpswell, ME 04079

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