



## Harpswell Aging at Home

### Making Harpswell Home for a Lifetime

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

We are devastated by the destruction around our community in the wake of the recent winter storms--businesses, livelihoods, homes, wharves--so much has been lost. As you know, Harpswell Aging at Home provides supports to our older neighbors with meals, home repairs, social connections and resources. If your situation has changed because of the storms and you need a hand, please reach out. We're here. We can't repair docks or roofs, but we can bring you meals, provide technology help for filling out MEMA forms, be a caring listener, or make small fixes to your home to keep you safe, warm, and dry (only repairs are income dependent). We're ready to lend a hand.

### UPCOMING EVENTS

#### **MEALS IN A PINCH**

***Every other Tuesday***

January 30

February 13, 27

March 12, 26



Four fresh and/or frozen meals per person  
**delivered to those who:**



### **A NOTE FROM OUR CO-CHAIRS, Lili Ott and Bill Snellings**

The recent storms have shifted what is usually a quieter time in Harpswell into a period of worry, change, and recovery. For those of us who live here year round, life in winter generally slows down from the busyness of the summer. However, Harpswell Aging at Home doesn't. Even in a more "normal" year, we continue to support the community in a variety of ways.

- 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
- **Have** an emergency need

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

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## **COOKING FOR FRIENDS (With Friends)**

**Friday, February 9**

**Friday, March 8**

**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

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## **LUNCH WITH FRIENDS**

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



**Thursday, February 15**

Now, here, in January of 2024, time seems to have actually sped up. Part of that is because in addition to our regular efforts, we're hosting a **Helping Harpswell Recover Soup and Bread Fundraiser**, the first of which is on January 23rd from 12-2 pm, in conjunction with **Lunch with Friends** at Cundy's Harbor Community Hall. (Check out the video below for more details.) All monies raised will be donated to the Maine Coast Fishermen's Association's Working Waterfront Support Fund, earmarked for Harpswell, and the Harpswell Santa Fund.

If you've never been to a Lunch with Friends before, we hope you'll join us and share in this free community meal co-hosted this month by the Harpswell Heritage Land Trust. Coming together helps us persevere and support each other, so that we can meet the challenges ahead.

If you can't make lunch, stop by and purchase some soup and bread for your supper. Harpswell has an army of amazing cooks!

We are lucky to be part of such a caring community!  
 Lili Ott and Bill Snellings  
 Co-Chairs

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## **FOOD, COMFORT, AND A WARM WELCOME MCHPP's Satellite Pantry in Harpswell**



In the heart of Harpswell there is a place where the power of community and commitment shines through. This place is MidCoast Hunger Prevention's (MCHPP) Harpswell food pantry, where the shelves are stocked not only with food but with the understanding that everyone faces challenging times now and then and that our community is here to help in tangible ways when that time comes.

12:00 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!

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***PASTA: It's Love in a Bowl***  
**Monday, February 5**  
**2:00-4:00 pm**  
**Cundy's Harbor Community Hall**  
**All are welcome!**



February in Maine. There's nothing better than a warm, comforting bowl of pasta. Sure, you can open a box and boil it up... but have you ever wanted to try your hand at making your own? Homemade pasta is easier than you think—and it's light and delicious. What's more—it's a great activity for the whole family and all it takes is some flour and eggs. Join Cooking at 43° North for a pasta making workshop—bring an apron and come for a fun winter afternoon. Space is limited. **Please sign up by February 2—** by emailing Julie Moulton at [juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com) or text/call 207-330-5416.

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**MEET HAH VOLUNTEERS**  
**Ellen and Dan Hoebeke**

On a recent Thursday afternoon, MCHPP volunteers Liz Taylor and Brian Congleton partnered to ready the pantry for the day's operation, unloading and organizing the food supplies donated from numerous area supermarkets. Both Liz and Brian were enthusiastic in their willingness to share their knowledge and experiences as long-time volunteers of MCHPP. Liz, a former cook for HAH's Meals in a Pinch program, warmly greets visitors to the pantry as she works to prepare boxes of goods for folks who have called her in advance. Brian, now retired from years as a produce manager at Shaw's, recaps his travels throughout the MidCoast region in Brunswick, Freeport, Yarmouth, and Portland to collect donations. They and the town office staff have made this corner of the town office a comfortable and welcoming space.

The pantry in Harpswell is MCHPP's first satellite pantry open to the public. Similar to visiting a small grocery store, the pantry prioritizes choice and allows community members to take the amount and kinds of food their household will use and enjoy. Offering a wide range of nutritious food items to help families meet their dietary needs, the list varies from week-to-week. The pantry is well-stocked with nonperishables, bread, meat, dairy products, and produce.

HAH and MCHPP have a strong partnership working to address food insecurity here in Harpswell. HAH routinely utilizes MCHPP's kitchen for our Cooking for Friends (with Friends) program that prepares food for our Meals in a Pinch program. MCHPP also supports HAH through food donations to HAH cooks, sharing available resources in support of shared goals.

In this food pantry effort, MCHPP worked closely with the Harpswell Town Office. Caroline Daigle, Satellite Pantries Manager for MCHPP, shares that the process of setting up the pantry was a wonderful partnership. "It's been a joy to work with them to realize our shared vision of a community resource that helps bring food closer to where people live and is open and welcoming to all," Daigle stated.

The pantry is a resource open to any community member with no residency or income requirements. Just stop by, have a look, and take home what might be helpful.

The pantry is open five days a week, and opens at noon on Thursdays, an hour ahead of the Town Office opening, making the pantry more accessible and more private. If assistance is needed (like having groceries carried to the car) please contact Caroline Daigle and she can work that out. Caroline also encourages anyone



Please meet **Ellen and Dan Hoebeker** who together, provide many services to HAH. Ellen volunteers in various capacities, from preparing meals for Meals In a Pinch (MIP), to demonstrating bread-baking techniques for a Cooking at 43° North presentation. She is Julie Moulton's "on call" cook, often creating dishes for HAH when Julie needs help. In addition, Ellen and Dan provide basement space for two of HAH's freezers. The couple also assists every other Monday by helping Julie unload and sort supplies from Mid Coast Hunger Prevention Project to prepare for Tuesday's MIP deliveries. In the summer, they pick up fresh produce for the Orr's Island Library Sharing Table which they maintain.

In addition to his other volunteer activities, Dan is the President of the Orr's Island library. He is an accomplished photographer who has taken many photos of our Lunch with Friends events and is always ready to shoot HAH photos when needed. Dan also provides photographs for *The Harpswell Anchor*, and for the Orr's Island Library's annual calendars.

Ellen and Dan summered in Maine for over thirty years, staying mostly with Dan's uncle and aunt on Orr's Island. Dan said they made sure to be around for the annual book sale at the library! Six and a half years ago, the couple permanently settled in the home left to them by Dan's aunt, full of the memories of their summers past. Shortly after moving in, they went to a Lunch with Friends event where they met people in the community. Ellen quickly became a cook, and Dan became a volunteer too. They both appreciate the sense of community that Harpswell offers and feel grateful for the opportunity to live in such an amazing place.

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**Want to learn more about our Helping Harpswell Recover Soup and Bread fundraiser?**

to contact her with any questions you might have.

If you or someone you know is in need of food, the Harpswell Food Pantry can lend a hand in a welcoming and respectful environment--right here in your own backyard.

### **Harpswell Pantry Hours**

Monday, Tuesday, Wednesday, Friday 10-3  
Thursday 12-6

### **Contact:**

Caroline Daigle  
[cdaigle@mchpp.org](mailto:cdaigle@mchpp.org)  
207-725-2716 ext. 312

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## **Friends Together is Coming in March and April**



Our free four-week program, *Friends Together*, hosted by Harpswell Aging at Home and the Town of Harpswell Recreation and Community Services will be held on Thursday mornings (March 21, 28, April 4, 11) from 9:30 to noon in the Selectmen's Room at the Town Office, 263 Mountain Road. Mark your calendars!! *Friends Together* is a drop-in gathering for people in our community to get together with friends old and new, to enjoy some easy movement, hear health and wellness education talks, or do a craft. No registration is necessary. Watch for the full program in the March Harpswell *Anchor*! Transportation to/from the Town Office is available.

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**PLEASE NOTE:** Monies raised from our fundraiser will be donated to the Maine Coast Fisherman's Working Waterfront Support Fund, earmarked for Harpswell and the Harpswell Santa Fund for storm relief efforts for others in need here in town. *If you would like to make a donation, please do so to these organizations directly.* HAH is not taking credit card donations for this effort. Both organizations are 501(C)3s.

Check out this video with Judy Muller,  
Harpswell Aging at Home volunteer!



MCFA Working Waterfront Support Fund

Harpswell Santa Fund

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

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