



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!

UPCOMING EVENTS

MEALS IN A PINCH

Every other Tuesday

August 29

September 12, 26

October 10, 24



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
- **Have** an emergency need

Contact: Julie Moulton at
juliemoulton28@gmail.com
or 207-330-5416



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

Greetings to you from Harpswell Aging at Home,

After a slow, rainy start, summer has finally come to Harpswell with glorious Maine weather. Family and friends settle in for vacations in our beautiful town, we enjoy the bustle and beauty and joke about our hosting season of *lobsters and laundry*. HAH continues to run its programs and provides home repairs, Meals in a Pinch, rides and more throughout the summer. Did you know you could receive HAH's services or volunteer as a summer resident? We are happy to lend a hand to all Harpswellians, whether here for a few months or all year.

We've got lots of plans for a busy fall, as you'll see in this newsletter. Come join us, won't you?

With all best wishes to you,

Lili Ott and Bill Snellings, *Co-Chairs*

UPCOMING EVENTS (CONT.)

COOKING FOR FRIENDS (With Friends)

Friday, September 8

Friday, October 13

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
207-330-5416

LUNCH WITH FRIENDS

*Meals are open to everyone
regardless of age*

Tuesday, September 19, 12pm
Orr's Island Schoolhouse

and

Tuesday, October 17, 12pm
Merriconeag Grange



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!

REFLECTING ON YOUR WELL-LIVED LIFE

Create Your Own Living History

Harpswell Aging at Home (HAH) recently started a new program called Living Histories. It is open to any older adult in Harpswell interested in creating one. A Living History is not a memoir or autobiography. It's a collage, or scrapbook, of written material and other items that have been meaningful to you as you reflect on your life. It can include things like fond memories, childhood experiences, photos, newspaper clippings, documents, stories, and more. The final product is a 25 - 30 page spiral bound document that preserves some of your family history to be shared with friends, family, and future generations.



HAH has partnered with Midcoast Literacy on this project. In June, nine volunteers were trained by Midcoast Literacy to be Living History coaches. A coach would meet with you for 1 to 1 1/2 hours a week for about eight weeks. The coach's role is to offer suggestions and give feedback, scan any photos or documents you want to include, and digitalize the material you have written to create the final document for printing.

Gayle Hays, Health and Wellness Chairperson, said, "In 2019 I first learned about Living Histories and thought it would create an opportunity for older adults in our community to leave a legacy for their friends and family. COVID interrupted HAH's ability to offer this program, but now thanks to the hard work of the Health & Wellness Committee volunteers, this valuable resource is becoming a reality."

Kelly Johnson, a Living History coach, shared, "Writing a Living History provides an opportunity to reflect on the meaning of our lives and what we want our loved ones to know and remember about us. My experience volunteering as a coach has resulted in my thinking about the people who are important to me; experiences that shaped me; and the values and stories I want to pass on to my grandchildren."

We are looking for older adults who like to create a Living History as well as additional volunteers interested in being trained as coaches. If you would like to volunteer, please call 207-576-5099 or email volunteer@hah.community. Older adults interested in doing a Living History should contact Hollie Vanderzee, Project Coordinator, at 207-844-8116.

PROJECT HOME

A New Opportunity for Those With Extra Space

The word “home” has a broad definition. At its most basic it refers to a living space, but for many us it means much more. It’s a place where we grew up, have fond memories - a place of safety, warmth and love.

Due to circumstances most of us can only imagine, many people across the globe have felt the need to leave their homes, traveling far to seek a better life for themselves in the United States. Beginning anew, they face numerous challenges, the most basic being housing.

The Quality Housing Coalition of Portland is sponsoring **Project HOME**, a free service that helps match homeowners who have extra space with an asylum seeker in need of a place to live in exchange for rent of \$750-\$900 per room/per month. **Project HOME** partners with homeowners and tenants to manage tenancy related issues as well as providing tenant access to community resources.



A mutually beneficial pilot program matched Sally, an aging adult in search of help with expenses and companionship, and Ernesto, a young asylum-seeker working on his educational and professional goals. Based on the success of this partnership, **Project HOME** is hoping to match others with similar needs.

Many of our Harpswell neighbors find themselves in a situation similar to Sally—they have more house than they need at this point and would love to have someone sharing that space, with the rent helping to defray some of their expenses.

Opening your home or rental property to an asylum seeker will not only provide people with refuge but will enrich your life and the community that surrounds you.

When the call went out for hosts for asylum seeking families, my husband and I offered to host a family from the group that came to Portland from Texas in 2018. We were fortunate to have space that fit a family of 5. Transitioning to a new culture, language, community would be huge for anyone. But thanks to their determination to be safely here after traveling across continents, and an outpouring of community support, “our” family has transitioned to more permanent housing, is involved in school and community, have found employment and are able not just to adjust, but to thrive here. It has been an inspirational experience for us, one we wouldn’t have had if we hadn’t come to know this wonderful family.

-Jay McCreight, Harpswell Resident

Interested in learning more about this program?

Email or call Lucas Schrage at lucas@qualityhousingcoalition.org - 207-321-1276



MEET HAH VOLUNTEER

Kathy D'Agostino

Since Kathy D'Agostino and her husband Frank became full time residents of Harpswell, Kathy has shared her love of cooking with HAH and the community-at-large.

Kathy started out cooking every other week for Meals in a Pinch and Lunch with Friends. “I threw myself into HAH” and she is still cooking today. As HAH expanded, Kathy looked for other ways to share her talent and passion. She became a part of the Cooking at 43° North Kitchen Cabinet, which presents monthly cooking-related programs for the community. Workshops have included garnishing, bread making, an in-depth look at the lobster industry in Harpswell and a session on oyster farming.

MEET HAH VOLUNTEER

Kathy D'Agostino

(continued)

In February 2022 Kathy branched out further and now writes the Cooking at 43° North food column in *The Anchor*. "I usually get a recipe from someone here in town and weave a story around that."

Kathy and Frank also coordinate the Sharing Table every Wednesday at the Kellogg Church which allows residents to pick up free fruits and vegetables.

Kathy and Frank share three children and eight grandchildren. When she is not busy cooking she loves to read, garden, and enjoy their cat Millie. Kathy noted "My husband's doctor said 'Harpowell Aging at Home...I've heard about the wonderful things that they do. I wish our community had something like that!' Word gets around when good things happen!"

We are so fortunate to have such a talented and giving volunteer!

CONSIDER A GIFT TO HAH'S LEGACY FUND

A Special Way to Contribute to Our Community

For all of us who want to stay in Harpswell as we get older, we need a safe and warm environment, a caring community of friends, healthy food, and the ability to interact with others and travel to visit friends and doctors. One way to make sure that can happen for us and those coming after us is through a gift to Harpswell Aging at Home's Legacy Fund. Your participation ensures that Harpswell Aging at Home will be able to continue providing the same important services for future generations as it does today.

Since HAH is a 501c3 organization, you can deduct cash gifts in the year they are made, or schedule larger gifts over several years. Gifts of appreciated securities may have tax advantages for donors; HAH has a stock gift account with Bath Savings Trust Company. Cash and securities gifts to HAH can also be a part of your estate planning. You can name HAH as a beneficiary of a Life Insurance policy or an IRA or Keogh account.

Please remember: When creating a new will, changing your will or making direct gifts of assets to HAH, you are advised to consult an attorney, estate planner and/or your financial advisor. HAH is not equipped to provide donors with professional advice in these matters.

For more information, please contact Lili Ott or Anne Taft at hah@hah.community

COMING THIS FALL

Friends Together 2023 is a free four-week program hosted by Harpswell Aging at Home and the Town of Harpswell Recreation and Community Services. Held on Thursday mornings (**October 19, 26, November 9, 16**) from 9:30 to noon in the Selectmen's Room at the Town Office, 263 Mountain Road, *Friends Together* is a drop-in center 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 OCTOBER *Harpowell Anchor*! Transportation to/from the Town Office will be available.

For more information about HAH

visit our website at www.hah.community,
Email hah@hah.community, or call 207-833-5771 ext 108

