



Inside HAH

March 2024



Dear HAH Volunteers:

Some live by these words – I learned; I earned; I now give back.

Many HAH volunteers are living this life. You, as HAH volunteers, are making a difference here in our fantastic town of Harpswell!

If you went to any of the Town Comprehensive Plan Meetings you would have heard the consultant ask what you liked best about Harpswell. Many of our volunteers probably said it was HAH and the feelings we get by making somebody's life a little bit better.

We also imagine HAH was mentioned by many of our neighbors who have been supported in various ways by HAH like:

- A Home Repair or a Meal in a Pinch.
- A ride to town or direction on available resources
- A thoughtful conversation or note through Neighbors Connecting, Joyous Connections or Neighborly Pen Pals
- The delivery of bright flowers or a picturesque photo calendar
- Fun and informative programming on Harpswell TV
- The rewiring of a lamp at a Repair Cafe or some technical assistance to figure out a new way to connect.
- Enjoying food and camaraderie at a Lunch with Friends event or good times at the Friends Together Drop-in Program.

Good feelings are strong here in Harpswell; we all see and experience how fortunate we are to live in this town. Thanks go out to every one of you for what you do. And we love that you think it is fun too!

Please enjoy reading about the events we have scheduled for the near future in the "What's Happening" section of this newsletter.

Please feel free to pass this newsletter on. The more volunteers, the merrier.

With **GREAT APPRECIATION**,

Lili Ott and Bill Snellings
Co-Chairs

Sharing A Life's History



Have you heard about HAH's Living History Program? Volunteers have been coaching folks to create a 25-30 page scrapbook of people and events in their lives.

Program feedback has been positive. One participant said, "I was surprised how much I remembered. It's been such a learning experience."

Another commented, "Writing has been fun. It's conjured up so many memories, I had to put my words on a diet."

One coach said, "Being a Living History coach inspired me to begin writing and gathering materials for my own Living History document!" Another commented, "It's a privilege to hear the stories of someone's life. It's been so inspiring."

Interested in doing a Living History or joining our coaching team? Call Hollie Vanderzee at 207-844-8116 for more information.

Ramp Resurrection

In a world increasingly aware of the importance of sustainability, the concept of recycling has extended well beyond just paper, plastic, and glass.

Our resourceful Home Repairs Team recently recycled a WHEELCHAIR ramp!

And while ramp recycling clearly has benefits it is not without its challenges - particularly in the midst of a Maine winter - think digging post holes!

Hats Off to HAH's Hearty Home Repairs Team.



Transformation Begins



Ramp Down: Spirits Up



New Chapter



*Our Home Repair Team
Heros*

Voices of Gratitude

Time is a precious commodity, and all of you have chosen to spend some of yours supporting HAH's mission of helping neighbors thrive while aging at home.

The hours you have dedicated have made a significant impact on the lives of others, individually and collectively.

You have helped to foster a sense of community, creating a network of support that extends beyond the services you provide.

"The work your entire staff did to coordinate and resolve multiple pressing issues we'd been having for a long while, was a lifesaver. As the world often feels shaky & tenuous, it is so heartening to experience the camaraderie and caring your team brings with their talents when they descend upon our property like angels...

Thank you for all the good you do in our community."

"...we would like to thank all that you have done for us & the community at large this year! After the stroke & time in recovery life was very different & frightening due to all of the unknowns. There were long nights, long days, Dr. appts., therapy, etc....When HAH started leaving meals at our door by loving and kind volunteers we couldn't have been more grateful!

This perspective is shared not only by the folks at HAH who are grateful for your volunteerism, but by many of the folks you have lent a hand to along the way.

Here's what some had to say:

Now that recovery has progressed & I have returned to work the meals are still such a blessing on those long days.

God bless you one & all!
May love find you all with abundance! " ♥



Remembering Mike Hastings

In January, HAH mourned the loss of Mike Hastings, a member of our Home Repairs Team. Mike's dedication to the ethos of teamwork defined his tenure with us.

During a recent project, his expertise in installing modern composite siding shone as he graciously shared his knowledge, guiding fellow team members through intricate cuts and meticulous installations. Patient and considerate, Mike's teaching style fostered an environment of learning and camaraderie.

Beyond his technical skills, Mike's commitment to the team's logistics was unparalleled. He willingly took on responsibility for managing the tool batteries for our expanding operation, ensuring smooth operations by diligently recharging up to 40 batteries weekly, keeping them warm in the winter and delivering them promptly to two job sites each workday.

Mike's humility and practical wisdom were evident in every interaction. When presented with suggestions, he responded with quiet consideration, offering gentle guidance without a hint of condescension. His approach embodied the essence of teamwork, fostering an atmosphere of mutual respect and collaboration.

In Mike's passing, we not only lost a skilled craftsman but also an admired friend and mentor. His legacy will continue to inspire us as we carry forward his spirit and camaraderie.

**WHAT'S
HAPPENING**



Cooking at 43° North

An Ancient Folk Art: Ukranian Egg Decorating

**March 20, 2:00-4:00 PM
Bailey Island Union Church**

Come try your hand at making Pysanky, Ukrainian-decorated eggs. First you'll learn how to blow-out the inside of the eggs. Then with bright colored dye, beeswax, candle flame, and your imagination, you'll make one of a kind creations that you'll treasure forever. Sign up to participate by emailing Julie Moulton, juliemoulton28@gmail.com or by texting/calling her at 207-330-5416 by March 18th. All are welcome!

Lunch with Friends

**April 17, 12 noon
Merriconeag Grange**

Who says there's no such thing as a free lunch??

HAH, in partnership with the [Harpwell Garden Club](#) and the [Women's Fellowship of Elijah Kellogg Church](#)

invites you join us for not only a free lunch, but also for friendly faces and conversation!

Everyone is welcome!

Meals In a Pinch

**March 12 & 26
April 9 & 23
May 7 & 21**

HAH's merry band of volunteers gathers every other Tuesday to deliver nutritious meals along with a smile to nearly 60 of our neighbors.

If you might be willing to join in by occasionally cooking we would love to have you!

The [Sign Up Genius](#) is where you can go to Sign Up!

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

Friends Together

**March 21 & 28
April 4 & 11
Harpwell Town Office**

One of HAH's newer programs, these drop-in sessions are focused on decreasing isolation and encouraging socialization, along with having **fun**.

Each session will open with
[Tai Chi from 9:30 to 10:30](#)

Followed by the programing listed below
from [10:45 to 12:00](#)

- **March 21** - With Brush, Paint and Canvas
 - **March 28** - Finance 101 Revisited
 - **April 4** - Harpswell Resources at Your Fingertips
 - **April 11**- How Hearing Loss Affects Your Health
-

Repair Cafe Harpswell

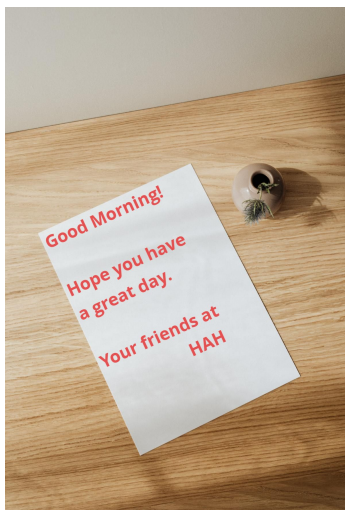
**April 27 10:00 - 12:00
Harpwell Town Office**

**If at first you don't succeed,
try, try again!**

How about if at first you do succeed, do it, do it again!

HAH is happy to announce it will sponsor its second Repair Cafe, given the participation and enthusiasm for our first cafe in November.

Bring your tired, worn or broken items to the Repair Cafe - where skilled volunteers will attempt to fix 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.



Ways to Lend a Hand

One of the greatest things about HAH is that it offers so many services, in so many ways, making it easy to find a spot ...or two ...or three, where you can truly enjoy giving the gift of your time.

We are so grateful for all that you do and we currently have a few specific roles we'd love for you to consider filling.

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

Note Writers - Are you interested in brightening someone's day? We are looking for volunteers to write short, cheery notes monthly which are mailed to neighbors enrolled in HAH's programs. We even have suggestions to help with the process. For more information contact us at: volunteer@hah.community

New Faces, Fresh Stories: New Volunteers Making a Difference in Harpswell

HAH is excited by the arrival of a number of new volunteers who already have been rolling up their sleeves and getting to work in our community. Among some of our new faces are Tom Mahoney, Heidi Duncanson, Robin Stoll, and Ed Harris, each bringing their own unique experiences and passions to the table.

Tom Mahoney's journey with Harpswell Aging at Home (HAH) began on a January day at the Cundy's Harbor Lunch with Friends, where he found not only great food but also camaraderie and connection. Since then, Tom has thrown himself into various HAH events, including the Orr's Island Schoolhouse Lunch with Friends and the Neighbors Connecting program. Reflecting on his experiences, Tom shared, "I am having great fun as the volunteers that I have had the pleasure to work with have been friendly, funny, committed, and dedicated to making a difference in the community."

A former high school teacher, coach, and public health official, Tom's dedication to service extends far beyond his time with HAH. During the COVID-19 pandemic, he worked as a Regional Coordinator for the Federal Centers for Disease Control and Prevention Foundation, collaborating with state health departments to hire staff and reduce the transmission of COVID-19. Now, Tom brings his wealth of experience and

enthusiasm to HAH, enriching the lives of his neighbors in Harpswell.

Meanwhile, Heidi Duncanson was drawn to HAH through the attraction of community engagement and the name of Julie Moulton, which seemed to appear everywhere. Inspired by the organization's mission, Heidi eagerly joined initiatives like Cooking with Friends and the Meals in a Pinch program. "I was so impressed with how organized and productive it was. So many nutritious meals packed up in such a short amount of time!" Heidi shared.

With a background in marketing and social media management, Heidi now lends her talents to amplifying HAH's message through our Facebook presence. Her husband, Mark Weaver, has also joined the Home Repairs Team, further solidifying their family's commitment to the Harpswell community. Additionally, Heidi has joined the Harpswell Garden Club, is volunteering with MidCoast Humane Society, and will be helping out at MidCoast Hunger Prevention Program, further expanding her impact here.

As for Robin Stoll, her journey to HAH reflects a lifelong dedication to community service and a love of Maine that started in her college days at Colby. With a background in international finance, Robin found her true calling in volunteering, particularly in supporting public education and running a weekly soup kitchen and pantry in Greenfield, MA. Since moving full-time to Harpswell during the pandemic, Robin has thrown herself into HAH's initiatives, initially through cooking for Meals in a Pinch and then on to Cooking with Friends to attending Cooking at 43° North events to expand her skills.

"I discovered that my love language is **FOOD!** It is a commonality that brings people together. Our best family conversations were always in the kitchen somehow associated with food. It is a nourishment that supports both our body and minds. Who doesn't feel cared for with a hot meal?" Robin reflects.

As for her time with HAH, Robin expressed her awe at the organization's growth and impact. "I have had the opportunity to learn about its humble beginnings and am so impressed to see, nine years later, what an all-encompassing organization it is today," she remarked. For Robin, HAH isn't just about food or aging—it's about community. "It's about **COMMUNITY**," she emphasized. "Our village has blossomed because of HAH!"

Hailing from Madison, Wisconsin, Ed Harris's journey to Maine and to HAH is as intriguing as it is inspiring. Following college, Ed ventured into the Peace Corps, serving in Iran—a testament to his adventurous spirit and commitment to service. Later in life, Ed found himself drawn to the charms of Maine. In his quest for a retirement home, he and his wife braved the cold of a Maine winter, searching for the perfect place to settle.

In joining HAH's Home Repairs Team, Ed sought to stay active and make a meaningful contribution to our community. Crediting Dave Chipman with getting him connected to HAH, Ed has recently become an integral part of the team. With his basic carpentry skills, Ed marvels at the team's problem-solving capabilities and collaborative spirit. "Egos don't come into play," he shares, highlighting the sense of unity and purpose within the group.

Beyond his volunteer work with HAH, Ed's dedication to community service is evident through his previous involvement with organizations like People Plus and Harpswell Coastal Academy. A man of many interests, Ed also enjoys activities like Tai Chi and singing as a bass in the Greater Freeport Community Chorus.

In Tom, Heidi, Robin, and Ed, HAH has gained not only new volunteers but - **like you, our many volunteers** - champions of community, whose engagement will continue to inspire and uplift the residents of Harpswell for years to come.

Walking Hand in Hand
HAH Partnership

2024 SPRING WALK TO BUILD

>> CALL TO ACTION <<

Habitat for Humanity 7 Rivers Maine invites you to celebrate our return to Bath at our 2024 Spring Walk to Build! Thank you so much for being a leader of this effort in your community. Your support at the walk helps us build and repair homes for our neighbors in need. Here's some information you might find helpful as you fundraise and recruit team members to join you. **The excitement is building!**

>> KEY EVENT INFO <<

WALK DAY: Sunday, May 5, 2024 **CHECK IN:** 1 PM **WALK BEGINS:** 2 PM

LOCATION: The walk will start and end at the Grace Episcopal Church,
1100 Washington Street, Bath, ME 04530

ROUTE LENGTH: 2 Miles (shuttle service will be available)

>> FOR MORE INFORMATION <<

Contact Debbie Atwood at: 207-504-9334 or debbie@habitat7rivers.org

THANK YOU

The HAH community is invited to join this annual walk in support of the great work of our

Home Repairs Program partner,
Habitat for Humanity 7 Rivers.

HAH's Home Repairs Team works in association with **Habitat for Humanity 7 Rivers**, to assist Harpswell neighbors in keeping up with home repairs and to support their ability stay in their homes as long as possible. They provide a variety of no-cost home repairs and weatherization efforts for eligible Harpswell residents, focusing on making homes

SAFER, WARMER and DRIER.

Harpswell residents can apply for the Home Repair program by calling Gina Caldwell at the Harpswell Town Office
207-833-5771 – Ext. 108

To find out more about the 2024 Spring Walk to Build or to sign up to join other HAH volunteers, contact:
Jay McCreight,
jaymccreight@gmail.com
or 207 807-7984.



Spring is Just Around the Corner...

Spring is indeed a wonderful time to start gardening. As the weather warms up, it's the perfect opportunity to prepare a garden for the growing season.

With that in mind, HAH along with our partners at the Harpswell Land Trust, will once again provide container gardens to some of our Harpswell neighbors. If you'd like to help deliver these buckets of sunshine contact us at: volunteer@hah.community

The glory of gardening: hands in the dirt, head in the sun, heart with

*nature. To nurture a garden is to feed not just the body, but the soul.”
– Alfred Austin*

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

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