



Inside HAH

Summer 2024



Dear HAH Volunteers:

Welcome to our Summer Newsletter!

As the roads buzz with vacationing friends and family, Pammy's and Island Candy draw long lines of visitors eager to savor summertime cones. Meanwhile, Harpswell Aging at Home (HAH) continues to bustle. The pleasant weather allows our Home Repair team to tackle outdoor projects and the demand for rides and essential sustenance knows no seasonal bounds. Your contributions make Harpswell a truly neighborly place—realtors even recognize how HAH's work contributes to our caring reputation.

In this newsletter, you'll discover how our leadership team has been hard at work: adding new members, participating in an Ageism course, planning exciting changes, and autumn activities.

Mark your calendars for Sunday, October 27th, when HAH will host its annual Volunteer Appreciation party at the Schiller Coastal Studies Center on Orr's Island. We look forward to expressing our heartfelt gratitude for all the meaningful work you do for our community!

With all best wishes to you,

Lili Ott and Bill Snellings
Co-Chairs

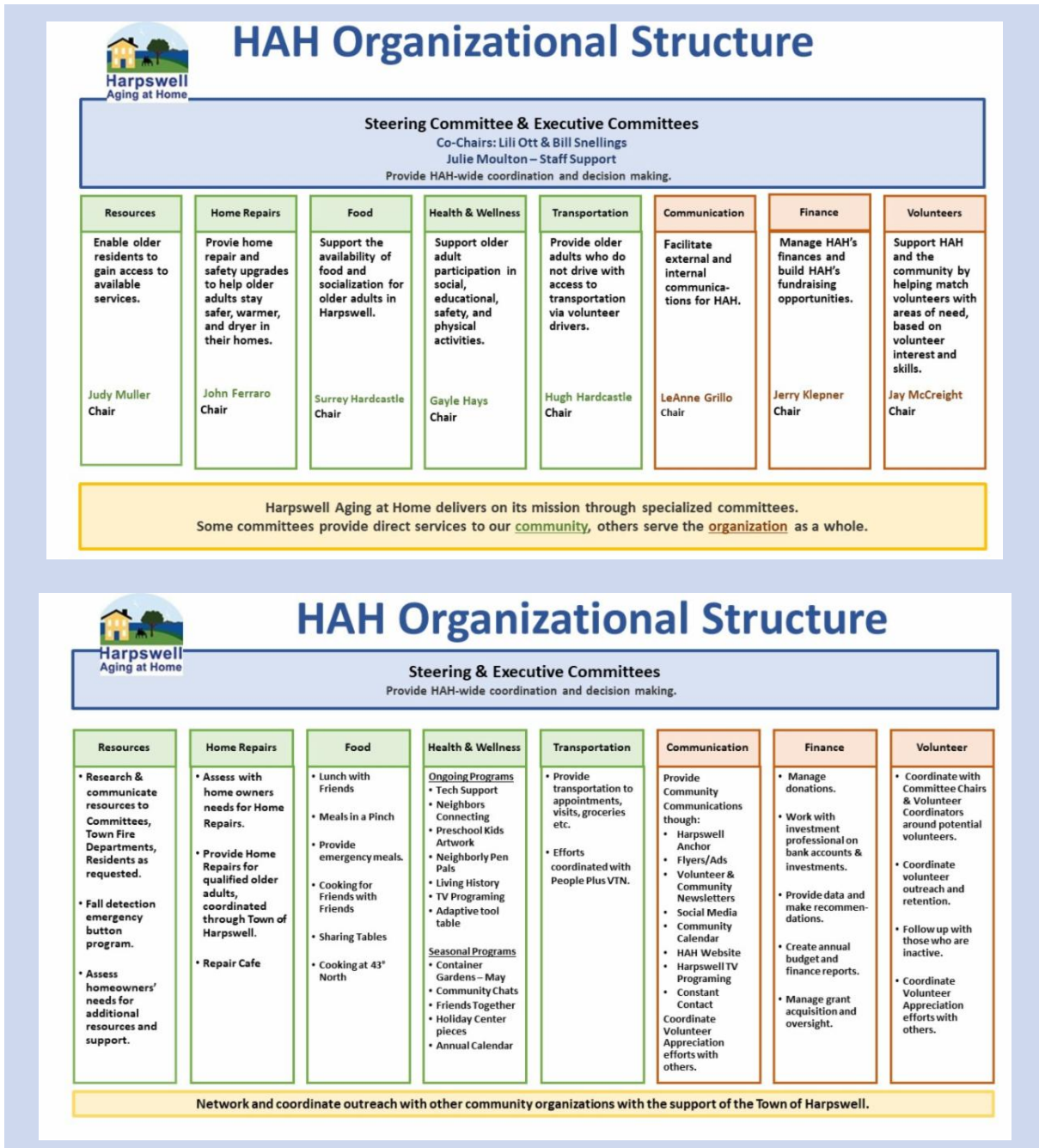
Collaboration

Uniting HAH's Teams for Impact

HAH is a vibrant community where diverse talents converge, organized by teams that specialize in core functions. We want to ensure that all our volunteers understand the organization's big picture and how your efforts fit into the overall mission of HAH.

Together, we have created a dynamic environment that fosters collaboration where varied skills and perspectives come together to serve our mission.

Below is a visual that we hope helps you to see and appreciate all that HAH is because of **YOU**.





In the Spotlight

Introducing our New Steering Committee Members

In HAH's ever-evolving landscape of organizational planning and decision-making we are thrilled to welcome some new faces to our Steering Committee. These individuals, chosen for their acumen and diverse perspectives, are poised to help shape our ongoing journey.

Cindy Bessmer

Cindy currently shares her varied expertise and thoughtful engagement as a member of our Health & Wellness and Communications committees. Her enthusiasm for videography has led her to taking the lead as HAH's programming connection with Harpswell Community TV. As a long-time volunteer with the Orrs & Bailey Island Fire Department, she's no stranger to community service. After retiring from Bowdoin College's Human Resources department, Cindy now enjoys quilting, baking, and exploring new destinations.

Tom Mahoney

Tom Mahoney, a public health veteran, has been volunteering with HAH since 2020. His role as coordinator for the upcoming Men's Club programs this fall and next spring promises exciting activities. Following his career, Tom joined the Harpswell Recreation Department as a volunteer basketball official, board member and part-time employee. When he's not volunteering, Tom shares his passion for pickleball with Harpswell residents, keeping them active and happy.

Molle Pacheco

Molle Pacheco, a Maine native, spent summers by Mill Cove, creating cherished memories of fishing for flounder and crabs. Since moving to Harpswell full time in 2019, she has been a member of HAH's Finance Committee and serves as the volunteer coordinator for Health & Wellness. Molle's dedication extends beyond HAH—she actively volunteers for Midcoast Hunger Prevention and Midcoast Humane, all while enjoying quality time with her grandsons and dogs.

Cultivating Community

-- The Container Garden Project Takes Root

In late spring, a group of enthusiastic volunteers from Harpswell Heritage Land Trust (HHLT) and HAH gathered to plant container gardens. These portable gardens were carefully curated with a combination of tomatoes and sweet peppers acquired by HHLT from Whatley Farms. Why containers? Because they allow

flexibility—perfect for porches, decks, and patios.

On May 30, twenty dedicated volunteer drivers embarked on a mission: to deliver these 100 vibrant plants to 54 older adults in Harpswell. As they handed over the containers, they witnessed the magic—the joy reflected in the recipients' smiles.

For many, these gardens represent more than just produce; they symbolize connection, care, and the simple pleasures of summer.

The collaboration between HHLT and HAH demonstrates the power of community spirit. By nurturing these container gardens, they've not only provided fresh produce but also cultivated a sense of togetherness. As the sun warms the soil, it warms hearts too, reminding us that kindness and shared efforts can transform a neighborhood into a thriving garden.



Sowing the Seeds



Loaded Up & Ready To Go



Delivering Smiles



One Garden at a Time



Reel Resurgence

A Veteran Volunteer's TV Editing Reunion

By: Cindy Bessmer

Volunteering gives people a way to serve their community while engaging in, fueling, even fulfilling a personal passion or interest. In my late 30's, I was excited to volunteer at

Harpswell's new cable channel where I could help create local TV programming. I had no experience in any aspect of TV production or videography, but I was

interested in learning. One of my first jobs was to run a camera during the March annual town meeting! Slowly but surely a small, dedicated cohort of volunteers produced a variety of cablecast programs about our neighbors, our youth, and our town. We spent hours in a tiny editing room within the Channel 14 studio tucked under the eaves of the second floor of the townhouse. It was satisfying and fun, but incredibly time consuming while managing a full-time job. My volunteer hours dwindled but I knew making videos was something I really loved.

Harpswell Community TV (Channel 14) serves the Town of Harpswell but is an independent entity separate from town government, broadcasting Harpswell's governmental meetings and providing public education access services. It is also available to all citizens of the town to film, edit, and broadcast their own content (as long as it meets community standards for decency). Channel 14 has always welcomed volunteers to participate in all aspects of the station – run cameras and sound, direct, edit, produce, and serve as talent to increase the amount of local content for our community. Channel 14 has evolved to become the only over-the-air broadcast public, educational and governmental access station in the country, in operation 24/7, 365 days per year.

Over the last several years Harpswell Aging at Home (HAH) expressed an interest in broadcasting content for Harpswell residents in a recurring time slot: usually 3 – 4 pm on weekdays. Channel 14 staff have trained and worked with HAH volunteers to create and produce content. Filming is accomplished using Channel 14 equipment in the Community Drive studio or can happen out and about town using a smartphone to capture video. HAH programs have included several cooking shows; informational presentations on health, wellness, and community resources; and public service announcements. Many past programs can be accessed from the [HAH](#) or [Channel 14](#) websites, or citizens may even request re-broadcast on Channel 14.

Fast forward to 2024: thirty years after my initial foray into making videos about our wonderful community, I have come full circle. HAH provided me with a volunteer opportunity to help with programming for its dedicated time slot -- I am currently preparing to edit a program about baking bagels! Although technology has changed dramatically, thanks to the extraordinarily patient staff at Channel 14, I am learning how to edit all over again. It is not only fun, but incredibly rewarding to share information with our neighbors who may not have internet or cable access.

Are you interested in using community television to help showcase important topics for citizens in Harpswell? Learning the ropes with other HAH volunteers and working with Harpswell Community TV may be just the right "channel" for you. Please contact Cindy Bessmer (cbessmer@gmail.com) for more information.



**WHAT'S
HAPPENING**



Sharing Tables

Wednesdays
June 12 - October

Find tables at the Cundy's Harbor Community Church of the Nazarene, 863 Cundy's Harbor Road; Elijah Kellogg Church, 917 Harpswell Neck Road; and Orr's Island Library, 1699 Harpswell Islands Road.

Sharing Tables bring an array of produce to three locations in Harpswell from 1-4 p.m. (or as long as it lasts) every Wednesday from June 12th through October. Produce is free to anyone who will use it.

Gardeners can leave excess produce for others.

Please don't arrive before 1 pm to allow volunteers the chance to set the produce out.

Cooking for Friends (with Friends)

Cooking for Friends (with Friends) prepares food for Harpswell Aging at Home's Meals in a Pinch program from 12-3 p.m. one Friday a month. Cooks meet in the Mid Coast Hunger Prevention Program's commercial kitchen at 179 Neptune Drive, Brunswick. HAH supplies ingredients and recipes.

Due to popular demand by cooks and the growth of Meals in a Pinch, starting in August, we'll be doing two Cooking for Friends groups. Stay tuned for the details.

For more information, contact Julie Moulton at juliemoulton28@gmail.com or 207-330-5416.

Cooking at 43° North

Cooking at 43° North is planning to host a monthly program in September, October, November, and December. Watch the Anchor calendar for dates and locations.

September — Relish Your Canning! Using different types of relish, you'll have a chance to experience the canning process, learning the dos and don'ts.

October—Cider Days! Crisp fall days mean it's time to make cider. Join us for this hands-on chance to make real Maine apple cider.

November—Gingerbread Anyone? Build your own gingerbread creation.

December—Our annual Holiday Cookie Swap! Nuff said.

Nourishing Neighbors

Join Our Meals in a Pinch Program

As a dedicated volunteer with HAH, you already understand the impact of

Meals In a Pinch

July 2, 16 & 30
August 13 & 27
September 10 & 24

A merry band of HAH cooks from all over

community service. But did you know that HAH coordinates a bi-monthly program to provide nutritious, home-cooked meals? These meals are essential for individuals who face challenges in preparing food due to health issues, limited abilities, or mobility constraints. Others struggle to access food due to practical or financial reasons.

The heartwarming news is that this program has steadily expanded over the years, reaching more and more neighbors in our community. Just last week, we delivered over 260 meals to nearly 65 of our neighbors. It's truly remarkable how our dedicated HAH volunteers make this happen every other week. As the program continues to grow, so does the need for additional volunteers. Whether you can commit to regular participation or occasional support, your contribution matters. By preparing a dish, you become part of the effort to provide balanced meals to those who need a hand.

Our Sign Up Genius platform outlines the specific types of foods required, making it easy for volunteers to choose what they'd like to cook. Explore it here:

[HAH's MIP Sign Up Genius.](#)

If you're interested in joining this meaningful initiative, take a peek at our website **[HAH MIP](#)** or feel free to reach out to Julie Moulton for more details. You can contact her via email at **juliemoulton28@gmail.com** or call 330-5416.

Thank you for being a caring member of our community!

Harpwell drop off food at the Great Island Church of the Nazarene every other Tuesday, which is then packed into nutritious meals and delivered along with a smile to nearly 65 of our neighbors by other wonderful volunteers.

Occasional cooks are always needed. Won't you join us? For more info and all the details, check this out:

<https://hah.community/programs/meals-in-a-pinch/volunteer-responsibilities/>

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

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



[Volunteer Needs](#)

Here are a few current places where we could use a hand.

If interested in exploring any of these, please reach out to Jay McCreight at **jaymccreight@gmail.com**

Bowdoin College Student Coordinator

- Work with various student groups at Bowdoin to cultivate and coordinate their

connection to HAH.

Recycling Team Support

- Support HAH's recycling efforts at assorted HAH events and research sustainable and cost friendly packaging.

Understanding Ageism & Fostering Age Positivity

In late May, a group of HAH members participated in a workshop sponsored by the Maine Council on Aging (MCOA). The workshop aimed to deepen our understanding of ageism, elderspeak, and the concept of age positivity. As an organization committed to supporting our community, HAH recognizes the importance of addressing these issues.

What Is Ageism?

Ageism refers to bias against individuals and groups based on their age. It encompasses stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) toward others or ourselves due to age. Ageism can manifest itself individually, interpersonally, institutionally, or systemically. A simple example is the insulting ageist birthday greeting card that declares you're old or exaggerates memory loss or physical changes. By noticing and acknowledging the existence of ageism we can work toward minimizing its adverse impacts.

Elderspeak: A Form of Ageism

Elderspeak is a specific form of ageism. It involves speaking to older adults in a condescending manner, using simplified language or baby talk or using pet names like "sweetheart," "dearie," or "honey." This behavior reinforces age-related stereotypes. As volunteers, we must be mindful of our language as we interact with older adults in our community.

The Age-Positive Movement

The Age-Positive Movement celebrates aging and intentionally includes older adults in all aspects of society. It recognizes aging as a natural process and encourages us to celebrate it. Age positivity begins at birth and lasts throughout our lives.

By understanding ageism, promoting positive attitudes toward aging, and rejecting elderspeak, we can create a more inclusive and supportive environment for all ages in our community.

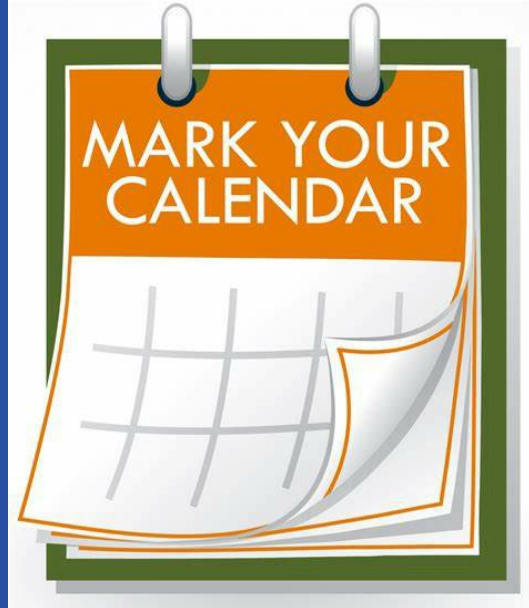
Let's continue our commitment to combating ageism and fostering age positivity within HAH and beyond!

Save the Date

HAH Volunteer Appreciation Celebration

Join us on October 27th for our annual Volunteer Appreciation Day!

The celebration will be held at the Schiller Center on Orr's Island. We'll celebrate the incredible impact you, our volunteers, make in



our community.

Expect heartfelt speeches, delicious treats, and a chance to connect with fellow changemakers.

Mark your calendars and spread the word!

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

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