



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 & ACTIVITIES

MEALS IN A PINCH

Every other Tuesday

May 7, 21

June 4, 18



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
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or 207-330-5416

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

Happy Spring from Harpswell Aging at Home! March and April have been a whirlwind of activity – lots of chopping and serving for Meals in a Pinch and Lunch with Friends, hammering and sawing for Home



Repairs, and quiet notes and articles from Communications and Health & Wellness. All our volunteers --from those new to HAH to people who've been involved since day one-- become more energized as the forsythia brightens up our yards, especially this year as a counterpoint to all the storm damage. And that's a good metaphor for the work of HAH—our volunteers work to brighten up and bring a smile to those who need a hand. By driving someone to visit a friend, or delivering a delicious meal to a neighbor just home from the hospital, or helping fill a container garden with a tomato plant that will bring fruit to be enjoyed all summer, our volunteers find meaning and connection in our wonderful Harpswell. We all need a hand sometime and HAH can provide help in many ways. As we come into the spring and summer season, we hope you'll enjoy hearing about our upcoming plans and will join in to help or to let us know what you need. Enjoy this lovely season,

Lili Ott and Bill Snellings
Co-Chairs

UPCOMING EVENTS (CONT.)



Cooking at 43° North Presents Bagel Baking Made Easy

a three-part workshop

Part 1: Begin your starter

Monday, May 6, 9:30-10:30 on
Zoom

Part 2: Mix your dough

Friday, May 10, 9:30-10:30 on Zoom

Part 3: Shape your bagels and taste a sample

Friday, May 10, 4:00-6:00 pm, in-
person session, Location TBA

There's nothing like a delicious bagel to start your day! The only thing better would be...a great, chewy bagel that you made yourself! This three-part workshop will take you through the bagel baking process from beginning to end. The first two sessions are on Zoom. Then, during the third session you can shape your bagels to take home for boiling and baking the next day. You'll also taste a sample. A list of easily procured supplies will be provided.

Email Julie Moulton at
juliemoulton28@gmail.com or
text/call 207-330-5416 to reserve
your space.

Space is limited.

Volunteering For HAH Has Changed: Find Out How!

When Harpswell Aging at Home was established in July 2015, the organization looked very different than it does today. It started with a grassroots group of organizers who began providing services to help older adults thrive while aging in place in Harpswell. Nearly nine years later that mission remains the same but the organization has grown by leaps and bounds, and the structure is evolving along with it.

HAH is fortunate to have hundreds of volunteers who help in many ways, from cooking for Meals in a Pinch once or twice a year to volunteering on a weekly basis and/or serving on a committee. There are seven standing committees: Steering & Administration, Communications, Finance & Fundraising, Food, Health & Wellness, Resources, Transportation. Now an eighth, the Volunteer Committee, has been added in response to having so many current and prospective volunteers.

Long-time HAH volunteer Jay McCreight has stepped up as the organization's new Volunteer Coordinator. Jay is now the first point of contact for all new HAH volunteers. "HAH has grown so much in order to meet the needs of our community," she explained. "As we grew, it became clear we needed to move from having one Volunteer Coordinator to an official Volunteer Committee. Jane Clavet, our wonderful Volunteer Coordinator for many years, wanted to focus her volunteer work on HAH's Lunch With Friends program so I was happy to work with her and move into the Volunteer Coordinator role."

The new Volunteer Committee is comprised of designated volunteer liaisons from each of the standing committees. Committee members held their first meeting in early April to brainstorm and lay out how the volunteer management process is changing. Previously, interested volunteers were referred directly to the committee they were interested in, and that leader took charge of interviewing and training them. In her new role, Jay is interacting with prospective volunteers, learning about their interests and experience, then sharing that information with the volunteer liaison for the appropriate committee.

Volunteer liaisons are responsible for contacting and welcoming new volunteers for their committee, confirming their contact information, providing an orientation or training as needed, tracking volunteer hours, and following up to answer questions or discuss any issues volunteers bring up. Some committees, such as Home Repairs and Transportation, have additional intake process that requires specific paperwork. Some committees require a confidentiality agreement that will be managed by the volunteer liaison.

Jay is confident that this new structure will streamline day-to-day efforts and bring people into volunteer roles in an organized manner. She says, "Together we are working to meet the needs of our amazing HAH volunteers and to support the work of our volunteer-led HAH Committees!"

UPCOMING EVENTS (CONT.)

COOKING FOR FRIENDS (With Friends)

Friday, May 3

Friday, May 31

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.

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207-330-5416

Exciting New Program Coming Soon—Your Input Needed!

In April, the Maine Council on Aging awarded a CHEF grant, made possible by Hannaford Supermarkets, to Harpswell Aging at Home. HAH was delighted to receive the \$8250 grant and will host a five-month pilot program for increased social time and delicious food for men in Harpswell. Our town is rich with activities of interest to women, but not as many for men. Help us figure out what you'd like to take part in by **attending a focus group** to determine what programs we should offer. Does veteran information, sports, stories of old days in town, tying flies and fishing, sound interesting? What would you like to hear about or discuss?

Focus Groups (attend one or the other):

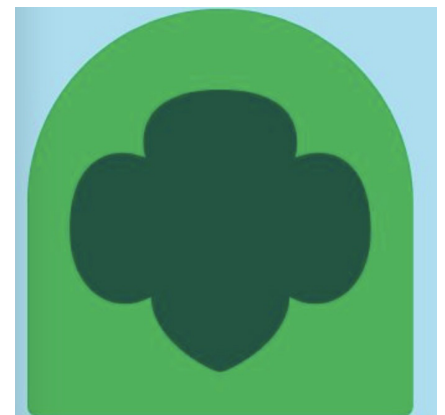
Both will be held from 10:30-12 noon at the Harpswell Town Office on May 15 and May 22.

For more information, or to RSVP for a Focus Group, please contact Tom Mahoney, program coordinator, tjmii14@gmail.com. The program will start this fall.

Girl Scout Campfire Sing and S'mores

May 19, 6:30-8:00 pm Harpswell Scout Hall, Rte 123

Girl Scouts together, that is our song, winding the old trail, rocky and long.... Calling all Girl Scouts past and present, younger or older. Whether you were a Girl Scout here in Harpswell or somewhere else, come join Harpswell Girl Scout Troop 1263 and Harpswell Aging at Home for songs and s'mores. We'll sing old favorites and learn some new. Bring a flashlight, a folding chair, and an instrument if you wish. Let us know you are coming by emailing hah@hah.community by May 17th. Rain or shine! Looking forward to seeing you!



For more information about HAH

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