



## Making Harpswell Home for a Lifetime

This newsletter is published quarterly to share all the Harpswell Aging at Home happenings with our community. We hope that family and friends who visit this summer will take note of the many opportunities available to those who live here. Younger or older, you can take part in many of our events.

Join us!

### UPCOMING EVENTS & ACTIVITIES

#### MEALS IN A PINCH

*Every other Tuesday*

July 30

August 13, 27

September 10, 24

October 8, 22



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](mailto:juliemoulton28@gmail.com) or 207-330-5416

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

**Greetings from Harpswell Aging at Home!**

Welcome to our HAH Summer Community Newsletter. It's the season for Harpswell people to welcome family and friends to share in our town's beauty and bounty. We hope that visitors know about Harpswell Aging at Home, too, and our mission of helping our neighbors thrive at home.



We know that HAH can be a family affair—with visiting grandkids helping to make favorite recipes for Meals in a Pinch or relatives becoming aware of the services we offer so that they can encourage their older family members to take part in our many programs, from receiving home repairs to tech assistance, or rides to the doctor. Wouldn't it be special to have a relative take part in our Living History program so that they can share their memories with you? Wouldn't you enjoy sharing your stories with your loved ones?

Most programs are available at no charge; just check our website at [hah.community](http://hah.community) to read about our offerings and learn how to sign up for yourself or for your family members. You may also have neighbors who could use a hand, so let them know that HAH is available for them, too.

HAH's 400 volunteers are busy in the summer, too, with seasonal projects and plans for a busy fall. Two exciting things you'll read about: our new men's programming (Harpswell ROMEOs) begins soon and we are hiring a part-time Community Connector to provide additional capacity here in Harpswell.

Looking to give back to this amazing community? We welcome your time and your talent, in addition to your treasure, to continue our work to make Harpswell home for a lifetime for us all.

Enjoy this beautiful summer!

With all best wishes to you,  
Lili Ott and Bill Snellings  
Co-Chairs

## UPCOMING EVENTS (CONT.)

### COOKING FOR FRIENDS (With Friends)

Friday, August 9

Wednesday, August 21

Friday, September 6, 20

Friday, October 4, 18

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.

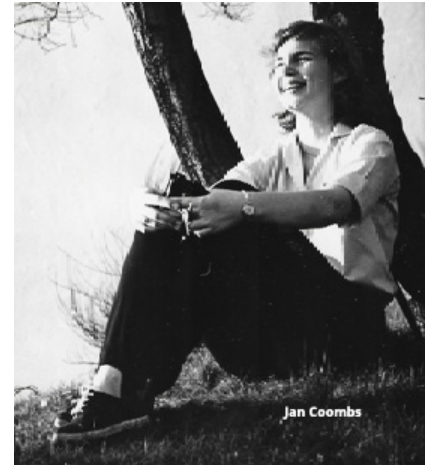
Contact Julie Moulton  
juliemoulton28@gmail.com  
207-330-5416

## REFLECTING ON YOUR WELL-LIVED LIFE

### Create Your Own Living History: An Amazing Gift to Your Family

"It was eye opening!" That's how Jan Coombs described her participation in the Harpswell Aging at Home (HAH) Living History project.

The program, which matches trained coaches with interested residents, helps the participant create a document full of their memories, life stories, pictures and anecdotes. Coombs, who worked with coach Cindy Bessmer, found she had "a whole lot to talk about."



"Cindy has a sweet way of communicating with people," observed Coombs. "She would ask me questions about a sight, a smell, or a sound and it would bring back all kinds of memories. Everyone has a story, and it lets my family know about their roots."

A Living History coach meets with the participant for about an hour and a half each week for approximately eight weeks. The schedule is flexible to accommodate other commitments and work progress. The questions asked hope to prompt the resident to remember childhood memories, recipes, events, family history and so much more.

"I was so pleased that we could do this together," said June Phinney, while reflecting on her experience with coach and Living History Project Coordinator, Hollie Vanderzee. "I found myself remembering scenes in my house with my family." Vanderzee noted, "People I've worked with have recalled memories they thought they had forgotten."

Coaches work not just to elicit family history but personal memories, wisdom, favorite quotes, poems, recipes and meaningful pictures – all to create their individualized personal history. While encouraging participants to write thoughts down, coaches help guide, coordinate, edit, and format the work culminating with the presentation of a spiral bound book of their completed project.

"I thought that in 25-75 years, future generations would be wondering what kind of life their ancestors led," said Phinney. Coombs added, "By doing this Living History, my kids will know my story."



Anyone interested in the Living History Project can contact Hollie Vanderzee at 207-844-8116.

## UPCOMING EVENTS (CONT.)

### COMMUNITY SHARING TABLES



Sharing Tables are back on Wednesday afternoons, bringing an array of produce to three Harpswell locations from 1-4 pm (or as long as it lasts) every Wednesday through October. Gardeners are encouraged to bring in excess produce to share with others in the community. Produce is free to anyone but we do encourage you to be thoughtful of others.

#### Find the tables at:

Cundy's Harbor Community  
Church of the Nazarene,  
863 Cundy's Harbor Road

Elijah Kellogg Congregational  
Church, 917 Harpswell Neck Road

Orr's Island Library, Maine, 1699  
Harpswell Islands Road.



### LUNCH WITH FRIENDS

will be back this Fall! Watch for  
dates and locations.

## HELP WANTED HAH IS HIRING!

### Do you want to be our Harpswell Community Connector?

After an initial training program by Lifelong Maine, the HCC will work with Harpswell's older residents to provide information and access to supportive resources and social opportunities.



This 20-hour a week/one year position comes with a stipend and expense allowance.

Applications are being accepted until August 7th. For more details, visit

<https://hah.community/2024/07/volunteer-stipended-role-beginning-in-september-as-harpswell-community-connector/>

## HARPSWELL ROMEOs TO HIT THE ROAD IN AUGUST

Harpswell Aging at Home is launching its newest program, the Harpswell ROMEOs ("retired older men eating out") this August.

The entertainingly named group aims to bring older men in Harpswell together for some fun — including dining outings, SeaDogs games, classic car shows, woodworking events, and more. Programs will be planned by this group based on the interests and talents of the participants. Tom Mahoney, program chair, hosted several focus groups this past spring and the ROMEOs came into being. For more information about the program, please email [oldermeneatingout@gmail.com](mailto:oldermeneatingout@gmail.com) or call Gina at the Town Office at 207-833-5771 ext.108.

The ROMEOs' first planned event is a free barbecue and classic car "cruise-in" to be held near the town bandstand at Mitchell Field on Wednesday, August 14, from 4:30 to 6:30 p.m. (Rain date August 21). There is no cost to participate. Rides can be arranged through People Plus by calling 207-729-0757.

Register to attend (so we are sure to have enough food) by August 11th by calling or texting Julie Moulton at 207-330-5416 or emailing her at [juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com)

This program is funded through the CHEF (Connection, Health, and Equity through Food) Project which is exclusively sponsored by Hannaford Supermarkets.

## MEET HAH VOLUNTEERS Linda Blanton & Minnie Vazquez

Linda Blanton and Minnie Vazquez have volunteered with Harpswell Aging at Home (HAH) since the organization began.

Starting out helping with Lunch with Friends, Linda now regularly cooks for Meals in a Pinch (MIP) and participates in the Cooking at 43°North programs. "I like to make sure everyone has food and I like meeting our neighbors," said Linda. "I'll make whatever they don't have that week."

Linda has also been trained as a Living History coach and is looking forward to working with someone on their first project.

In addition to her HAH activities, Linda volunteers with a clothing bank, the Red Cross, and has spent years teaching Harpswell elementary-age children how to swim. "It's a skill everyone should have," said Linda. Minnie has devoted much of her efforts to answering last minute calls for driving neighbors to appointments or delivering meals for MIP. "It makes me happy to help in any way I can," said Minnie of her volunteer work.

Minnie recently participated in the Honor Flight program which provides military veterans with an all-expense paid trip to Washington, DC for a weekend of activities including a visit to the war time memorials noting "It was wonderful!"

After serving in the Army – Linda for 17 years as a nurse and Minnie for 21 as a medic – they settled in Harpswell in 1991 in a house Linda's grandparents once owned. While enjoying their grandchildren and gardening, Linda said of their continued volunteer activities,

"Whenever they call us, we'll be there."



## DID YOU KNOW THAT Harpswell Aging at Home has a list of contractors and other service providers that have been recommended by your neighbors and vetted by our Home Repairs Team?

Finding a reliable contractor to fix a leaking pipe, a faulty heating system, an electrical fault, a crumbling walk, etc. can be a difficult challenge.

We have confirmed that each of the listed contractors agrees to meet the following five standards:

1. Return customer calls within 48 hours (excluding weekends).
2. Provide current references upon request.
3. Provide customers an estimated price (including senior and other discounts, and in writing if requested) in advance of performing work.
4. Provide customer a realistic timetable for performing the work.
5. Provide customer information about his/her insurance coverage or lack of it.

Visit <https://hah.community/wp-content/uploads/2024/04/4.04.24-HR-Contractor-Referral-List-copy.pdf>

Don't forget that HAH can provide some home repairs for our older neighbors meeting income qualifications. Call Gina at the Town Office (207-833-3151 x 108) for details.



Harpswell Aging at Home announces its newest program

## The Harpswell ROMEOS!

(Retired Older Men Eating Out)

Want to get together with others for some fun? The ROMEOs will gather at least monthly for different kinds of programs and activities. From a SeaDogs game to cookouts, to woodworking and more—your ideas are welcome.

Like all HAH programs, there is no cost to participate. Rides can be arranged. For more information, or to indicate your interest, contact **Tom Mahoney** at [oldermeneatingout@gmail.com](mailto:oldermeneatingout@gmail.com) or **203-249-2209**.

Our first event is a cookout at Mitchell Field on August 14th from 4:30-6:30 pm. Please join us. Call **Julie Moulton** at **207-330-5416** or email [juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com) by August 11th to register.



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