



**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. Old or young, you can take part in many of our events. Join us!

### UPCOMING EVENTS & ACTIVITIES

#### MEALS IN A PINCH

*Every other Tuesday*

**May 20**

**June 3, 17**

**July 1, 15, 29**



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

**Need a meal? Want to cook?**

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

### A NOTE FROM OUR CO-CHAIRS,

Lili Ott and Bill Snellings

Do you remember what you were you doing in 2015? That was ten years ago already. It doesn't seem like a long time ago until you think of all that has happened in your own life over that period.

It was in the summer of 2015 that a handful of Harpswell people talked about starting a group that would be helpful to our town's older residents. A small group put together a survey asking people what they would like to see done and received surprising answers. A couple of key committees were founded: food, transportation, home repairs; these have continued and grown, providing needed services. When Meals in a Pinch began, six people received food—today 60 families and individuals receive deliveries every two weeks. Initially our drivers took a few folks to medical appointments, but now their total mileage would circle the globe three times and hundreds of repairs have made Harpswell homes safer, warmer and drier.

Over the years more services were added: health and wellness programs, friendly notes from neighbors, flower and plant deliveries, oral history programs, drawings from pre-school children, tech support for computers, iPads and phones. Our newest programs include providing fall-emergency buttons and ROMEO lunches. Both have been big hits in Harpswell and have gotten regional and even national attention. We have also expanded our Resource Team, our Volunteer, Communications, and Finance Committees as well as our Executive and Steering Committees to support our efforts.



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## UPCOMING EVENTS (CONT.)

### COOKING FOR FRIENDS (With Friends)

Friday, May 16, 30

Friday, June 13, 27

Friday, July 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

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## A NOTE FROM OUR CO-CHAIRS

From a handful of Harpswell folks lending a hand to our neighbors, HAH has grown in one decade to 400 volunteers working with 800 people; with no clear line between helper and receiver.

Please help us spread the word about our many services and volunteer opportunities. Watch our social media and newsletters later this year for your invitation to our grand celebration of our successful first decade. Hope you'll join us for the second one. We all need a hand sometimes!

Lili Ott and Bill Snellings  
Co-Chairs

## Sign Up NOW to Get Your Container Garden

Do you look forward to picking a ripe tomato warm from your garden and popping it into your mouth right off the vine? Do you have difficulty with bending and lifting that gardening entails and the logistics of purchasing and transporting plants?



Would you welcome a pre-planted container garden of cherry tomatoes and/or multicolored sweet peppers delivered to you free of charge and placed wherever you would like to grow them? Each container will include a card explaining the care that each plant needs.

You may choose a total of two containers. This year the choices are cherry tomato plants and multicolored sweet peppers.

Contact Julie Moulton by May 15 at juliemoulton28@gmail.com or 207-330-5416 to sign up.

**Special thanks** to the HAH Communications Team for their writing, editing, photography, web, graphics, and all the other things they do to get the word out about HAH's activities.

*Cindy Bessmer, Heidi Duncanson, LeAnne Grillo, Kathy Hickey, Lauren Keller Johnson, Mary Moore, Julie Moulton, Patti Neuhof, Christine Roy, and Virginia Scholomiti*

We're always looking to add new people to our team. If you are interested in lending a hand, please email us at [hah@hah.community](mailto:hah@hah.community).

## UPCOMING EVENTS (CONT.)

### LUNCH WITH FRIENDS

Wednesday, June 11

(Raindate June 12)

Mitchell Field

12 noon

All are welcome!

Join HAH for an outdoor lunch to celebrate the warmer weather. Two of our partner organizations, the Women's Fellowship of the Elijah Kellogg Church and Ocean Waves Quilters will join the HAH Steering Committee to provide food and service. Picnic fare will be served. Bring your chair and join us by the bandstand. There is such a thing as a free lunch!

#### Questions?

Please contact Julie Moulton (juliemoulton28@gmail.com or 207-330-5416). See you there!



### Do You Need a Ride?

Whether it's a doctor's appointment, a grocery pickup, or visiting a friend—whatever the need, HAH's volunteer drivers, in partnership with People Plus of Brunswick, are happy to give neighbors a ride to town and beyond.

Drivers are vetted and **ready to go!**



## MEET HAH VOLUNTEER

### Dave Brown

After ten years of inspiration and leadership to establish and grow Harpswell Aging at Home (HAH), Dave Brown is retiring. Dave has also served as President of the Harpswell Heritage Land Trust and the Cochair of the Steering Committee of HAH. What a huge impact he has had on our community through his selfless service.



Dave enjoyed childhood summers with his family on their property in Cundy's Harbor, spent his honeymoon there, and eventually remodeled the old barn on that property for permanent year-round life with his wife Jane.

As one of the founders of HAH, Dave came together with a small group of caring residents with a common goal of serving their community. Dave explained that they held gatherings, discussions, focus groups, and surveyed residents on their needs and wants. He recalls that the need for help with home repair, making social connections, and transportation issues topped the list. Committees were established to investigate possible ways to satisfy the needs, volunteers were gathered, and then a Steering Committee and eventually an Executive Committee were formed to facilitate services. According to Dave, "In the beginning, some people did it all, such as Bob Bauman, who put in 40-plus hours of home repair work to fill the needs of the community."

As time passed and HAH grew, Dave noticed that the volunteers seemed to gain almost as much from the camaraderie and group ties as the folks needing a hand.

Dave will be watching as HAH continues to grow in scope and purpose and he "can't wait to see how HAH emerges". When asked about his immediate plans, Dave grins and says he is eager to, "hang out with my wife for a while!"

A brief peek into Dave's life outside Harpswell includes receiving multiple degrees from Harvard and Yale University, serving as faculty of Case Western Reserve University, Boston University, the Hauser Center at the Kennedy School of Government, and the National Training Labs (NTL) Institute. Dave was a Fulbright Lecturer, served in Ethiopia with the Peace Corps, was a founder of the Institute for Development Research and has served on boards too numerous to mention.

Thank you, Dave, for your service to Harpswell Aging at Home and the help and inspiration you have given to so many of us.

## NPR Story Highlights HAH's ROMEOS

In case you missed it, twice this past April, NPR broadcast a story highlighting the HAH ROMEOs program - Retired Older Men Eating Out. The ROMEOs meet monthly for lunch, socializing, and engaging programs.

"Beyond a peanut butter sandwich - It all started when a volunteer-led group, Harpswell Aging at Home, noticed men were missing from a lot of their activities. Also, drivers for their homemade-food delivery service, Meals in a Pinch, encountered many single, older men who didn't get out, or cook."

You can read or listen to the entire story here: <https://www.npr.org/sections/shots-health-news/2025/04/24/nx-s1-5372889/aging-men-social-connection-romeo-maine>



## Girl Scout Troop #1263 Creates Video for HAH Home Repair Information



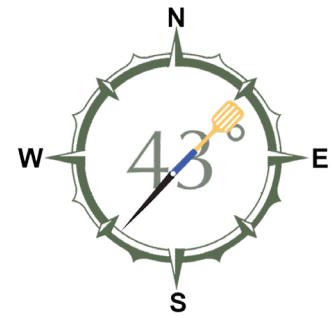
This team of community-minded young women built the sets, created the puppets, developed the content and produced the video for this informative production about HAH's Home Repair Team.

Our volunteers are ready to do basic repairs to make your home safer, warmer, and drier. We can help with installing grab bars or handrails, adding lighting, fixing stairs or flooring, insulation, and more.

You can watch the video here: <https://www.youtube.com/watch?v=DwbTgOae5M>

For information and to sign up, please call Tina at the Harpswell Town Office 207-833-5771 x-108 or text/call Tom at 207-295-9088.

## Cooking at 43° North



a program of Harpswell Aging at Home

## Cooking at 43° North presents

### *It's All Greek To Me*

Thursday, June 12, 1:30-3:00  
Orrs Island Schoolhouse

Come learn about the ins and outs of using phyllo dough to make some delicious Greek treats. It's easier than you think. We'll demonstrate how you can create spanakopita (spinach pie) and baklava (sweet dessert pastry) and answer your questions. Then we'll get to taste the results of our labors!

**Sign up!** Email Julie Moulton ([juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com)) or texting or calling her at 207-330-5416. See you there!

### For more information about HAH

visit our Website at  
[www.hah.community](http://www.hah.community)

Email [hah@hah.community](mailto:hah@hah.community) or  
call 207-833-5771 ext 108

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