



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

August 26

September 9, 23

October 7, 21



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

Harpswell Aging at Home turns ten this year and what a decade it has been! HAH has grown from a handful of Harpswell people concerned about their aging neighbors to a dynamic band of over 400 volunteer drivers, cooks, carpenters, caregivers, social workers, writers, photographers, and more from all parts of town.

As we look back on this time, we realize that HAH's success comes

because the people of Harpswell saw a need--and as true Mainers found a way to address it. Our strength comes from everyone in this amazing community. Individuals, businesses, our town government, our non-profit partners, and our donors play a role. After all, we all need a hand sometimes and all of us have skills or resources to share.

The numbers are awe-inspiring—if HAH drivers added all their miles, it's as if they circled the globe three times; the 45,000 meals that HAH has served would feed all 5000 Harpswell residents for three days. And don't forget the neighborly phone calls, the referrals sent, the exercise groups, health and wellness programs, TV shows, newsletters, social times, and much more.

So now, it's time to celebrate with you, our entire community! Whether you have used our services, volunteered, heard of HAH but aren't really sure what it does, or are just ready for a party—this day is for you. Younger, older, in-between, please come to Mitchell Field on Sunday, September 14th from 3 to 5 pm to have fun, meet friends old and new, take part in some fun activities, and win some great Harpswell prizes. Most importantly, you'll need to eat ice cream and cake and send Harpswell Aging at Home off into its second decade of making Harpswell home for your lifetime.

See you there!

Lili Ott and Bill Snellings, Co-Chairs



UPCOMING EVENTS (CONT.)

COOKING FOR FRIENDS (With Friends)

Friday, August 15, 29

Friday, September 12, 26

Friday, October 10, 24

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

Intergenerational Partnerships: Harpswell Girl Scout Troop 1263 and HAH

What a perfect multigenerational pairing, young women looking to make a difference in their community and HAH looking to promote services to that same community. By connecting young and old, and everyone in between, the Girl Scouts discovered how helping others can mean a lot to them as well as to those receiving services.



Members of Junior Troop #1263

At a meeting of Junior Girl Scout Troop # 1263 in South Harpswell last fall, LeAnne Grillo, HAH Communications Team Chair and Girl Scouts of Maine Board member, Lili Ott, HAH Co-

Chair, and Cindy Bessmer, Steering Committee member, presented information to the troop about Harpswell Aging at Home and how it strives to offer needed services to people in the Harpswell community. The troop, led by Abby Svenson and Lisa Coombs decided to create promotional videos highlighting some of the resources offered by HAH. The idea was to get information out to residents who might not realize what services were available. This project also worked toward fulfilling requirements for the girls' Bronze and Silver Awards.

The HAH Repair Café was coming up and the girls chose that topic for their first video. With help from Cindy Bessmer, they took turns interviewing people and working behind the cell-phone camera. As they spoke with folks doing the repairs their curiosity was piqued and their ease at interviewing grew. Then, armed with a questionnaire, they turned to chat with people who had brought items to be repaired. Final edits and touches were made to all the info and the footage they gathered and here is the result: Girl Scout Repair Cafe video.

At this same event the Girl Scouts also asked everyone what they liked most about HAH. The answers were turned into a short video, What I Like Most About HAH which can be viewed here: [What I Like Most About HAH](#)

Excited and eager to learn more about HAH and the creative process of making informative and educational videos, the girls decided to produce a second video highlighting the HAH Home Repairs Team. The team partners with Habitat for Humanity/7 Rivers and provides free repairs to qualifying residents to make their homes warm, dry and safe

The next step was how to compile a video with all the information HAH provided. After deciding what to include, some of the girls were understandingly reluctant to be in front of the camera to make the video. LeAnne to the rescue, as she suggested doing an educational puppet show to let the puppets do the talking. They made all the "actors", built the sets and performed the speaking parts. They created a puppet theater with

UPCOMING EVENTS (CONT.)

LUNCH WITH FRIENDS

Monday, October 13

Orr's Island Schoolhouse

12 noon

All are welcome!

This lunch promises to be fun for the whole family. Bring the kids and grandkids! It's Indigenous People's Day so schools are off. Join us! There is such a thing as a free lunch!

Questions? Please contact

Julie Moulton

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



SNEAK PEEK!

Friends Together

Our weekly drop-in program is back!

Starting Thursday, October 23

from 9-11:15 a.m., Harpswell Town

Office, Select Board Room

Friends Together will be held for four consecutive Thursdays (October 23-November 13). Janet Alexander will once again lead us in chair yoga from 9-10 am each morning, followed by a different program each week. On the 23rd, we'll learn about how to take better pictures with our cellphones. More details to come, but mark your calendar!



several settings including a home and town office, both inside and outside views. Using info from HAH, some slides, and sometimes voice over, the girls performed and produced the following video that is chocked full of great information: Girl Scout HAH Repairs Team.

For this video, the girls were assisted by another HAH partner, Harpswell Community Television Station Channel 14. Donna Frisoli, the station manager, hosted the girls for an informative and hands-on session at the station.

Several of the Girl Scouts wanted to continue their partnership with HAH and their focus next turned to one of the founding services for HAH, 'Meals in a Pinch'. The girls seemed much more confident and more comfortable now in front of the camera, developing scripts and questions. The girls interviewed volunteers who organize, prepare and deliver the meals, exploring the entire process. They were excited to see how it all comes together for those preparing and those receiving. Watch the video here: Girl Scout HAH Meals in a Pinch

Everyone wins in this story. The girls learned how a nonprofit service organization works and how it addresses the needs of a community. They experienced how to gather and filter information to include in a video, how to create a script, and how to shoot and edit an educational video. They also gained confidence in their interactions with others, and some even have thoughts of pursuing journalism further. Harpswell Aging at Home has benefited by having four well-thought-out and produced videos that are aired on Harpswell Community Television and their YouTube channel to help residents learn about important services available to them.

Special thanks to Girl Scout Troop #1263: Acadia, Estella, Ingrid, Kiley, Kira, Maren, Margaret and Payton. Thanks also to the troop leaders, Abby Svenson and Lisa Coombs who helped the girls take on this big project and commitment.



Thank you to these amazing young ladies!

HARPSWELL ROMEOs

(Retired Older Men Eating Out)

Wednesday, September 17 | Merriconeag Grange | 12 noon

The ROMEOs are back! Come for lunch (provided) and a program with J.W. Oliver from the Harpswell Anchor to find out more about our flagship newspaper and what community journalism is all about. The event is free but registration is required due to limited seating. To register and for additional info, contact Tom Mahoney at oldermeneatingout@gmail.com



Meet HAH Volunteer Bob Bauman

Meet Bob Bauman. You may already know Bob from his service to HAH over the past ten years. After a long career in Nuclear Engineering Bob and his wife Holly were among the handful of folks who laid the foundation for services offered from what we know and love as HAH. With a background steeped in organizational skills from a career in Nuclear Power Engineering, Bob put his energy into helping to create and manage the Home Repairs team.



Partnering with Habitat for Humanity who provides the materials for the repairs with the aid from several grants, and with a handful of volunteers, the Repair Team was born. From preserving privacy for the homeowner, to assessing exactly what work is needed while assuring safety and camaraderie among the team, and finishing with follow-up to make sure the repairs have been successfully completed--it all springs from the thoughtful protocols Bob established. Countless residents and their families benefit from the Repair Team's willingness to keep our residents safer, warmer and drier.

Bob's dedication to serving the Harpswell community, his positive outlook and 'we can tackle anything' attitude has earned him Habitat for Humanity's Golden Hammer award this year. What a great honor for great service. Thank you Bob for your all you have contributed to our community.



NEW! Bereavement Support Program

12 weeks, starting

Wednesday, October 1

11:00-12 noon

Losing a loved one can be hard and filled with grief. To help manage the loss, HAH is initiating a twelve-week

Bereavement Support Group for individuals and families of all ages. For more information and to register, call the group facilitator, Sarah Beneke at 330-414-4825.

Do You Need a Ride?

Things happen, and sometimes you may need a bit of help getting to an appointment or to the grocery store. Don't hesitate to sign up ahead of time with People Plus. Drivers are completely vetted, reliable and friendly. Follow the link to contact People Plus of Brunswick.

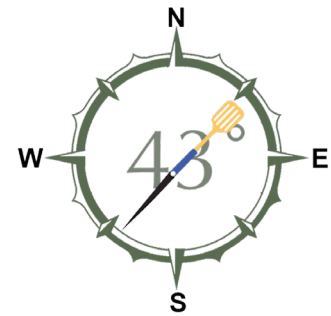


SPECIAL THANKS to the HAH Communications Team for their writing, editing, photography, web, graphics, and all the other things they do to get the word out about HAH's activities.

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.

Cooking at 43° North



a program of Harpswell Aging at Home

Cooking at 43° North presents

The Cutting Edge

Thursday, September 11

OR

Thursday, September 18

Midcoast Hunger Prevention Program

Kitchen (179 Neptune Drive, Brunswick)

1:30-3:00 PM

Sharpen your culinary confidence in this hands-on Knife Skills class! Learn essential techniques for slicing, dicing, chopping, and julienning with precision and safety. You'll practice proper grip, knife care, and cutting methods for a variety of ingredients. All knives and materials provided. Space is limited. Choose either September 11 OR September 18th. To sign up, contact Julie Moulton at juliemoulton28@gmail.com or 207-330-5416

For more information about HAH

visit our Website at www.hah.community

Email hah@hah.community or call 207-833-5771 ext 108

Harpswell Aging at Home
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