Volume #36 February 2026

Harpswell Aging at Home

CELEBRATING 10 YEARS!

Making Harpswell Home for a Lifetime

This newsletter is published to share all the Harpswell Aging at Home happenings with our community. Older or younger, you can take part in many of our events. Please join us!

A NOTE FROM OUR CO-CHAIRS
Lili Ott and Welcome New Co-Chair, Le Anne Grillo

Dear Friends,

What a winter! Despite the cold and ice, our recent programs have been filled to capacity—sometimes even pushing the limits of our meeting spaces. From the *ROMEOs* and the *Women's Group* to *Lunch with Friends*, attendance has been so high that we are running out of room for both people and cars. While we explore long-term solutions, we encourage everyone to carpool whenever possible, especially since snow mounds are currently making our parking lots even tighter. We appreciate your help in making sure we can accommodate as many neighbors as possible!

The success of our new programs has been a highlight this season. Launched in November, our *Women's Social Group*, organized by Christine Roy, has already hosted several diverse events, including one on women's health with Dr. Nirav Shah that drew a record crowd to the Grange in January. In the upcoming months there will be crafts, board games, speakers, social gatherings and more as the group fills a need for connection for women here in our spread-out town. We look forward their decision on a new name and we thank Christine for her thoughtful efforts on this much-needed program.

A *Bereavement Support Group* has also recently been started, meeting an unfortunately but mostly unspoken, critical need. Led by Sarah Beneke, this twelve-week program is for those who need help navigating the complex journey of grief after the loss of a loved one.

As HAH enters its second decade, we are evolving to meet our town's changing needs. To ensure we are here for years to come, we will soon launch a Planned/Legacy Giving program. Stay tuned for more details on how you can help secure HAH's future.

We always want to hear from you, so if you have ideas or suggestions regarding the

needs of Harpswell's older residents, please reach out at hah@hah.community.

All our best to you as we get ready for "mud season".

Warmly,
LeAnne and Lili

Thank You Bill Snellings!

Bill Snellings wears many hats—photographer, toxicologist, dedicated volunteer— are three of them.

Since moving to Orr's Island in 2015, Bill and his wife Courtenay have enriched Harpswell's civic life. Bill has contributed his expertise to the Orr's and *Bailey Islands Fire and Rescue,* the *Harpswell Heritage Land Trust*, and the *Harpswell Aging at Home (HAH) Repairs Team*, where he was a buyer for needed materials, did hands-on work, gave construction advice and for years has taken wonderful photos of work in progress, always keeping the homeowners' dignity and privacy at top of mind. His photography skills will keep going strong as well as his good-natured ribbing of fellow volunteers.

Bill also co-authored the book *Harpswell Sea and Land Through the Lens*, generously donating half the proceeds to HAH. In 2023, Bill became HAH co-chair helping to guide the organization in implementing its new 501(c)(3) status, improving strategic planning, and supporting the development of the Harpswell Community Connector role. His photography remains a lasting testimony to the diverse work of local volunteers.

While Bill is stepping back to enjoy more travel and family time, he will continue to serve on the Steering Committee, the Repair Team, and as Land Trust liaison. We are grateful for his three years of leadership and his enduring dedication to HAH. Thank you, Bill!

UPCOMING EVENTS

Harpswell ROMEOs

Wednesday, March 11
12:00 pm – 1:30 pm
Orr's Island Schoolhouse
1594 Harpswell Islands Road

Ashley Richards Certified Aging in Place Specialist will discuss changes to make to our homes as we age so we can live in them safely for a longer period of time.Ashley is a certified Maine energy auditor and building professional who has held numerous leadership roles in the Maine home building industry. This event

GREAT NEWS
Fresh Fish for Our Meals Programs

What a blessing to be living in a generous working waterfront community. Nothing stands in the way of Harpswell neighbors helping their neighbors.

The newly established Town Fisheries Committee has connected the dots between local fisheries, businesses, and fishermen of all kinds, seeking to provide fresh seafood to people in need within our community. Our local fishing community has been

is free and includes lunch but registration is required due to limited seating.

To register, contact Tom Mahoney at oldermeneatingout@gmail.com.

and

Wednesday, April 8
12:00 pm - 1:30 pm
at the Merriconeag Grange,
Harpswell, ME

Topics to be announced

To register, contact Tom Mahoney at oldermeneatingout@gmail.com.

Chris Bowe speaking at recent ROMEOs

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Cooking at 43° North
Soup Tasting and Exchange

Thursday March 12
12:00 - 1:30 pm
Great Island Church of the Nazarene
806 Harpswell Islands Road

Got Soup?
Enjoy some soup for lunch with other cooks from the community. Come to a soup tasting and exchange. Bring 8–10 servings of a homemade soup to share along with the recipe. Keep it hot by bringing it in a crockpot or instant pot. Attendees will take home samples of soups they enjoy and leftover soup will be donated to the Meals in a Pinch program. Containers, bread, beverages, and a sweet treat will be provided.

RSVP, including the soup you plan to bring, Julie Moulton (juliemoulton28@gmail.com) or 207-330-5416

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eager to contribute some of their harvest. Hake, lobsters and scallops have already been donated.

What is the best way to utilize and distribute the wonderful harvest from the sea that people were so very willing to donate? The question of how to process fresh seafood, quickly and safely while preserving its fresh-caught quality, needed to be answered.

HAH's Food Team was up for the challenge, with Julie Moulton leading a group of terrific *Meals In A Pinch* volunteers, whose experience in preparing over 250 meals for 63 families bi-monthly (over 6,000 in 2025 alone), enabled them to step up to meet the challenge. They arranged to gather quickly, with very short notice, to process the seafood as it comes in. The catch from one day is not something that you can reliably predict, or schedule, which necessitates having people on call and ready to work as it arrives to keep it as fresh as possible.

To help coordinate the effort, a chart has been created, and those that would like to donate some of their catch are signing up for one or more months.

To donate fresh catch or products, please contact Katie Neal, Town Recreation Director, who is connecting the donations with HAH volunteers. She can be contacted by email at recreation@town.harpswell.me.us or by phone at 207-833-5771.

Special thanks to the **Town Fisheries Committee, HAH Food Team, and ALL THE COMPASSIONATE FOLKS WHO MAKE THEIR LIVING FROM THE SEA.**

New Freezer Program:
A Community Collaboration

HAH's new *Freezer Program* is up and running. This is a collaboration between the Town of Harpswell, HAH, Midcoast Hunger Prevention Program (MCHPP), the Santa Fund and many local farmers, fisherman and lobstermen.

Meat, fish and vegetables are donated and then stored for volunteers to take and use for HAH meals programs. The Freezer Program has already received over one hundred pounds of seafood and supplies of meat and veggies. MCHPP sees that the food never runs out. Using a simple sign-up, volunteers can select what they'd like to cook and turn into delicious culinary treats for our neighbors.

Business donors include The Dolphin, The Corner Market, Salt Cod Cafe, Uncle Pete's, the Harpswell Community Garden, The Fishnet Cafe, Hannaford

Bill Coffin speaking at a recent 43° North event

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Meals in a Pinch

Every other Tuesday
9:00 am – 12:00 pm
February 24
March 10, 24

HAH's Meals in a Pinch (MIP) program brings together the generosity of our community to provide wonderful home cooked meals to our older neighbors because everybody needs a hand now and then.

Whether an ongoing need or temporary support, HAH's MIP team delivers!

Need a meal? Want to cook?
Contact: Julie Moulton
at juliemoulton28@gmail.com
or 207-330-5416
MIP Signup Genius

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Mugs and Muffins with Friends

Wednesday, February 18
10:00 pm - 11:30 pm
Elijah Kellogg Church Fellowship Hall
917 Harpswell Neck Road

Harpswell residents are invited to a new community drop-in event for coffee tea, muffins or scones along with conversation, and maybe even a creative activity! Come get out of the house to visit with old friends and make new ones this winter. No reservations required, just stop by!

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Afternoon Tea with Friends

Supermarket and Mare Brook Farm--and the list keeps growing. Kudos to all!

Our deepest thanks to everyone who worked to make this program a reality and a continued success.

Role Changes at HAH

We are so very lucky to have wonderfully gifted and selfless folks volunteering in all the administrative roles that make HAH such a success. Each of these special people contribute to keeping HAH functioning smoothly, keep us moving forward toward our goals and make it possible to support so many in our community. Several leadership roles in HAH. have recently shifted.

LeAnne Grillo has been tapped to Co-Chair the Steering Committee and Executive Committee as Bill Snellings steps down to focus on other areas of HAH and allow a bit of time for his personal life. LeAnne has been serving as Chair of the Communications Team for the past four years as well as coordinating the Kitchen Cabinet for Cooking at 43° North, which plans and implements the many cooking workshops hosted by this committee. She brings her solid background, competence, and good humor to these important committees. LeAnne and Lili Ott working together will be guiding HAH through the years ahead.

We want to welcome Robin Venditti Stoll as the new Volunteer Coordinator. Robin has the data experience and organizational prowess to jump right into her new role. Robin has been learning the ropes from Jay McCreight who has been serving in that position for over two years. Jay will continue to volunteer her time, continuing to support HAH in many other areas that demand her expertise.

As LeAnne has stepped out of the leadership of the Communications Team for her new position, Heidi Duncanson has stepped in as interim chair with the many committee members taking on additional responsibilities as well. Heidi has been a vital part of the Communications Team for two years now and brings her professional experience in marketing and communications to the role. Heidi also volunteers with the Food Team and is an integral part of the HAH network.

Thank you all for your leadership. Can't wait to see what 2026 brings to HAH and our community.

Wednesday March 18
2:00 - 4:00
Orr's Island Schoolhouse
1594 Harpswell Islands Rd

Like Mugs and Muffins, but in the afternoon! Come by for coffee, tea and baked goods along with conversation, and maybe even a creative new activity! Visit with old friends and make new ones. No reservations required, All are welcome to stop in.

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Women's Social Group

Thursday, February 19
1:00 - 3:00 pm
Elijah Kellogg Church
917 Harpswell Neck Road

It's Game Day! Harpswell Aging at Home's newly formed Women's Social Group will host a fun afternoon playing your favorite games. Whether it's cribbage, Rummikub, Scrabble or whatever –please bring your favorite game or try a new one! This group is open to women ages 55+ who live in Harpswell. Due to limited seating, registration is required.

Please email your interest to: **womensgroup@hah.community**

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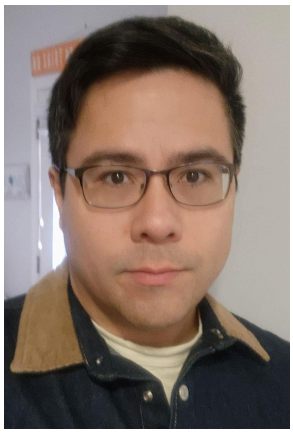
Thursday, March 19
1:00 - 3:00 pm
Cundy's Harbor Community Hall
837 Cundy's Harbor Road

The HAH Women's Group is hosting a ***CRAFT-A-PALOOZA*** this month! All Harpswell women ages 55+ (crafty or not) are invited to bring their current project to share and spend time together creating. Whether it's knitting, painting, basket weaving, etc. join us on March 19 for some fun, conversation and light refreshments. Due to limited seating, registration is required.

Please email your interest to: **womensgroup@hah.community**



Meet Carlo Rojas our featured HAH volunteer. Carlo came to Harpswell bringing many skills, sharpened during previous years working in media in the NYC area.

He found HAH through volunteering at the Orr's Island Library. Carlo has a passion for cooking and was happy to volunteer with Meals in a Pinch. His culinary creations have satisfied many recipients.

It wasn't long before his computer skills were tapped to help so many of us that struggle with hardware and software alike. He has joined the Technology Support Team and also volunteers in the Repair Cafe.

The HAH Technology Support Team is there for you for any technology needs you have. You might need help with setting up a computer, iPad, phone or laptop and Carlo (along with the other members of the team) have the skills to help. Whether you are transferring data from one place to another, wrestling with a software application or can't figure out how to get your audio to work, Carlo is your man.

Carlo regularly goes above and beyond, adding a real personal touch to what he does. He has been willing to help by getting on the phone with internet providers, to help sort out internet issues for folks.

One resident who was going through medical issues, needed help setting up 'My Chart' which handles personal medical information, test results and appointments . After he helped them set it all up and learn to easily use the software, they became friends and she is teaching him how to sew! That is what HAH is all about, making connections with others, offering help where ever it is needed.

Thank you Carlo for the care and support you are so willing to share.

Dr. Nirav Shah at recent WSG

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Cooking for Friends (With Friends)

Friday February 27
Friday, March 13, 27
12:00 – 3:00 pm
Midcoast Hunger Prevention Program Kitchen (Brunswick Landing)

Do you like to cook? Would you like to cook for a good cause? Join other Harpswell cooks in the 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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Free Sand

Need sand? The Town of Harpswell has free sand you can pick up at the town transfer station. Older residents may have sand delivered to their homes to guard against winter falls. The town provides the sand and our Deputies deliver it.

Residents may call for themselves or their older relatives to receive a 5-gallon bucket of sand with a waterproof lid. Sprinkle it around so you don't slip and fall on the ice.

To get a new bucket of sand or refill an empty one, call the non-emergency number for the Sheriff's Office: 800-501-1111 or 207-774-1444

HAH Steering Committee Update

reprinted from a *Harpswell Anchor* article by Lauren Keller-Johnson

All the best organizations regularly examine their strategies and refine or even overhaul them as needed to support their mission and vision. Harpswell Aging at Home is no exception.
Since its inception 10 years ago, HAH's mission — "A community-led organization committed to helping people thrive while aging at home" — has remained steadfast. Its vision also endures: "Harpswell is a town in which older adults can remain in their homes while living safe, engaged, and comfortable lives. They feel valued, empowered, included, and engaged with others in a connected, mutually supportive, multi-generational community."

HAH's leaders meet annually to consider whether its strategies need fine-tuning. HAH's overarching strategy centers on building an effective, sustainable organization; providing valued services to older adults; and partnering with other organizations. Four "pillars" support this strategy: programs and services, volunteer and staff development, partnerships and outreach, and financial sustainability.

For each pillar, HAH defines several goals. Take programs and services. To deliver maximum impact, HAH has set goals to identify emerging needs in the community, as well as support services and organizations that complement HAH's offerings. HAH committees then define their own goals to support the pillar-related objectives. For instance, the Communication Committee's

goals for 2024-2025 included boosting HAH's social media presence to reach clients' families and younger people.

Harpswell Aging at Home's annual strategy review presents a valuable opportunity to assess HAH's impressive strengths, including its trusted reputation, local partnerships, and large pool of volunteers with diverse expertise. HAH's leaders then consider how best to deploy these strengths to support the organization's mission and vision.

This year's strategy review was facilitated by Kellie Wardman, director of strategy, governance and leadership at DBD Group, a consulting firm serving nonprofits. Wardman helped participants analyze challenges facing HAH, such as potential burnout among volunteers and leaders. The group also identified new opportunities, including an increase in the number of people who want to volunteer and the potential to build on outreach so more people learn about HAH and use its services.

The discussion generated action steps for 2026. Among these are tactics for combating burnout among HAH's leaders. For instance, larger roles will be split into smaller, more manageable sets of responsibilities. Additional actions will promote more in-person interaction to enhance the sense of connection among volunteers; improve communication across HAH's committees to minimize duplication of efforts; and coordinate with the town of Harpswell to respond to emergencies, such as winter storms, that affect HAH's clientele.

Wardman was impressed by the scope of HAH's work, given that the organization is run entirely by volunteers. She was inspired by HAH's "entrepreneurial spirit" and collective commitment to serving the community.

In Wardman's consulting work, "many clients get an idea, make it work and then stick to it," she said. Things are more fluid at HAH, she said. Creative suggestions come from anyone, enthusiastic volunteers try them out, and new ideas grow into full-fledged programs.
Could this entrepreneurial spirit be the secret ingredient behind HAH's effectiveness? Its leaders, volunteers and clients, as well as objective observers like Wardman, might well answer with a resounding yes.

Stay warm and healthy, spring is almost here!

For more information about HAH
Visit our Website at www.hah.community
Email hah@hah.community or call 207-295-9088

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