A Volunteer Effort Focused On Older Adults Nourishes the Wider Community

Everybody needs a hand sometimes.

Dementia Caregivers' Support Group

Bereavement Group

Repair Café

TV Programming

Technology Support

Women's Social Group

Notes to Neighbors

Home Repairs

Listening and Hearing

"We gotta help our 'aging in place' neighbors."
2016

Rides to Town

Community Sharing Tables

Durable Medical Equipment (DME)

Community Partnerships

Friends Together

ROMEOs

Neighbors Connecting

Lunch with Friends

Cooking for Friends (with Friends)

Share Your Story

Mugs & Muffins

Meals in a Pinch

Partnership with Our Fishing Community

Intergenerational Programs

Cooking at 43° North

Blood Pressure Clinics

2026

Harpswell Aging at Home (HAH) delivers programs and services that help our neighbors thrive while aging at home.

This program came from the community for the community and is delivered by the community thru engaging volunteers. A few volunteers grew to many, involving existing volunteer organizations and town support, as trust and recognition of value grew. All participants benefit in this mutual aid model.

Scan to learn more about HAH online

Harpswell Aging at Home