



Harpswell
Aging at Home

October Events

7

HAH Blood Pressure Clinic

Wednesday, October 7 | 12:00-2:00pm | Cundy's Harbor Library

A volunteer nurse will conduct blood pressure and O2 saturation checks for Harpswell residents on a drop-in basis at no charge.

8

Cooking at 43° North: Wharf Tour

Thursday, October 8 | 2:45pm | Cundy's Harbor Community Church

Join Cooking at 43° North for a wharf tour. Observe lobsterman Matt Gilley's daily routine upon returning with his catch. If you elect, board his vessel for a short stint to his float where he stores his traps, bait and supplies. See firsthand how a commercial dock works. Attendees will meet at 2:45pm at the parking lot of Cundy's Harbor Community Church, 863 Cundy's Harbor Road, then walk to the wharf as a group. Reserve your seat by email to juliemoulton28@gmail.com or text Julie 207-330-5416.

8

Harpswell Women's Group: Emergency Preparedness

Thursday, October 8 | 4:00pm | Elijah Kellogg Church Fellowship Hall

Weather can change in an instant. Do you know what to do if an emergency should happen today? Join us for an emergency preparedness presentation with a knowledgeable speaker who will share practical tips on what to do in an emergency. All Harpswell women ages 55+ are welcome!

14

Harpswell ROMEOS: Candid Conversation with Dr. John Newby

Wednesday, October 14 | 12:00-1:30 pm | Orr's Island Schoolhouse

Men are invited to hear from Dr. John Newby, a Harpswell resident, who will help us understand dementia, Alzheimer's, life as a caregiver along with some interventions to slow or prevent Alzheimer's from his book "Brownies and Coffee." This event is free and includes lunch but registration is required. To register, contact Tom Mahoney at oldermeneatingout@gmail.com.

15

HAH Blood Pressure Clinic

Wednesday, October 15 | 12:00-2:00pm | Harpswell Town Office

A volunteer nurse will conduct blood pressure and O2 saturation checks for Harpswell residents on a drop-in basis at no charge.

22

Friends Together

Thursday, October 22 | 9:00-11:15am | Harpswell Town Office

The free Friends Together program meets on four Thursdays this fall. Each week will include an hour of chair yoga followed by a wellness information session. From 9-10am, Janet Alexander will lead Chair Yoga, a series of movement exercises accessible to all. From 10:15 – 11:15am, Maureen Higgins will introduce "A Matter of Balance," a free, 8-week Zoom course offered by MaineHealth addressing balance and mobility issues. Participants will gain confidence by learning to view falls as controllable, set goals for increasing activity levels, make changes to reduce fall risk at home, and exercise to increase strength and balance.

OVER>>>

Transportation to and from any HAH event is available by contacting
Kathe Mickunas at People Plus, 207-729-0757.

Email: hah@hah.community | **Phone:** (207) 295-9088 | **Web:** hah.community



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24

Repair Café

Saturday, October 24 | 10:00am-12:00pm | Harpswell Town Office

At HAH's Repair Café, get help repairing beloved or useful everyday items rather than throw them away. It is free and open to anyone, regardless of age or income. Bring your item and let your Harpswell neighbors lend a hand with these (and other) repairs: small electronics and appliance repair, lamps, wooden furniture, jewelry, sewing, and much more. If you have questions about an item you'd like to bring, please contact Martha Israel at marthaisraelhah@gmail.com or (207) 841-0949.

28

Mugs & Muffins with Friends

Wednesday, October 28 | 9:30-11:00am | Orr's Island Schoolhouse

Harpswell residents are invited to this community drop-in event for coffee, tea and snacks along with conversation, a jigsaw puzzle, and more.

29

Friends Together

Thursday, October 29 | 9:00-11:15am | Orr's Island Schoolhouse

Janet Alexander will lead Chair Yoga, a series of movement exercises accessible to all from 9-10:00am. From 10:15-11:15am, Ashley Butterfield, Executive Director of Bath-Brunswick Respite Care, will discuss "The Red Folder" with contingency-planning materials to help individuals and families prepare for unexpected situations and organize important information. The Red Folder is intended to be a practical, living document.

Ongoing

Sharing Tables - Free Fresh Produce

Wednesdays | 1:00-4:00 pm (or until produce runs out!) | Cundy's Harbor Church of the Nazarene, Elijah Kellogg Church, Orr's Island Library

HAH and partners Mid Coast Hunger Prevention Program, Merrymeeting Gleaners, and Harpswell Community Garden offer tables of contributed vegetables weekly through October. Please wait until 1 pm to arrive so our volunteers have enough time to put produce out. Anyone can leave vegetables for others as well.

Ongoing

HAH Support Group for Dementia Caregivers

For more information about this peer-led support group for dementia caregivers, and to register, please contact Martha Simpson at 631-678-2015, marthasimpson@comcast.net.

SOON

UPCOMING: Bereavement Support Group

HAH will be holding a 12-week bereavement support group starting soon. Interested individuals who have experienced loss are invited to call group leader Sarah Beneke for more information: (330) 414-4825.

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