



Harpswell Aging at Home – 2016 Annual Summary

Harpswell Aging at Home (HAH) is a community-led nonprofit organization committed to helping people thrive while aging at home. We're excited to tell you about our work and hope you'll join us!

In 2015, we assessed the needs of older adults in Harpswell. In 2016, we developed action plans to respond to those needs. HAH's strategy is to provide information, promote initiatives, mobilize volunteers, create connections and foster collaboration among older adults, caregivers and organizations to strengthen existing programs. We only build a new program if a need is not being met.

Our assessment showed that older adults did not know what resources are available to help them. To address this need, we created a "Senior Resources" list on the town's website, a "Senior Resource Guide" that is available at the town office and other public locations, and a website that also offers information about trusted home repair, home care and handyman/chores providers.

HAH is led by a Steering Committee of 16 volunteers and an advisory Executive Committee. Our work is carried out through a committee structure. Some committees help organize HAH as a whole, while others define action plans, recruit volunteers, and lead projects to serve older adults.

The **Communications Committee** has developed HAH promotional materials, created a database of volunteers and community groups, and built a communications strategy that uses articles, emails, TV programs, newsletters, a website and Facebook to get the word out about services and events. In 2017, they launched a new Seniors Connecting Program that provides weekly informational calls to older adults.

The **Budget and Finance Committee** has assessed the financial needs of HAH's work, created successful funding proposals and tracks the budget.

The **Food and Chores Committee** worked with partner agencies to promote and enhance food truck visits at the Town Office, host "Cooking with Friends" lunches for 25 older adults and a potluck supper for volunteers, and build a data base of available chores services for Harpswell residents. They are launching "Lunch with Friends" and looking for a leader to run a simple chores program.

The **Health and Wellness Committee** created a list of service providers and organized a Senior Health Fair, attended by about 40 participants, with speakers, flu shots and blood pressure screening and an adaptive tool table. They will host health-related educational programming in 2017, including caregiver support.

The **Home Repairs and Resource Committee** developed a list of trusted local contractors to help older adults find reliable contractors if they can afford to pay. They also collaborated with Habitat for Humanity 7 Rivers Maine and Bath Housing to provide volunteer home repair services to eight lower income home owners in Harpswell. They are committed to repairing 25 homes in 2017.

The **Socialization, Recreation and Education Committee** organized an older adult hike in cooperation with the Harpswell Heritage Land Trust. They will be hosting more events in 2017!

The **Transportation Committee** worked with People Plus to expand the Harpswell services offered by its Volunteer Transportation Network, recruiting 13 drivers and 28 resident riders. The drivers provided 162 rides for more than 2,500 miles, and Harpswell riders used 73 rides for more than 1,500 miles. We're also working with the town on a long-range plan to increase transit options.

HAH has mobilized more than 70 volunteers to work with these programs and has garnered the support of many private financial contributors and two foundations. HAH has even received national publicity for its home repair efforts! We will expand our programs of "neighbors helping neighbors" in 2017 and hope you will join us. Whether you're a leader or worker, we have a job for you!

Go to <http://www.hah.community/> for more information or call 207-833-5771.