



Harpswell Aging at Home

*Making Harpswell
Home for a Lifetime*

HAH Resources

Thanksgiving Dinner

In a Pinch

or

Meals in a Pinch

Every other Tuesday

Four fresh or frozen meals per person

Delivered

to those who meet the criteria

Contact

Julie Moulton at 330-5416
juliemoulton28@gmail.com
 Surrey Hardcastle at 833-0092
surreysh@comcast.net

Health and Wellness

Seniors Connecting

Contact Linda Strickland at
 Harpswell Town Office
 833-5771

Home Repairs

Contact Linda Strickland at
 Harpswell Town Office
 833-5771

Resources and Referrals

Contact Linda Strickland at
 Harpswell Town Office
 833-5771

Transportation

Contact People Plus
 729-0672



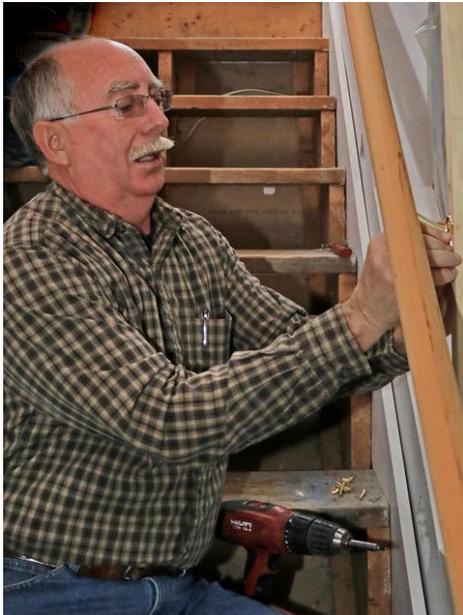
Volunteer, Don Miskill, prepares to deliver a meal.

Neighbors Helping Neighbors

It is no surprise that during this unprecedented pandemic everything is turned upside down. Holidays are coming, and instead of looking forward to gatherings with family and friends, we are left wondering how we will celebrate on a smaller scale. With a long winter ahead, some may be concerned about getting to medical appointments, or obtaining groceries, or doing repairs that have been put off for too long, or feeling lonely and isolated. The need is great, and that is where our neighbors are so valuable.

We are fortunate to live in Harpswell where neighbors look out for one another and offer to help when necessary. That is the mission of HAH, and many of those issues can be addressed.

Food Team Thanksgiving is just around the corner, and the Food Team has been busy organizing Thanksgiving dinner for those who find it difficult to cook. On Tuesday, November 24, HAH will be delivering Thanksgiving meals to Harpswell seniors who are unable to prepare a meal for themselves, or have difficulty obtaining food or have health issues (themselves or caregivers).



Volunteer Spotlight

Bob Gaudreau

In the spotlight this issue is Bob Gaudreau, a valued member of the Home Repairs team. Bob has been on the team since the beginning, and is essential to the work we do. He is described as a great team player. He has made valuable contributions as a result of years of experience in his construction business. He is not retired but takes Thursdays off to work with Home Repairs. The reward for him is knowing he has helped someone stay in their home, where they want to be.

His teammates say Bob has "selflessly shared his decades of construction knowledge and experience." Co-workers look to him for guidance. He listens to their suggestions and ideas, adopts some or explains why others won't work. "He has mentored us through each new challenging project with his ever-present humility and humor." He has even been known to consult his dog, Oscar. Thank you, Bob.

Further, if you meet the criteria above, you can sign up to receive four fresh or frozen meals delivered to your home every other week.

A heartfelt THANK YOU goes out to the Sheriff's Department for providing traditional Thanksgiving dinners to 20 Harpswell residents.

Health and Wellness The Seniors Connecting program aims to reduce social isolation through weekly phone calls. Currently, 21 seniors are being called to share information and for a friendly chat. Volunteers are also gathering ideas for safe activities to help residents through the winter.

Home Repairs This active team of skilled craftsmen is catching up on projects delayed from the spring, both inside and outside work. They are currently able to complete interior work following strict protocols to protect homeowners and volunteers. Work will be suspended temporarily for two weeks after Thanksgiving to reduce the risk of virus transmission.

Resources and Referrals If you want to know how to contact necessary services in the area, Resources can help. Contact them for information about socialization, help with caregiving, transportation, safety or other concerns. They can answer your questions or direct you to the answers.

Transportation Volunteers are available to give free rides to seniors who can no longer drive. HAH cooperates with People Plus in Brunswick. Contact them to sign up, 729-0672. Your driver will likely be a neighbor from Harpswell. Contact information is on the front page of this newsletter.

Be Alert for Scams: Be a Tough Customer

Recent publicity has reported scams targeted at local seniors. Be vigilant and wary of phone calls from unfamiliar numbers, people or organizations. Offers that require you to send money, or ask you for personal information such as credit card numbers, bank information, social security numbers, etc. are examples of scam techniques. Report any such calls to Sheriff Kevin Joyce at 207-774-1444 or joyce@cumberlandcounty.org

Survey Results Many thanks to all who completed the recent Harpswell Aging at Home questionnaire. It was finished by 168 people from all sections of Harpswell.

For more information about HAH
 Visit our Website at www.hah.community
 Email hah@hah.community or call 207-833-5771