



## Harpswell Aging at Home

*Making Harpswell  
Home for a Lifetime*

### Upcoming Event

#### *Cooking With Friends*

**January 19, 11 a.m. - 2 p.m.**  
**Cundy's Harbor  
Community Hall**

Share a meal with friends and take another meal home. Limited to 14 participants. Reserve your spot by calling the Town Office 833-5771.

### News Flash

#### **New HAH Website**

HAH has just launched our new website! Visit us at [www.hah.community](http://www.hah.community) to learn more about HAH, see the programs we offer, senior resources available, volunteer opportunities and more.

#### **Watch for HAH TV Program "Safe, Warm, and Dry"**

Airing soon on Channel 14, Harpswell Community TV, a program being prepared for winter and the emergencies it can present.



## HAH Home Repairs Team *Pilot Project Complete*

Our Home Repairs team completed a five-home pilot project with Habitat for Humanity/7 Rivers (HFH/7R). Funding was received for home repairs and weatherization on three additional homes for 2016, and the team is currently working on these homes. The pilot project successfully demonstrated the low cost and high effectiveness of a community-based organization using experienced volunteers to address home repair needs to allow Harpswell older adults to be safe, warm, dry, and comfortable as they age at home.

Under a new, long-term partnership with HFH/7R and the Town of Harpswell, the team will continue offering home repairs and weatherization at no cost to low-income, older Harpswell residents who cannot afford to pay for this work. Their goal is to repair and weatherize 25 more homes in 2017. If you, or anyone you know, needs this service, contact Linda Strickland at the Town of Harpswell (207-833-5771).



## Did You Know...

### **HAH Needs Volunteers**

We need volunteers to create and edit videos, and serve on committees. There are also opportunities to respond on an as-needed basis, such as picking up groceries or shoveling snow.

The rewards of being a good neighbor are many. Time commitments can vary based on your schedule.

For more information, visit our website and download our volunteer form, call Charlene Boulais at 207-406-2743, or email [hah@hah.community](mailto:hah@hah.community).

### **New HAH Health and Wellness Referral List**

As we age, our need for health and wellness services increase. The list is available on our website under Senior Resources at [www.hah.community](http://www.hah.community)

## **Vouchers for Coats for Seniors Now Available**

Now that the weather has finally turned cold, Harpswell seniors-in-need may reap the benefits of Maine Association of Area Agencies on Aging "Coats for Seniors" project. Through the generous donations of Harpswell residents, HAH collected a total of 102 gently used coats and donated them to Goodwill. Liz Bouve said, "As the pick-up-and-deliver gal, I was very impressed with the quantity and quality of the coats. Harpswell folks always come through."

As part of the "Coats for Seniors" program, Goodwill will provide a voucher to an older adult in need of a free winter coat. The vouchers, which are available at the Town Office, allow the senior to go to Goodwill and select his/her own coat. Many older adults are reluctant to ask for a voucher. If you have a neighbor or friend in need of a winter coat, you can collect the voucher for them. If they need a ride, perhaps offer them transportation/company to use the voucher.

## **New Program -The Communication Connection**

To reach older Harpswell adults who don't have access to email, or who use email infrequently, we are launching a new neighborly calling program this month.

An HAH volunteer will make a weekly call to an older resident interested in receiving information on available senior resources and other relevant topics. This is a great opportunity to learn about resources, have questions answered, and meet a new neighbor.

If you are interested in receiving a call, or being a caller, contact Charlene Boulais at 207-406-2743

**For more information about HAH**

**visit our Website at: [www.hah.community](http://www.hah.community)**

**email [hah@hah.community](mailto:hah@hah.community) or call 207-833-5771**