



Harpswell Aging at Home

*Making Harpswell
Home for a Lifetime*

Calendar of Events

LUNCH WITH FRIENDS

Meals are open to everyone and begin at noon

Merriconeag Grange

February 14
March 14

Bailey Island Union Church

January 22, 29
February 5, 12, 19, 26
March 5, 12

Orr's Island Schoolhouse

March 19, 26

CABIN FEVER BREAKOUT

Fundraiser for HAH

Mark your calendars

Thursday, March 21
Cook's Lobster and Ale House
11:30am to 8:00pm

Educational Offerings

The Health & Wellness Committee has many programs of interest. Check them out on the town website. Go to www.harpswell.maine.gov and click on Services, or for more information, contact hah@hah.community



CELEBRATING...

How HAH Has Touched the Lives of Harpswell Seniors

In their own words, here are some comments from clients (limited only by space available):

"What Harpswell Aging at Home did for my sister and brother-in-law was so wonderful. I can't begin to tell you how much we appreciated everything; home repair work, finding resources for them, and so much more. It made such a difference in her final year."

"The wonderful work you did on our house has made such a huge difference. You helped make our house a home again, and we really appreciate that. Thank you so much!"

"You even fixed things that I didn't know I needed fixed. You have given me many hours of enjoyment in my home. Thank you."

"I loved taking a meal home. I live alone and am somewhat isolated. Having a home-cooked meal was a welcome treat."

"If it weren't for HAH, I would not be able to remain in my home. The meals were a godsend."

"I've had wonderful experiences with the drivers who are friendly, competent, and fun to talk to. These lovely people have been a blessing for me."

"You gave me the kind woman who calls me every week to talk and gives me so much support."



Volunteer Spotlight

Margaret MacDougal

In this Issue we feature Margaret MacDougal, also known as Margie, in the volunteer spotlight. Margie has been a HAH volunteer for two years and serves HAH in two ways. She began as a volunteer for the Resources team and still meets with clients served by Home Repairs. She enjoys sharing information about HAH services and helping seniors connect with helpful resources.

Her other work with HAH is through Seniors Connecting. She calls two seniors each week to check in. At times, the client just appreciates a friendly voice, or she/he may have a health concern or need to know about a specific service, such as heating assistance or food access. Margie also shares seasonal health tips that may be useful.

What Margie most enjoys about volunteering is the opportunity to meet people she would not know otherwise. The connection with seniors and their gratitude are rewarding. HAH is fortunate to have her on the team. Thank you, Margie, for all you do.

Why We Volunteer

Comments from HAH volunteers (limited only by space available):

"HAH is an avenue to give back, in our own back yard, to people we know and care about. The folks we help want to stay in their own homes as long as remotely possible."

"Brings me in touch with people I might never have met otherwise. I find the efforts to be rewarding and humbling."

"I get a sense of purpose and meaning when I'm helping others by doing something they need and can't do for themselves."

"It's about connection to others and contributing to community."

To volunteer, email HAH at volunteer@hah.community

HAH Receives Spirit of America Award

On November 13, 2018 Dave Brown, Co-chair of HAH, and Hollie Vanderzee, Communications Committee Chair, accepted the Spirit of America Award on behalf of HAH at a ceremony in Portland. These awards are given to communities, organizations and individuals who have demonstrated outstanding community service. HAH is proud of the many volunteers who have made this achievement possible. Together, we are part of helping HAH reach the goal of helping seniors thrive while aging at home. Thank you for your dedication and commitment to our mission.



Dave Brown, center, and Hollie Vanderzee, right, accept the Spirit of America Award from Stephen Gordon, County Commissioner for Cumberland County

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