



# Harpswell Aging at Home

*Making Harpswell  
Home for a Lifetime*

## Calendar of Events

### MEALS IN A PINCH

**November 9 and 23**  
**December 7 and 21**

Four fresh or frozen meals per person

**Delivered to those who:**

**Do** not consistently prepare meals for themselves

**Have** difficulty obtaining food for practical or financial reasons

**Have** health issues (themselves or caregivers) that make proper meal preparation difficult

**Contact:** Julie Moulton at [juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com) or 330-5416

### THANKSGIVING MEALS

Will be given to recipients of Meals in a Pinch on November 23.

In addition HAH is working with the Sheriff's Department in their annual distribution of Thanksgiving meals. Contact *Surrey Hardcastle* at [surreysh@comcast.net](mailto:surreysh@comcast.net), 833-0092

### SNACKS WITH FRIENDS

**December 14 at 2:00 pm**  
**Everyone is welcome**

At 923 Harpswell Neck Road  
Bring a chair and a blanket.  
Snacks will be cookies, cocoa, and cider around the outdoor firepit. Sponsored by Harpswell Neck Fire and Rescue.



*The Home Repairs Team is standing by and ready to work on their next project.*

## HAH STAYS ACTIVE in SPITE of COVID

*CDC guidelines are followed*

**Home Repairs Team** The pandemic required flexibility of the Home Repairs (HR) team but the need of residents for their services remained constant. Linda Strickland at the Harpswell Town office processed 20 applications during the summer and fall and 15 projects were completed. They are currently working on four projects with three additional jobs in the queue. The HR team has 12 to 15 volunteers who work as partners with the Town of Harpswell and Habitat7Rivers. The town processes the applications and Habitat funds the materials. This energetic and upbeat team loves what they do. They want to help their Harpswell neighbors to age at home in an environment that is as safe, warm, comfortable, and energy efficient as possible.

**Health and Wellness** This committee has been busy and creative during these difficult times. In addition to weekly phone calls, there is now technology help



## Volunteer Spotlight

### Cindy and George Mudford

In this issue, the spotlight shines on Cindy and George Mudford who volunteer for the Food Team and Meals in a Pinch. They moved to Harpswell two years ago and wasted no time getting involved. They found HAH just as the pandemic began and have made a significant contribution. They were looking to meet people and make friends and they did that and much more. They found joy and satisfaction in how the Food Team prepares meals with care, attention to detail, and consideration of the recipients likes and dislikes. They saw the smiles and appreciation when the meals were delivered. More than that, they found community and a fantastic team. According to Surrey Hardcastle, Food Team chair, "George and Cindy were two of seven packers who were there every week, doing whatever needed doing at the time. They are a delight to work with, upbeat and more than ready to help out. I am not sure what we would have done at this crucial time without them"

Newsletter compiled and written by Connie Bryon

available. If you have trouble remembering passwords; have files or pictures you would like to organize; or have a program giving you problems, the Health and Wellness (HW) committee can help. HW also wants you to be aware of the Senior Health Expo online November 12, 2021. HAH has a video that will be aired during this event. In addition, they are looking for volunteers to write a few cheery notes a month to send to neighbors or be placed in the Meals in a Pinch packages. For more information call Gayle Hayes at 207-522-8841 or [ghays1949@gmail.com](mailto:ghays1949@gmail.com).

## VOLUNTEER APPRECIATION EVENT by LeAnne Grillo

HAH's volunteers are very special. To recognize these amazing people for what they contribute to our community, especially during this incredibly challenging year, HAH hosted a volunteer appreciation event on Sunday, September 19. The weather was spectacular and over 90 people came out to join the celebration. So much has been accomplished over this last year despite the pandemic and people were ready to see each other, and reconnect. Each volunteer received a special HAH volunteer travel tumbler as a reminder of their hours of service. The food was catered by Simply Susie and the crowd was treated to remarks from each of the HAH committee chairs and HAH's Steering Committee Chairs. We also had the pleasure of seeing HAH co-founder, Dave Brown, recognized by Governor Mills through a proclamation presented by our State Representative Jay McCreight, for all his work over the last five years. All had a wonderful time and it was inspiring to see so many of our volunteers who really make this community a home.



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