



Harpswell Aging at Home

*Making Harpswell
Home for a Lifetime*

Calendar of Events

MEALS IN A PINCH

February 1 and 15
March 1, 15 and 29
April 12 and 26

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

Have an emergency need

Contact: Julie Moulton at
juliemoulton28@gmail.com
or 330-5416

CANDY MAKING **Cooking at 43° North** **February 7 at 4 PM via Zoom**

Just in time for Valentine's Day! All Harpswell cooks are invited to watch Melinda Richter, founder and owner of the Island Candy Company on Orr's Island, demonstrate how to make three easy recipes: Bark, Peanut Brittle, and Truffles. Learn about the use of thermometers, different kinds of chocolate, and the gentle art of tempering, enabling your full enjoyment of the flavor.. Email Julie Moulton above to sign up.



Food Team members pose as Santa's elves before filling Meals in a Pinch orders in December.

Meals in a Pinch Keeps Harpswell Healthy and Well Fed

Food Team follows CDC Guidelines

What is Meals in a Pinch (MIP), you ask? This program was conceived and developed by the HAH Food Team, led by Surrey Hardcastle, in an effort to help our neighbors in Harpswell have access to nutritious meals. It began on a small scale providing takeout meals at Lunch with Friends. When Covid-19 entered our world, the Food Team transitioned to Meals to Go and served 170 people a week from January to June. The Food Team then felt the need to transition again and reach those who had a need and the requests for meals has grown dramatically. In January and February of 2021 an average of 29/30 people received meals. By November and December, the average was 45 people per event. These meals are prepared by volunteers, packaged and delivered to the home by volunteers every other Tuesday. Members thought it would be temporary, but three years later the program is busier than ever.



Volunteer Spotlight

Denise Perry

In the Volunteer Spotlight this issue, HAH recognizes Denise Perry. A native of Harpswell, Denise does not belong to any team or committee. Yet she finds numerous ways to support HAH. Her most recent was Walk for a Cause. She says that she loves walking and being out in nature and when she heard that the Merriconeag Fund was offering a matching grant for donations up to \$10,000 it was a “no brainer”. So in the month of December, she walked daily for HAH. On her Facebook page she described the sights, sounds, and feelings she encountered with instructions on how to donate. She also helps MIP by setting up the Sharing Table each week. She calls herself a “spread the word “volunteer. She prepares the newsletter for the Kellogg Church and connects with other organizations to promote the activities of HAH. Thank you, Denise.

Important to know is that MIP is available to support ANY person aging in Harpswell. There is no income requirement, only the realization that we all need support some times. Many people receive meals temporarily after surgery or illness. Sometimes a caregiver just needs a break or a helping hand. In an emergency, meals can be delivered the same day. Food prepared and delivered takes into account special diets including meals for people who are diabetic, gluten free, vegetarian and others. They also consider preferences. So if someone dislikes sweet potatoes, or tomatoes, or “fancy” food, or any other, the packagers will be sure to honor that choice.

Another important consideration is the privacy of the individual. Recipients may have a neighbor or family member pick up their food. Sometimes MIP does not even know the names of recipients. Individuals can sign up or opt out anytime. The most important thing is that the need for meals is met. It gives the cooks great joy to cook for their neighbors. Those who deliver the meals look forward to greeting the recipients and often form close relationships. In short, it is a win/win for all.



FireSide Snacks with Friends

On December 14 the Food Team held an event cosponsored by Harpswell Fire and Rescue and the Harpswell Anchor. Representatives were among those who enjoyed cookies, hot cocoa and cider, as well as the opportunity to socialize with neighbors.

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