



Harpswell Aging at Home

*Making Harpswell
Home for a Lifetime*

Calendar of Events

MEALS IN A PINCH

July 6 and 20
August 3, 17 and 31
September 14

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 or 330-5416

SHARING TABLES

Every Wednesday, 1:00 until gone
Fresh produce at no charge from Merrymeeting Gleaners, and local gardens at Cundy's Harbor Nazarene, and Elijah Kellogg Churches, and Orr's Island Library

43°N SUMMER SWAPS

Salads

July 28 6:00 PM
St Katherine's Church
Parking Lot on Mountain Road

Dishes Made with Summer Produce

August 25
Time and place to be determined
Prepare six individually packaged servings. One is for Meals in a Pinch, five to swap with others.



Seniors enjoying Snacks with Friends at Mackerel Cove in June

Cooking at 43° North

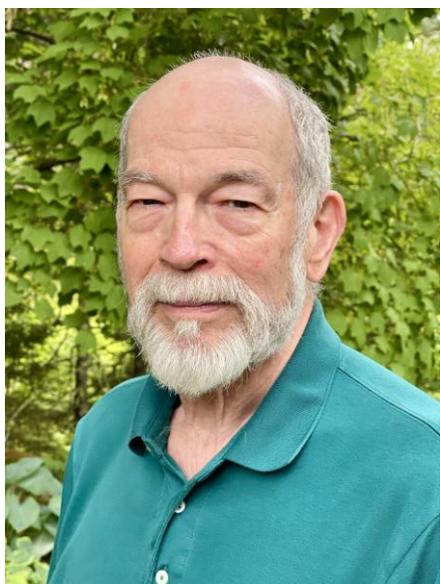
New Food Group Open to Any HAH Cook

The HAH Food Team continues to come up with new ideas to bring people together. The newest is Cooking at 43° North. This grew out of the changes required by Covid-19. Cooks who were used to gathering to prepare or serve for Lunch with Friends, put their heads together and came up with a way to stay connected and stay engaged with HAH. Several met to form the "Kitchen Cabinet" to manage and organize the various activities. Members describe it as a grand experiment and it has taken off.

The goal of the group is to reach cooks who have been part of the Food Team and to offer a variety of activities either virtual or in person as restrictions are lifted.

One of the members, Isabella Mastroianni, suggested the name because 43° North is Harpswell's latitude. Isabella is also a professional chef and baker who has done some demos such as making pie crust and laminated dough, as in croissants. These demos can be viewed on Harpswell TV.

One of their first efforts was a Zoom gathering where everyone "shared" a dish that represented their family, their heritage, or their style of cooking. That was an



Volunteer Spotlight

Dave Brown

In the Spotlight this month HAH recognizes Dave Brown as he steps down from the position of co-chair of the Steering Committee. Dave has been involved with HAH since its inception; since the first survey went out over six years ago. He worked initially with Jess Maurer of the Maine Council on Aging through the assessment of needs process and the planning for a new organization to be called Harpswell Aging at Home. After many years working with non-profit organizations, he was well suited for this role. Organizational development is Dave's strength and he led the hard work of bridging the good ideas and data gathered to the formation of HAH. He took the enthusiasm, tempered with what was achievable, set priorities and created a structure to meet the goals.

For the past few years, Dave has been co-chair with Lili Ott and she shared her thoughts on Dave's calm driving force that kept HAH on an even keel. Thank you, Dave

opportunity to talk about the significance to them. They each then shared the recipe that has been collected in a Google drive folder.

Another event involved a challenge where cooks were given a "mystery basket" that included a list of five ingredients for them to use in a recipe. Cooks were inventive and had great fun being creative. Next came "Swaps" where each person made six individual portions of a dish keeping to a theme of salads, stews, soups. At a designated time and place, cooks met up and opened their trunks. One dish went to Meals in a Pinch and five were swapped with other participants.

Their most recent efforts were two Snacks with Friends events, in May at Mitchell Field and June at Mackerel Cove. This was a way of testing how to get back to Lunch with Friends in the fall. Both events were well attended and the snack options appealing and tasty. Look for more from this talented and energetic group such as the two upcoming "Swaps" listed on the front page.

On a final note, organizers want to make it clear that this is not a group in the usual sense. Anyone who wants to join can. Even if you are not a foodie or much of a cook you are still welcome to join the activities. Contact LeAnne Grillo at leannegr@earthlink.net or 781-290-7656.

Health and Wellness

If you are experiencing issues with your computer, need help remembering passwords, or help organizing documents and photos, that help is now available. Call Gayle Hays at 833-2850 or 522-8841 for assistance on weekends.

In collaboration with HAH's Health & Wellness Committee, Harpswell TV offers programming geared to seniors from 3pm-4pm Monday through Saturday, Channel 14 cable, or 14.1 with antenna.

Food Team Volunteer .

With plans shaping up to return to Lunch with Friends this fall, the Food Team is in urgent need of a volunteer to help set up the sandwich board signs. The job entails setting up signs in two locations; placing letters on signs and changing them as needed, one or two times a month. Signs are a bit heavy and awkward and it is easier to pick them up to change the lettering in the garage before returning them. Contact surreysh@comcast.net

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