



Harpswell Aging at Home

*Making Harpswell
Home for a Lifetime*

Spring Events

MEALS IN A PINCH (MIP)

Every other Tuesday

May 11, 25

June 8, 22

July 6, 20

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

SNACKS WITH FRIENDS

A cooperative effort with the
Town of Harpswell and the
Harpswell Heritage Land Trust

Tuesday, May 18, 4:00 pm

Mitchell Field

(Rain date Thursday, May 20)

Wednesday, June 9, 2:00 p.m.

Mackerel Cove

(Rain date Friday, June 11)

Open to all

Bring a lawn chair and mask
Snacks and beverages served

To contribute food contact
Julie Moulton (see above)



Tina Phillips (left) demonstrates a technique for improving balance to Lorraine Berté in an upcoming program on Falls Prevention

HAH IS ON THE AIR

TV Programming for Seniors

The HAH Health and Wellness Committee has been creative and active with ideas to relieve social isolation for seniors in this time of COVID-19. One you may not know about is a collaboration with Harpswell TV. Two types of programs are offered from 3 to 4 pm, Monday through Saturday.

The first is the Senior Safety Spotlight with a goal of helping seniors to be safer in their homes and their community. A program with Jay McCreight on scams was presented and is still available if you missed it. A program on the prevention of falls is in the works and will soon be shown. Most falls happen at home and Harpswell has a higher percentage among seniors than elsewhere in the state. While we all feel we know how to keep from falling, we can still benefit from a few reminders and tips. Watch for news on this topic.

The second type of program is titled "Senior to Senior." This is an opportunity for people in the community to share their interests, experience and expertise. One of the



Volunteer Spotlight

Maura Donovan

In the spotlight this issue is Maura Donovan, a member of the Health and Wellness committee. Maura, along with H&W chairperson, Gayle Hays, were searching for ways to relieve social isolation among seniors. The result is the very successful Traveling Tales program.

Maura is a life-long lover of books who works at the Orr's Island library. She was eager to manage the program, and Gayle says that she has done a fabulous job. She is creative, industrious, and knows books and genres. She is readily able to match books with the interests of the senior.

The program began as a pilot with Seniors Connecting and Meals in a Pinch. As a result, twice a month, 12 seniors received a bag of books, puzzles, games, and magazines. Maura delivered many of them throughout Harpswell. Stay tuned for more to come from this energetic woman. Thank you, Maura.

presentations was on Sustainable Fishing with Ed Robinson. Susan Ferraro demonstrated her hobby of rug hooking. Robert McIntyre has shared his expertise on Heritage Apples. Coming up is the reading of a new children's book by a Harpswell author, conversation with other artists and writers, and discussions with locals on town and regional history. Most of these programs will air again so if you miss something the first time you can catch it later. You can tune in to Harpswell Community TV at Channel 14 on cable, or 14.1 on an antenna.

HAH Receives Two Grants

The Maine Women's Giving Tree, a philanthropic organization that supports quality of life initiatives for women, children and families in Mid-Coast Maine awarded HAH a grant of \$5000 to continue the food programs of providing meals to Harpswell seniors. The Bowdoin College Common Good Grant awarded \$2500 also for the food program. Both grant programs noted the high number of requests this year and remarked on the effectiveness of Harpswell Aging at Home's response in meeting the changing needs brought on by Covid-19. These grants will help with the added costs of supplies and packaging, among others. Many thanks go out to these community partners as well as the Food Team and the hundreds of volunteers who make the program possible.

Gardens Abound

Two opportunities for gardeners are available this spring. **Harpswell Community Garden** at Mitchell Field is looking for a part-time Garden Assistant with organic gardening experience. Job description and application forms are available at the Town Office, or online at harpswell.maine.gov/

Container Gardens for the Community is a collaboration between Harpswell Aging at Home and Harpswell Heritage Land Trust. Many vegetables can be grown successfully in pots, which can be placed on a deck or in the yard and are easily cared for. We want to share these healthy and delicious joys of summer with people of all ages and abilities Options include: cherry tomato in a five-gallon pot; green beans in a five gallon pot; culinary herbs in a rectangular window box; salad greens in a rectangular window box. Reserve your free container by email hah@hah.community or call 207-330-5416. Limit two per household will be delivered late May or early June.

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