

Harvest Years

1977



2017

Senior Center

30 SOUTH STREET, CAMDEN, DE 19934

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HOURS

Monday - 8 AM - 3 PM
Tuesday - 8 AM - 3 PM
Wednesday - 8 AM - 3 PM
Thursday - 8 AM - 3 PM
Friday - 8 AM - 3 PM

Closed Saturday & Sunday

Harvest Years Senior Center, Inc. Board of Directors 2018

Richard Reynolds.....President
Don Blakey.....Vice President
Linda McDonald.....Treasurer
Don Dean.....Secretary
Tom Bones.....Executive Director

Board Members: Vivian McDonald,
Dick Bewick, Barbara Morton, Joan Schwartz,
Judie Burke

Next Meeting: February 22, 2018

Harvest Years Monthly

FEBRUARY 2018
VOLUME 16 - ISSUE 2

302 698-4285 - Website: <http://harvestyears.org>

1977 Celebrating 40 Years 2017



Our Sincerest Thank You to All Who Contributed to our Annual Giving Campaign

George & Mary Marasco
Frank & Paula McSweeney
Delores Adkins in Honor of my Family
Ennis & Eva Hightower
Irv Katz & Mary Nowacki
John & Patricia MacDonald
Clay & Ann Jester
George & Ginger Warnecker
Delores Rossetti in Memory of Daniel Rossetti
Linda Bond in Memory of Dan Rozetti
Dan & Karen Bailey
Avis Triplett
Charlotte Martinson in Memory of Perry Martinson
Mildred Perry
Theodore & June Dawson
Katherine Chalmers
Hannah McLennan
Richard & Donna Chappell
Alberto & Yolanda Sanchez
Claire Murray
Bill & Kathy Brennan in Honor of Billy Brennan
Newcomer's Club
Eileen Tuthill
Elizabeth Wharton
Mary McCowan
Derek & Ruth Ann Leister
Janice Fasano in Memory of Angelo Fasano
Carl & Pat Donophan
Bill Berryhill
Jonathan & Robin MacFadden
Brenda Parisi
Kenneth & Ruth Jones
Katherine Keller

Happy "February 2018" Birthdays

1 Bonnie Jo Hamilton

1 Anne Noyes

1 Marie Wright

2 Ofelia Claros

2 Don Witmer

4 Barbara Carcanague

5 Donald Blakey

5 Kathy Elliott

5 JoAnn McDaniel

6 Virginia Broussard

6 June Myers

6 Paul Shay

6 Bertha Young

7 Delores Blakey

7 Martha Collins

7 Linda Ferriner

7 Chris Hertz

8 Russell Jordan

8 Flora Leggins

8 Marion Maly

9 Clarethia Ellerbe

9 Victoria Livingston

11 Louron Styers

12 Linda Dowlin

12 Charlotte Fitzwater

13 Michael Abella

13 Lillie Harris

13 Lillie Mae Harris

13 Ben Shockley

13 Anthony Woolford

15 Helen Causey

16 Barbara Badger

16 Betty Slack

16 Helen Wagner

17 Sandi Billings

19 Gene Hobbs

19 Ellen Jordan

20 Nancy Armour

20 Sheryl Ann Ford

20 Dorothy Kelly

20 Mary Jane McCowan

21 John Stanford

22 Larry Cheng

22 Diana Stevenson

23 Dorothy Gampp

23 Beverly Phipps

23 John Rohland

24 Judith Burke

25 Janice Fasano

25 Carl Harlacker

26 Mary Jane Bell

26 Darryl Gustafson

27 Michael Kissi

27 Michael Warnecker

29 Julia Errera

29 Joanne Henning

And Many Happy
Returns

*****PLEASE BE SURE TO CALL - (302) 698-4285*****

PLEASE MAKE YOUR (RESERVATION) FOR A FREE BIRTHDAY LUNCH

We invite you to a **BIRTHDAY LUNCH** here at Harvest Years as part of your membership. HOWEVER, you must attend the **BIRTHDAY CELEBRATION** on our "**BIRTHDAY DAY**" which is always the **third** Thursday of each month. You must "eat-in". You may not "take-out" the free meal. If you do not see your name on the list of names for **February** it may be because you are not current with your annual dues and are not eligible for a free birthday lunch. If you think we have made an error do not hesitate to see Tom or Diane..... **HAPPY BIRTHDAY and Thank You...**

LUNCH IS SERVED DAILY MONDAY THRU FRIDAY 11:30 AM - 12:30 PM

YOU MUST CALL HARVEST YEARS SENIOR CENTER TO MAKE YOUR LUNCH RESERVATION by 10 AM. LET US KNOW IF YOU WILL BE CELEBRATING YOUR BIRTHDAY WITH US PRIOR TO FEBRUARY 20, 2018 PLEASE CALL (302) 698-4285.



TAX TIME IS HERE

FEBRUARY - APRIL 2018

AARP TAX-AIDE FOUNDATION VOLUNTEERS

**WILL BE AT HARVEST YEARS SENIOR CENTER
30 SOUTH STREET, CAMDEN, DE**

ON TUESDAY AND THURSDAY MORNINGS ONLY

Beginning Tuesday, February 6th and Ending Thursday, April 12th

From: 9 A.M. - 12 NOON

CALL: 698-4285 For More Information & Schedule an Appointment

FROM YOUR EXECUTIVE DIRECTOR
TOM BONES

GROUND
HOG
DAY



Happy Ground Hog Day
February 2, 2018

I hope February finds you keeping warm and cozy, and beating the Winter blues and the Winter bugs!! The Harvest Years has a "lovely" month of special events planned for you! So bundle up and come on in!

Join us on Tuesday for our Annual Valentine's Day Party featuring Gail and John as they help us swing into the spirit of Valentine's Day. Great music, food and lots of fun are in store for us. On Wednesday, February 14th grab your sweetheart, or meet one here, and join us for some more good food and fun to celebrate your special Valentine. Wear your red, pink, Valentines best!

February 16th will be our 1st ever **SOUP DAY!** Stop in and sample several different soups and purchase one of your favorites to take home to enjoy! If you have a favorite soup and would like to donate it for this event please let us know.

February also kicks off tax season! We are again fortunate to host AARP and their Annual Assistance Program for all of your filing needs. Beginning on Tuesday, February 6th and continuing through Thursday, April 12th, AARP will be setting appointments on Tuesday and Thursdays to help you complete your 2017 taxes. Please stop by or call our reception desk to set up your appointment to take advantage of this free service.

Very Important: The Harvest Years Annual Membership dues were due to us as of January 1, 2018. If this has been overlooked, please stop by or call as soon as possible so that we can keep your membership up to date. We do not want you to miss anything!

I am asking each of you to join me thanking all of our fellow members and neighbors throughout the Camden/Wyoming community for all of their support during our **Annual Giving Campaign!** Our campaign for 2017 was a huge success. **Your continued generosity throughout the years is deeply appreciated.**

Stay warm and please be sure to check for any center closings or delayed openings due to winter weather.

Stay Safe! Tom



Activity Notes by Diane Amoroso



Valentine's Day
Is a wonderful way
To make "I love you"
Easy to say.

A Valentine is nothing like
A chocolate or a rose.
For in a week these shall be gone,
But Valentines remain.

If love were always sweet to tongue
Or fragrant to the nose,
Each day would be like Valentine's,
And we would go insane.

A Valentine just hangs around
Waiting to be kissed
Long after special days have passed
And every days are here.

So one is wise to choose one well
And chocolates to resist.
For in the midst of mania
It's nice to have one near.



Winter Weather Alert

Winter weather will soon descend on us. Please be sure to listen to your radio (WDSD or Eagle 97) or check WBOC stations or websites to be certain the Center is open if inclement weather hits. You may also call the Center at (302) 698-4285 before you head out. If we are closed I will post a message on the phone service. We will also post notices on the HYSC Facebook page. If you haven't "liked" our page yet, be sure to do so!!

"SAFETY FIRST"

THE ARK ENCOUNTER And CREATION MUSEUM

September 10 - 14, 2018

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accommodations, 3 breakfasts,
4 dinners, which includes the
Captains Dinner Cruise on the
Ohio River,
Admissions to Ark, Creation Museum
and much more!
Call Diane for full itinerary and
pricing.**

302 698-4285

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Museum. So much to see.
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and Pricing***

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\$15 for AARP members

\$20 for non-members

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Call Roger at **302-697-1933**

or visit www.aarp.org/findacourse

Harvest Years Report, February, 2018

Brian J. Bushweller, State Senator, 17th District

Senior Centers and the 2019 State Budget: Follow the Money

Last month I wrote about the 20% cut the General Assembly imposed on Delaware's senior centers in this year's 2018 budget. I emphasized that the 20% cut was real and that it had a real impact on senior services. Senior centers were increasing their fees and asking for greater volunteer donations.

Many seniors are very concerned and want to see this 20% cut restored in next year's budget. Maybe there could even be a little boost in funding to help senior centers provide continued, high quality services. Several readers have asked how they can "follow the money" as the Legislature develops the 2019 budget. Here's some basic information.

The committee that builds the budget is the Joint Finance Committee. The JFC begins its process on Tuesday, January 30 at 10:30 AM in the basement level JFC Hearing Room in Legislative Hall. Through February and into early March, the JFC first gets updates on anticipated tax revenue to the State and then hears presentations from all State agencies about their needs for the next year. Very few actual decisions are made at this time. This is mostly information gathering.

All JFC hearing are open to the public. If you have an interest in a particular agency, you can find when that agency will present to JFC by going to <https://legis.delaware.gov/Committee/JointFinance>.

In mid-March, the JFC suspends its daily hearings and the entire General Assembly reconvenes. Over the next three months, members of the JFC – in fact, all Legislators - hear from constituents and advocacy groups about budget issues they are concerned with. This is a great time to make your views known to your own Legislators about senior center funding and other issues. From time to time, the JFC has formal meetings during this period to continue its process and to receive updates on anticipated revenue. You can continue to follow these meetings by going to the same web address as above.

Toward the middle of June, the JFC starts to meet more regularly, looking at its deadline of June 30 for the final budget, with all meetings posted at the above web address. It's at this time that senior center funding starts to come into focus, along with funding for volunteer fire companies, veterans' organizations and other non-profit organizations.

By the time we get to the middle of June, whether there is money to restore the 20% cuts will depend in large part on how much money we have appropriated to regular State agencies and to new programs. That's why it's important for people who have opinions on these matters to make those opinions known in March, April and May.

If you agree with me that senior centers like the Harvest Years Senior Center provide important services that greatly help sustain the quality of life of Delaware seniors, I suggest you pay attention to the budget process and make your opinions known to your Senators and Representatives. They really do want to know what you think.



- FEBRUARY 2018 MENU -

Monday	Tuesday	Wednesday	Thursday	Friday
	<p align="center"><u>REMINDER</u></p> <p align="center"><u>ST. VALENTINE'S DAY PARTY</u></p> <p align="center"><u>TUESDAY, FEB. 13th</u></p> <p align="center"><u>10:30 A.M.</u></p>	<p align="center">CALL EACH DAY TO ORDER A QUART TO TAKE HOME & ENJOY</p> 	<p>1. Hawaiian Chicken Scalloped Potatoes Lima Beans Bread or Rolls Chocolate Pudding</p>	<p>2. <u>GROUND HOG DAY</u></p> <p>Tomato Soup Grilled Turkey Sandwich Pickles/Chips Assorted Desserts</p> 
<p>5. Chef's Salad Ham, Turkey, Cheese, Egg, Lettuce, Tomato Sweet Roll Sherbert</p>	<p>6. Meatball Sub Tossed Salad Pickles/Chips Brownie</p>	<p>7. Baked Chicken Macaroni & Cheese Broccoli Bread or Rolls Peaches</p>	<p>8. Roasted Pork Loin Mashed Potatoes Green Beans Bread or Rolls Pudding</p>	<p>9. Tom's 3 Bean Chili Rice Tossed Salad Corn Bread Assorted Desserts</p>
<p>12. BBQ Pulled Pork Sandwich Baked Fries House Salad Pineapple</p>	<p>13. <u>St. Valentines Party</u></p> <p>Spaghetti w/Meatsauce Tossed Salad Italian Bread Red Velvet Cake</p>	<p>14. <u>VALENTINE'S DAY</u></p> <p>Baked Salmon Roasted Potatoes Peas & Carrots Bread or Rolls Tropical Fruit</p>	<p>15. <u>Happy Birthday Lunch</u></p> <p>Chicken & Dumplings Peas Tossed Salad Bread or Rolls Ice Cream & Cake</p>	<p>16. Italian Subs Pickles/Chips Assorted Desserts</p>
<p>19. <u>All You Can Eat</u></p> <p>Baked Ziti Tossed Salad Italian Bread Cake</p> <p align="center">\$5.00</p>	<p>20. Roasted Turkey Herb Stuffing Green Beans Cranberry Sauce Bread or Rolls Pineapple</p>	<p>21. Baked Flounder Macaroni & Cheese Stewed Tomatoes Bread or Rolls Fruit</p>	<p>22. Liver & Onions Mashed Potatoes Butter Beets Bread or Rolls Jell-O w/Whipped Cream Alt: Salisbury Steak</p>	<p>23. <u>POTLUCK</u></p>  <p>Tossed Salad Assorted Desserts</p>
<p>26. Tuna Salad Plate Macaroni Salad Lettuce, Tomato Crackers Cookie</p>	<p>27. Stuffed Pepper Baked Potato w/Sour Cream Mixed Vegetables Bread or Rolls Pudding</p>	<p>28. BBQ Chicken Potato Au gratin Broccoli Bread or Rolls Fresh Fruit</p>	<p>1. Baked Lasagna Tossed Salad Italian Bread Ice Cream</p>	<p>2. Sweet & Sour Chicken Rice Green Beans Bread or Rolls Peaches</p>



**Kent County Representatives District General Assembly
Contact Information**

Name	Phone Number or E-Mail	District
Jeff N. Spiegelman - 302 744-4171 or Jeff.Spiegelman@state.de.us		RD 11
William J. Carson - 302 744-4113 or William.Carson@state.de.us		RD 28
Trey Charles Paradee - 302 744-4351 or Trey.Paradee@state.de.us		RD 29
William R. Outten - 302 744-4083 or Bobby.Outten@state.de.us		RD 30
Sean M. Lynn - 302 744-4351 or Sean.Lynn@state.de.us		RD 31
Andrea L. Bennett - 302 744-4351 or Andrea.Bennett@state.de.us		RD 32
Charles S. Postles Jr. - 302 744-4081 or Charles.Postles@state.de.us		RD 33
Lyndon D. Yearick - 302 744-417 or Lyndon.Yearick@state.de.us		RD 34

**Senators Delaware General Assembly
Contact Information**

Name	Phone Number or E-Mail	District
Bruce C. Ennis - 302 744-4310 or Bruce.Ennis@state.de.us		SD 14
Dave G. Lawson Dave.Lawson@state.de.us		SD 15
Colin Bonini - 302 744-4169 or Colin.Bonini@state.de.us		SD 16
Brian J. Bushweller - Brian.Bushweller@state.de.us		SD 17
F. Gary Simpson - 302 744-4134 or Gary.Simpson@state.de.us		SD 18

- FEBRUARY 2018 ACTIVITIES -

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>REMINDER: FREE NEW SEMINAR On Chronic Conditions 6 Consecutive Mondays Beginning Feb. 26th 12:30 - 3 PM CALL DIANE for Information & Sign-Up - 698-4285</p>	<p>SPRING IS ONLY 48 Days Away!!</p> 	<p>1. \$\$ 8:30 AM - Yoga \$\$ 9:45 AM - L.I.F.E. Aerobics Class \$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>2. 10 AM - 11 AM Line Dancing w/Ben & Charlotte 12 NOON - Mah Jong 12:30 - Spades 1 P.M. - Pinochle</p>
<p>5. 9:45 AM - L.I.F.E. Aerobics Class 9:30 AM - 500 Rummy \$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>6. \$\$8:30 AM - Yoga\$\$ 9:30 AM - Crafts 12 NOON - Domino's \$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>7. 9:30 AM - 10:30 AM Land Aerobics 9 AM - 11:30 AM Ceramics 12:30 - Hand & Foot \$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>8. Harrington Slots Call Diane to Reserve a Seat \$\$ 8:30 AM - Yoga \$\$ 9:45 AM - L.I.F.E. Aerobics Class \$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>9. 10 AM - 11 AM Line Dancing w/Ben & Charlotte 12 NOON - Mah Jong 12:30 - Spades 1 P.M. - Pinochle</p>
<p>12. 9:45 AM - L.I.F.E. Aerobics Class 9:30 AM - 500 Rummy \$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>13. \$\$8:30 AM - Yoga\$\$ 9:30 AM - Crafts 12 NOON - Domino's \$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>14. 9:30 AM - 10:30 AM Land Aerobics 9 AM - 11:30 AM Ceramics 12:30 - Hand & Foot 1 - 3 PM \$\$ ART CLASS \$\$ \$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>15. \$\$ 8:30 AM - Yoga \$\$ 9:45 AM - L.I.F.E. Aerobics Class \$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>16. 10 AM - 11 AM Line Dancing w/Ben & Charlotte 12 NOON - Mah Jong 12:30 - Spades 1 P.M. - Pinochle</p>
<p>19. 9:45 AM - L.I.F.E. Aerobics Class 9:30 AM - 500 Rummy \$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>20. \$\$8:30 AM - Yoga\$\$ 9:30 AM - Crafts 12 NOON - Domino's \$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>21. 9:30 AM - 10:30 AM Land Aerobics 9 AM - 11:30 AM Ceramics 12:30 - Hand & Foot \$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>22. \$\$8:30 AM - Yoga\$\$ 9:45 AM - L.I.F.E. Aerobics Class \$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>23. 10 AM - 11 AM Line Dancing w/Ben & Charlotte 12 NOON - Mah Jong 12:30 - Spades 1 P.M. - Pinochle</p>
<p>26. 9:45 AM - L.I.F.E. Aerobics Class 9:30 AM - 500 Rummy 12:30 PM - Chronic Conditions Seminar # 1 of 6 Classes \$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>27. \$\$8:30 AM - Yoga\$\$ 9:30 AM - Crafts 12 NOON - Domino's \$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>28.. 9:30 AM - 10:30 AM Land Aerobics 9 AM - 11:30 AM Ceramics 12:30 - Hand & Foot 1 - 3 PM \$\$ ART CLASS \$\$ \$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>1. \$\$8:30 AM - Yoga\$\$ 9:45 AM - L.I.F.E. Aerobics Class \$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>2. 10 AM - 11 AM Line Dancing w/Ben & Charlotte 12 NOON - Mah Jong 12:30 - Spades 1 P.M. - Pinochle</p>

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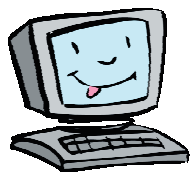
Pat Reynolds, R.C.

PROFESSIONAL HAIR STYLIST

Hours: Tuesday, Wednesday, & Thursday
9 A.M. TO 3 P.M.

PLEASE CALL FOR AN APPOINTMENT

(302) 698-4285



Don't know what to do now that
you've turned on your
computer or smart phone?

Let Terry help you! Terry Anderson, a retired
Air Force Pilot and retired from the Department
of Education, has volunteered his time and
expertise to teach a one on one computer class.

He has now offered to teach a one on one class
on how to use your **Smart Phone**. If you know
the basics but would like to know more please
give your name and telephone number to Diane
and she will set up an appointment with the

"Computer Guy!"

Call Diane: 302 698-4285

****NOTICE****

**WE WILL NOT HAVE A
GOLDEN DINNER CLUB
FUNDRAISER IN FEBRUARY!!**

*****TRIP ALERT*****

*I have listed more trips in our February issue
of our newsletter. If you are interested in sign-
ing up, please do so ASAP. A deposit of **\$25.00**
is required on day trips. Overnight trips
require more. The trips are filling up quickly.*

Questions? - Please Call Diane 698-4285



LIONS CLUB EYEGLASS COLLECTION BOX

THE BOX IS LOCATED AT HARVEST YEARS
SENIOR CENTER. IF YOU HAVE ANY USED EYEGLASSES
PLEASE DROP THEM OFF AND THEY WILL BE PUT TO
GOOD USE HELPING THOSE WHO ARE IN NEED OF
GLASSES WORLDWIDE.

OUR SINCEREST THANK YOU.



ATTENTION TO ALL HYSC VOLUNTEERS

To all our volunteers. If you
volunteer at Harvest Years
you must remember to keep
track of your hours in our
RSVP Book located at the
Front Desk.

Any new volunteer please ask for
the book & track your hours.

HARVEST YEARS' CLOTHING DOLLAR STORE FEATURES

**GENTLY USED WOMEN'S & MEN'S
- CLOTHING - SHOES - HATS -**

ALL PRICED AT \$1.00 EACH

**STORE IS OPEN MONDAY - FRIDAY
8:30 AM - 3 PM**

New Items Added Daily

*You are invited to stop by and
browse at our nice selections.*

PERIPHERAL NEUROPATHY WARNING!



Dover, DE - The most common method your doctor will recommend to treat your neuropathy is with prescription drugs that may temporarily reduce your symptoms. These drugs have names such as Gabapentin, Lyrica, Cymbalta and Neurontin, and are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.



Figure 1: Notice the very small blood vessels surrounding each nerve.

Peripheral neuropathy is a result of damage to the nerves often causing weakness, pain, numbness, tingling and most debilitating balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet which causes the nerves to begin to degenerate due to lack of nutrient flow.

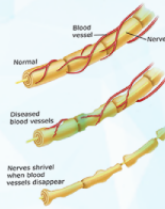


Figure 2: When these very small blood vessels become diseased they begin to shrivel up and the nerves begin to degenerate.

In order to effectively treat your neuropathy three factors must be determined

- **What is the underlying cause?**
- **How Much Nerve Damage Has Been Sustained.**
NOTE: Once you have sustained 85% nerve loss, there is likely nothing that we can do for you.
- **How much treatment will your condition require?**

The treatment that Dr. Steve Goldschlager, D.C. provides has three main goals

- 1) **Increase blood flow**
- 2) **Stimulate small fiber nerves**
- 3) **Decrease brain-based pain**

Figure 3: The blood vessels will grow back around the nerves much like a plant's roots grow when watered.



Dr. Steve Goldschlager, D.C. will do a neuropathy severity examination to determine the extent of the nerve damage for only \$60.00 for the first 25 callers. This neuropathy severity examination will consist of a detailed sensory evaluation, and a detailed analysis of the findings of your neuropathy.

Call 302-735-5501
to make an appointment to see if Dr. Goldschlager can help you.

Note: We are located at 77 Greentree Drive in the Greentree Shopping Center.



Supplemental Nutrition Assistance Program

Putting Healthy Food Within Reach

assist.dhss.delaware.gov

Meet Oscar Sebastian at 11 AM on the second Tuesday of each month during 2018. If you are 50 years old or older, Oscar can answer any questions you may have about the SNAP program or he can assist you in filling out the required application.

If you are unable to stop in to see Oscar please feel free to call him at 302 734-1200

*****Our Craft Room welcomes new friends to join us on Tuesday mornings at 9:30. We like to start new projects and would love your ideas. Call Diane for more information: 698-4285**

AARP DRIVER SAFETY COURSE

**Harvest Years Senior Center
30 South Street, Camden, DE**



**MONDAY, FEBRUARY 12, 2018
9 AM - 1 PM**

REFRESHER COURSE ONLY

**Member: \$15.00 per person
Non-Member: \$20.00 per person
Make Checks Payable To: AARP**

CALL 302 698-4285 FOR YOUR RESERVATION



**You Are All Invited To Join Us
For Lunch At
Harvest Years Senior Center**

Monday thru Friday - 11:30 AM - 12:30 PM

COST:

Member - \$4.50 - Non-Member - \$7.00

Delicious Food, Nice People & Good Times.
Bring A Friend Too!!

As a courtesy to our Kitchen Staff, please call by 10 AM if you are planning to join us for lunch or to order a take-out meal. Our lunch is cooked fresh daily in our kitchen and we want to be sure we can serve everyone.
698-4285

JOIN HARVEST YEARS AND SAVE \$1.00 !!

FOR NEW MEMBERS ONLY IN 2018

YOU ARE ENTITLED TO A ONE-TIME \$1.00 OFF SAVINGS COUPON TOWARDS YOUR 1st LUNCH AT HARVEST YEARS SENIOR CENTER. SEE FRONT DESK RECEPTIONIST FOR YOUR \$1.00 OFF COUPON.



***Our Soup Kitchen has resumed.
Please call for our daily
Soup selection & cost.***

EXTRA IN-HOUSE ITEMS

Desserts \$2.00 each
Just Entrees \$3.00 each
Starch/Vegetable \$2.00 each

Homemade Desserts
\$3.00 Cup / \$4.00 Pint / \$7.00 Quart

Sandwich entree price to be determined that day.
Any Other Items - See Tom or Marguerite

*As of October 1, 2016 we added an additional charge of \$1.00 for TO-GO MEALS.

Bon Appetite!!

smile.amazon.com



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SENIOR CENTER, INC.**

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*When you shop at AmazonSmile, Amazon will
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Camden Lions Club

We Serve

**"Unselfish Service to the
Community"**

**The Camden Lions Club meets monthly at
Harvest Years Senior Center
30 South Street, Camden, DE.**

Happy New Year

February Meetings

Monday, February 12, 2018

Monday, February 26, 2018

Dinner: 6:30 PM - Meeting Follows

Lions Club

Ready to Help, Worldwide

Whenever a Lions club gets together problems get smaller, and communities get better. That's because we help where help is needed - in our own communities or around the world - with unmatched integrity and energy.

TRANSPORTATION SERVICES

The Harvest Years Senior Center offers transportation to and from the center. Our pick-up times are between 9 AM to 10 AM and the return time will start between 1 PM to 2 PM. Members can apply for transportation at our front desk. Bus plan tickets may be purchased at our front desk. You may purchase tickets ahead of time. **You must reserve your slot 24 to 48 hours ahead of time. Cost per trip is:**

**\$.50 per Trip
\$ 5.00 for 10 Trips
\$ 10.00 for 20 Trips
\$ 20.00 for 40 Trips**



Art Classes

Harvest Years Senior Center

If you are interested in learning how to put your 'hidden artistic talents' onto canvas, you are welcome to join our art classes twice a month.

The cost for four classes is \$25.00.

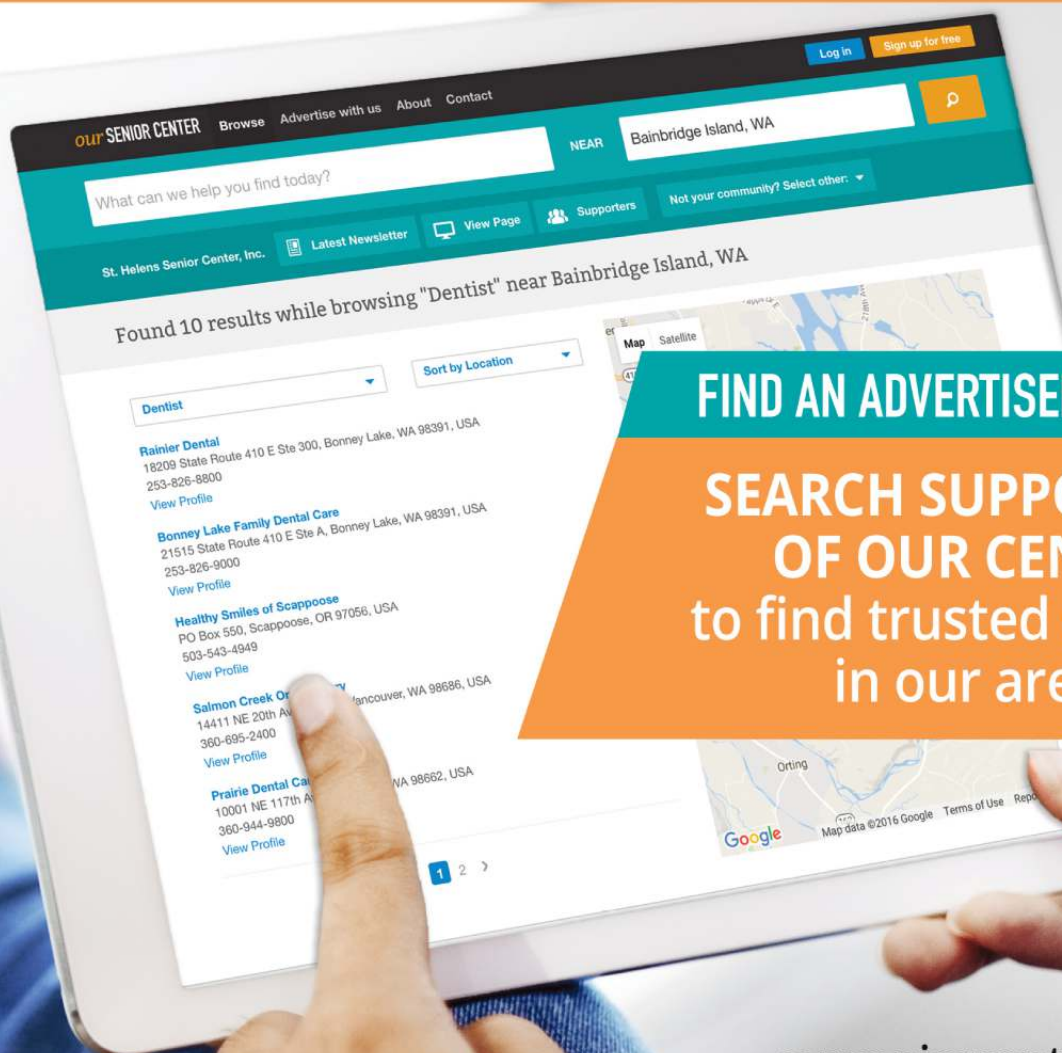
Classes: Wednesdays - 1 PM - 3 PM

Call DIANE for more Information: 698-4285



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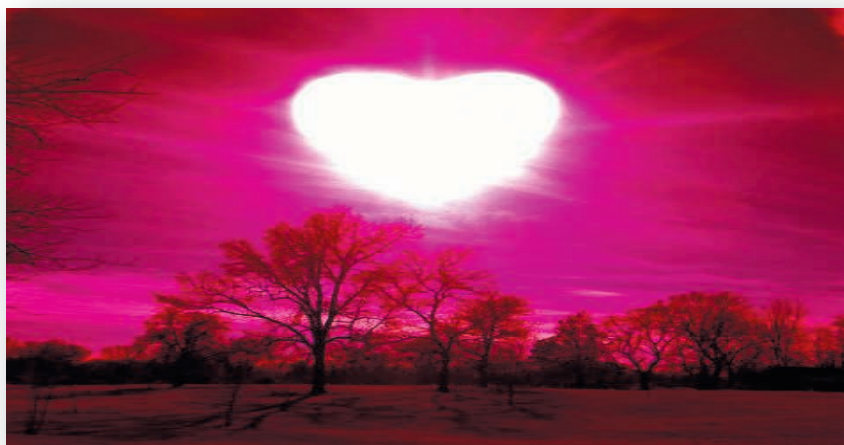
PLUS Sign up to have our newsletter emailed to you!



HARVEST YEARS SENIOR CENTER, INC.
30 SOUTH STREET, CAMDEN, DE 19934
PHONE: (302) 698-4285
FAX: (302) 698-4286
E-mail: hysc@comcast.net



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Happy St. Valentines Day



God Bless Our Troops
Always remember to keep
them all in Our Daily Thoughts
and Prayers.....

FEBRUARY 2018

Please Donate to The USO

