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**HOURS**

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Closed Saturday & Sunday

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

- Mr. & Mrs. Jack Walters  
- George Justus  
- Helen & David Baird  
- Robert & Coletta Vignal  
- Regina & Bill Taylor  
- Marie & Dennis Wright  
- Joan & Ed Konopka  
- Claudia Boyles  
- Phyllis Craig  
- Marion Maly in Memory of Richard Maly  
- Ann & William Burke  
- Barbara Cain in Memory of John Cain  
- Eastern Shore Equipment Co.  
- Margaret Butterworth  
- Connie & Stephen Welde in Honor of Ruth Leister  
- Maureen Gregersen  
- Margaret Ciminera  
- Kenneth McKenna  
- Chris Herrmann  
- Audra Rivers in Memory of Brainard Briel  
- Shirley Erickson  
- Margaret Waldner  
- Robert H. Finney  
- Mary & Bill Muffley  
- James Dunn  
- Kathleen Strawn in Memory of Robert & Theresa West  
- Pam & John Strausbaugh  
- Judith & William Burke  
- Kathy & Brian Lessard

**Next Meeting: JANUARY 25, 2018**
Happy “January 2018” Birthdays

1 Grant Barner  10 Betsy Gustafson  23 Hazel Korell
1 Michael Cohill 10 Claudine Marcum 23 Patricia Leyh
1 Ruth Harthausen 15 Edward Konopka 23 Vivian Tomlin
1 Kyle Kellam 15 Joan Schwartz 24 Veronica Christopher
1 Debbie Sterling 15 Phyllis Tarburton 25 Debra Glanden
5 Shirley Erickson 16 Charles Keighton 26 Alice Dunning
5 Charles Henning 17 Sandra Dennis 26 Mary Schaffle
5 Robert Wilkerson 18 Charles Rafa 27 Helen Baird
6 Evelyn Pierotti 19 Patricia Spiezio 27 William Berryhill
6 Beverly Ratty 19 Gregory Tyler, Sr. 27 John Dewar
7 Patti Donophan 20 Delema Carter 28 Joan (Lydia) Dryden
7 Henry Harvey 20 Francis Edna 28 Pam Slocum
7 Curtis Pratt 21 Elizabeth Wharton 28 Willis Wilson
8 Patricia Melchionda 22 Alice Condina 29 Robert Craig
9 Dorothy Kochel 22 Shirley Martin 30 Pattie McGhee
10 Harvey Ahlstrom 23 Diane Amoroso 31 Eva Dixon

Laughter Is The Best Medicine
Kids today don’t know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel!!

***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 January 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 JANUARY 18, 2018 PLEASE CALL (302) 698-4285.

The AARP Tax-Aides will be available to file your taxes beginning on TUESDAY, FEBRUARY 6th and ending on THURSDAY, APRIL 12th. Please call to make your appointment ASAP. 302 698-4285

REMINDER

2018 Membership Dues Are Due
January 1st - December 31st

Page 2
FROM YOUR EXECUTIVE DIRECTOR  
TOM BONES

As we all begin to ring in the new year and celebrate 2018, we must thank our donors to our “Annual Giving Campaign”. We have been so fortunate to have received the donations that we have. Every little bit helps, and helps our center grow further. If you have not made a donation to this year’s campaign, and would like to do so, please do. It is not too late!

This winter is an excellent time for you and other members to take advantage of our Transportation Service here at the center. Transportation can be provided for you to and from the center to all our lunches and daytime events here at the Harvest Years. Please call our front desk and arrange to be picked up on the days that you choose.

We also have available to you our Shopping Program. We have very dedicated people that work for the Harvest Years that would be happy to help you get your groceries and run other errands, if you should need their help. Please ask for additional information if this is something that could really help you, especially for these upcoming winter months.

Your Annual Harvest Years Membership is due by January 1, 2018! The cost is just $20.00 per person per year. You may mail it in, or stop by our reception desk to renew your membership. Now would be the perfect time to ask new members to join us as well!!

On behalf of all of us here at Harvest Years Senior Center, I would like to wish each of you and your families a very Happy, Healthy, and Safe New Year. I thank each of you for the outstanding support you have shown the Harvest Years in 2017, and wish you only good things in 2018.

Harvest Years Senior Center, Inc.
THE ARK ENCOUNTER
And
CREATION MUSEUM
September 10 - 14, 2018
Tour Package: Motorcoach Transportation, 3 evening accommodations, 3 breakfasts, 4 dinners, 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

MUSEUM OF THE BIBLE
WASHINGTON, DC
TUESDAY, AUGUST 21st
Let's visit this "New" Spectacular 40,000 square foot Museum. So much to see. Call Diane for Details and Pricing
302 698-4285

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or (800) 477-4574 x6348

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Take the AARP Smart Driver™ Course and you could save money on your car insurance!* Refresh your skills and learn safe driving strategies. Sign up today!

CLASSROOM COURSE TO FIND A COURSE NEAR YOU:
$15 for AARP members
$20 for non-members
Call Roger at 302-697-1933
or visit www.aarp.org/findacourse
How Important Are Senior Centers to Older Delawareans?

The title of this column poses a question that will be asked, in one way or another, in one forum or another, by many, many people across our state over the next six months. And, that includes State Senators and State Representatives.

This question will be asked because this month the Governor and the General Assembly began building the Fiscal Year 2019 budget. One of the significant challenges in that process will be how to restore the 20% cut in state aid to senior centers the State imposed in the current year’s budget.

That 20% cut is real. It has had a real impact on the services senior centers offer. It has made even tighter the budgets of senior centers that were already stretched. It has forced senior centers to increase fees they charge for services and to ask their members for increased voluntary contributions.

This year’s 20% cut was a direct result of continued, sluggish growth of state revenues. When combined with continued, significant increases in other areas of the budget, like Medicaid, state employee health care costs and steady growth in the number of students in our public schools, not enough was left to fully fund the State’s historic commitment to non-profit organizations like senior centers, fire companies, veterans’ organizations and others. That 20% cut amounted to more than $8.6 million for those organizations.

Just before Christmas, the official revenue forecast for FY 2019 suggested that the period of sluggish growth may not be over yet. The current forecast predicts an increase of $87.5 million in revenue, which is a little more than 2% of this year’s total budget. And, while we don’t yet have the actual estimates of increases in the typical growth areas of the budget like health care and education, in previous years, those items alone often accounted for more than the current forecasted revenue increase.

As we go through the budget process, and get closer to our June 30 deadline for finalizing a budget, additional forecasts will be forthcoming. If those forecasts do not noticeably improve over where we are now, it may be impossible to restore the 20% cut. Some legislators have proposed raising certain taxes if that is the case. I myself have supported the idea of one or two new income tax brackets on higher income earners. Right now, the highest tax bracket in the state income tax starts at $60,000 of taxable income. That means a couple with taxable income of $60,000 pays the same tax rate as a couple with $1,000,000 (or more) of taxable income. It seems reasonable to me that new brackets with modest increases at $150,000 and $300,000 would be very fair and would raise sufficient revenue to meet the state’s needs.

Without a revenue increase of some kind beyond the currently predicted 2%, the many programs of the Harvest Years Senior Center will be in jeopardy. Congregate meals, holiday lunches, volunteer opportunities, social activities, trips and tours, Hair Cuts by Pat, shopping program. And more.

How important are all these services and activities to older Delawareans? Stay tuned for the answer.
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<td>Applesauce</td>
<td>Spinach</td>
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<td>Rice &amp; Gravy</td>
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Kent County Representatives District General Assembly Contact Information

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<tr>
<th>Name</th>
<th>Phone Number or E-Mail</th>
<th>District</th>
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</thead>
<tbody>
<tr>
<td>Jeff N. Spiegelman</td>
<td>302-744-4171 or <a href="mailto:Jeff.Spiegelman@state.de.us">Jeff.Spiegelman@state.de.us</a></td>
<td>RD 11</td>
</tr>
<tr>
<td>William J. Carson</td>
<td>302-744-4113 or <a href="mailto:William.Carson@state.de.us">William.Carson@state.de.us</a></td>
<td>RD 28</td>
</tr>
<tr>
<td>Trey Charles Paradise</td>
<td>302-744-4351 or <a href="mailto:Trey.Paradise@state.de.us">Trey.Paradise@state.de.us</a></td>
<td>RD 29</td>
</tr>
<tr>
<td>William R. Outten</td>
<td>302-744-4083 or <a href="mailto:Bobby.Outten@state.de.us">Bobby.Outten@state.de.us</a></td>
<td>RD 30</td>
</tr>
<tr>
<td>Sean M. Lynn</td>
<td>302-744-4351 or <a href="mailto:Sean.Lynn@state.de.us">Sean.Lynn@state.de.us</a></td>
<td>RD 31</td>
</tr>
<tr>
<td>Andrea L. Bennett</td>
<td>302-744-4351 or <a href="mailto:Andrea.Bennett@state.de.us">Andrea.Bennett@state.de.us</a></td>
<td>RD 32</td>
</tr>
<tr>
<td>Charles S. Postles Jr.</td>
<td>302-744-4081 or <a href="mailto:Charles.Postles@state.de.us">Charles.Postles@state.de.us</a></td>
<td>RD 33</td>
</tr>
<tr>
<td>Lyndon D. Yearick</td>
<td>302-744-417 or <a href="mailto:Lyndon.Yearick@state.de.us">Lyndon.Yearick@state.de.us</a></td>
<td>RD 34</td>
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Senators Delaware General Assembly Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number or E-Mail</th>
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<tr>
<td>Bruce C. Ennis</td>
<td>302-744-4310 or <a href="mailto:Bruce.Ennis@state.de.us">Bruce.Ennis@state.de.us</a></td>
<td>SD 14</td>
</tr>
<tr>
<td>Dave G. Lawson</td>
<td><a href="mailto:Dave.Lawson@state.de.us">Dave.Lawson@state.de.us</a></td>
<td>SD 15</td>
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<tr>
<td>Colin Bonini</td>
<td>302-744-4169 or <a href="mailto:Colin.Bonini@state.de.us">Colin.Bonini@state.de.us</a></td>
<td>SD 16</td>
</tr>
<tr>
<td>Brian J. Bushweller</td>
<td><a href="mailto:Brian.Bushweller@state.de.us">Brian.Bushweller@state.de.us</a></td>
<td>SD 17</td>
</tr>
<tr>
<td>F. Gary Simpson</td>
<td>302-744-4134 or <a href="mailto:Gary.Simpson@state.de.us">Gary.Simpson@state.de.us</a></td>
<td>SD 18</td>
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<td>1. <strong>CLOSED</strong></td>
<td>2. <strong>$8:30 AM - Yoga</strong></td>
<td>3. 9:30 AM - 10:30 AM Land Aerobics</td>
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<td><strong>Happy New Year!</strong></td>
<td>9:30 AM - Crafts</td>
<td>9 AM - 11:30 AM Ceramics</td>
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<td>12 NOON - Domino’s</td>
<td>12:30 - Hand &amp; Foot</td>
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<td>FEARLESS YOGA</td>
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<td>8. 9:45 AM - L.I.F.E. Aerobics Class</td>
<td>9:30 AM - Crafts</td>
<td>9 AM - 11:30 AM Ceramics</td>
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<td>9:30 AM - 500 Rummy</td>
<td>12 NOON - Domino’s</td>
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<td>15. 9:45 AM - L.I.F.E. Aerobics Class</td>
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<td>1 - 3 PM <strong>$ ART CLASS $</strong></td>
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<td>22. 9:45 AM - L.I.F.E. Aerobics Class</td>
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<td>29. 9:45 AM - L.I.F.E. Aerobics Class</td>
<td>30. <strong>$8:30 AM - Yoga</strong></td>
<td>31. 9:30 AM - 10:30 AM Land Aerobics</td>
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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 JANUARY!!

***TRIP ALERT***
I have listed more trips in our January issue of our newsletter. If you are interested in signing up, please do so ASAP. A deposit of $25.00 is required on day trips. Over-night 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.
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 2017. 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 an application.

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

AARP DRIVER SAFETY COURSE
Harvest Years Senior Center 30 South Street, Camden, DE

MONDAY, JANUARY 22, 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

***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
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 2017

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

SUPPORT HARVEST YEARS
SENIOR CENTER, INC.
By Shopping at
AmazonSmile

When you shop at AmazonSmile, Amazon will
donate to Harvest Years Senior Center, Inc.
Support us every time you shop.

Camden Lions Club
“Unselfish Service to the
Community”

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

Happy New Year
January Meetings
Monday, January 8, 2018
Monday, January 22, 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 commu-
nities or around the world - with unmatched integ-
ritv and energy.

Camden Lions Club

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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our SENIOR CENTER

A convenient source for local services

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PLUS Sign up to have our newsletter emailed to you!
God Bless Our Troops
Always remember to keep them all in Our Daily Thoughts and Prayers…..

JANUARY 2018
Please Donate to The USO