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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

ALL ABOARD
EXPERIENCE AN ORIGINAL EARLY 1900’S STEAM DRIVEN LOCOMOTIVE WHILE VIEWING THE MOST REMOTE AND MOUNTAINOUS REGION OF WEST VIRGINIA. BRING YOUR CAMERA. BEAUTIFUL SCENERY!!!!

FRI., JUNE 29TH – MON., JULY 2ND 2018

June 29th - 3 PM Check in at Hotel Isaac Jackson in Elkins
Buffet Dinner at Historic Graceland Inn; 7:30 PM Greatest Show on Rails—a 90 Minute Live Production. At Your Leisure be sure to visit the Antique Car Show outside the Hotel

June 30th - Warm Breakfast at Hotel - Depart on the New Tygart Flyer Train Excursion. Lunch on Board - Return to station at 3 PM - Time for walking around and shopping, etc.
5:30 PM - Buffet Dinner at the 1863 Grill.
FIREWORKS SHOW AT DARK
(Bring Lawn Chairs with you on the Bus if you have them)

July 1st - Warm Breakfast at Hotel, Depart for Pocahontas County, WV. Arrive at Green Bank Observatory for tour & lunch (Soup & Sandwich Buffet). 2 PM - Depart on the Cass Train Excursion to Whittaker Station Depot. Bring a sweater for a 30 minute layover at the breathtaking BALD KNOB viewing area.
At 5:30 PM - Arrive at Gandy Dancer Dinner Theatre Dinner at 6 PM - 7 PM - Show Begins

July 2nd - Warm Breakfast at Hotel - Depart for Home

ALL INCLUSIVE: $699.00 Per Person Dbl. Occupancy
$200.00 Add’l for Single.

Travel Insurance Due Within 10 Days of Sign-Up
CALL DIANE: 698-4285
Happy “May 2018” Birthdays

1 Mildred Dennis
3 Rosalie Boryszewski
3 Etta Moyer
4 Gloria Sanders
9 Alice Coventry
9 Greta Fountain
10 Patricia Eccles
10 Rose Ann Martorano
11 Mary Cahill
11 Julia Cheng
12 Lee Severson
13 Richard Carcanague
15 Mary Ann Cecil

15 Bruce MacGloan
15 Maureen Reb
16 Joseph Condina
16 Avis Triplett
17 William Green
17 Rica Irvin
18 Frances Harvey
18 Greta Strider
19 Lucille Harvey
20 David Baird
20 Betty Haley
21 John Vrhovac
22 Deborah Koenig

23 Bill Hufnal
23 Patricia Owen
23 Helen Radtka
24 Michele Dohner
25 Nancy Blue Rogall
25 James Sharp
26 Ann Cahill
26 Gloria Carey
26 Betty Ray
26 Wini Walton
29 Lee Kingery
30 Barbara Pavelka
30 Bonnie Procopio

MAY YOUR BIRTHDAYS BE FILLED WITH SUNSHINE AND SMILES, LAUGHTER, LOVE, AND CHEER.

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

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 MAY 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 May 17, 2018 . PLEASE CALL (302) 698-4285.

Tai Chi Demo at Barclay Farms
June 21st at 2 PM
We will be demonstrating Tai Chi forms and Tai Chi weapons……Sword, Fan, Staff & Cane.
ALL ARE WELCOME TO JOIN US

Golden Dinner Club
Our Monthly fundraiser is open to all our members, their families and friends. Each month we choose a local Restaurant and we get-together to eat, celebrate events and have fun. Best of All we get a donation for our center.

Page 2 Harvest Years Senior Center, Inc.
FROM YOUR EXECUTIVE DIRECTOR
TOM BONES

We have shivered and splashed through April showers. Now we await those beautiful May flowers. We have plenty of spring activities here at the Harvest Years to keep us busy! All guaranteed to put a spring in your step!

We will celebrate and remember all of our mothers and grandmothers with a very special Mother’s Day luncheon on Wednesday, May 9th. A delicious menu and special gifts for our mothers and grandmothers in attendance is planned. Gentlemen, please come help us celebrate these great ladies that are in our lives.

May, 2018 is also known as National Older American Month. This year’s theme is Engage at Every Age. We will emphasize that you are never too old, or young, to take part in activities that can enrich your physical, mental and emotional well-being. We can also celebrate the many ways in which older adults make a difference in our communities.

I would like to send out a huge THANK YOU to our very dedicated members and volunteers who supported our Quarter Auction last month. We could not be a successful senior center without each and every one of you!

Lastly, please join us for our Memorial Day service and program on Friday, May 25th. We will honor the United States Military and all who gave their lives for our Country.

Activity Notes
by Diane Amoroso

Mothers are the place that we call home. On them we rest our heads and close our eyes. There’s no one else who grants the same soft peace, Happiness, contentment, sweet release, Erasing nighttime tears with lullabies,

My sincerest Happy Mother’s Day to all our Moms, Grand-Moms and Great Grand-Moms. My wish for all of you is that you spend a wonderfully Blessed Day with your family on Sunday, May 13th.

May and Spring has finally arrived and we have a very busy month ahead of us here at Harvest Years.

Please join us for our Annual Mother’s Day Luncheon on Wednesday, May 9th. Everyone is invited for this special day to celebrate all those wonderful ladies we call “Mom”.

Tuesday, May 1st is MAY DAY!! How I remember, years ago, going to school all dressed up so we could entertain our families and friends by doing the “MAYPOLE DANCE”. How many years ago was that?

Fast-forward to May 1st, 2018, and our members will be going on a trip to Herr’s Potato Chip Factory in Pennsylvania. Always a fun day for everyone.

If you are interested, we have several exciting trips still available in 2018. Theatre Shows, good food, and lots of fun for everyone!! Feel free to call Diane for more information and prices.

698-4285

I PROMISE YOU A GOOD TIME!!
Memorial Day Service
Harvest Years Senior Center
Friday, May 25, 2018
11 AM
You are all invited to join us for our
Annual Memorial Day Tribute.
We will pay tribute to all those men and
women who gave the ultimate sacrifice to
keep AMERICA FREE!
**WE ASK YOU TO BRING A DONATION
FOR THE USO.

With Honor & Gratitude
We Remember

Senators Delaware General Assembly
Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number or E-Mail</th>
<th>District</th>
</tr>
</thead>
<tbody>
<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>
</tr>
<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>
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<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 <a href="mailto:744-4134-Gary.Simpson@state.de.us">744-4134-Gary.Simpson@state.de.us</a></td>
<td>SD 18</td>
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Work Injuries
Motor Vehicle Accidents
Vestibular Rehabilitation
Pre & Post
Orthopedic Management

www.pivotphysicaltherapy.com
Phone: (302) 735-4900
Modern Maturity, Governors Ave., Camden, Harrington, Smyrna
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Reach the Senior Market
ADVERTISE HERE

Joe Visconto to place an ad today!
jvisconto@lpsi seniors.com
or (800) 477-4574 x6398

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CAN SAVE YOU MONEY
We Need Instructors!

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
Gun Legislation at the Forefront

State legislatures across America are considering bills that would restrict gun ownership and take other actions that proponents of the bills believe would reduce mass shootings like the one we recently saw in Florida. Delaware is no different. To help in understanding the bills currently under consideration in the First State, the following is a brief summary.

HB 174. “Straw Purchases”. Increases the penalties for engaging in “straw purchases”. A straw purchase occurs when a person who is legally OK to buy a gun, buys one for the purpose of then transferring the gun to another person who is prohibited from buying a gun. HB 174 has already passed both the House and the Senate and awaits action by the Governor, who has indicated he will sign it.

HB 222. Lethal Violence Protection Orders. Allows a Superior Court judge to issue an order prohibiting a respondent from purchasing or possessing a firearm if a family member or law enforcement officer can show that the respondent poses a danger to himself or others. This bill has not been acted on by the full House. It is in the House Administration Committee.

HB 300. “Bump Stocks”. Bans the possession or use of “bump stocks” which are devices that enable a semi-automatic rifle to function much closer to an automatic rifle which have been banned for decades. HB 300 passed the House and then the Senate but the Senate added an amendment which sent the bill back to the House.

HS 1 for HB 302. Mental Illness. Provides a process under which a court can order a person to relinquish any firearms based on a police investigation of a report from a mental health provider that a person has a propensity for violence. The respondent is afforded rights of due process. This bill has passed the House and is under consideration by the Senate Judiciary Committee.

HS 1 for HB 330. Age 21 Rifle Purchase. Prohibits persons under the age of 21 from purchasing a rifle. This age group is already prohibited from purchasing handguns. Certain exceptions apply. The bill has passed the House and is ready for action in the Senate.

SB 163. Assault Weapons. Bans the sale, purchase, possession, etc. of “assault weapons” which are defined by a list of 75 or so specific firearms outlined in the bill. This bill is in the Senate Judiciary Committee.

HB 375. High Capacity Magazines. This Act prohibits the manufacture, sale, purchase, transfer, or delivery of large-capacity magazines, which are defined as ammunition feeding devices with the capacity to accept more than 10 rounds. The bill is in the House Judiciary Committee.

Note: this list was prepared in mid-April for a May 1 publication date. To find the actual current status at any time or to read the actual bills themselves, log on to www.legis.delaware.gov and follow the prompts. Keep in mind that these bills, like all bills, are subject to possible amendment. You can read all proposed amendments on the same website.
## May 2018 Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td></td>
<td>Roasted Potatoes</td>
<td>Macaroni &amp; Cheese</td>
<td>Brown Rice</td>
<td>Turkey &amp; Cheese Sandwich</td>
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<td></td>
<td>Lima Beans</td>
<td>Succotash</td>
<td>Vegetable Blend</td>
<td>Lettuce &amp; Tomato</td>
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<td></td>
<td>Bread or Rolls</td>
<td>Bread or Rolls</td>
<td>Bread or Rolls</td>
<td>Assorted Desserts</td>
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<td></td>
<td>Peaches</td>
<td>Pineapple</td>
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<tr>
<td>Tossed Salad</td>
<td>Rice</td>
<td>Roasted Turkey</td>
<td>Baked Potato</td>
<td>Lettuce &amp; Tomato</td>
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<tr>
<td>Italian Bread</td>
<td>Vegetable Blend</td>
<td>Stuffing/Green Beans</td>
<td>Broccoli</td>
<td>Assorted Desserts</td>
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<td>Pudding w/Whipped</td>
<td>Bread or Rolls</td>
<td>Bread or Rolls</td>
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<td>Cream</td>
<td>Cookie</td>
<td>Cake or Pies</td>
<td>Jell-O w/Whipped Cream</td>
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<td>Biscuit</td>
<td>Mashed Potatoes</td>
<td>Potatoes AuGratin</td>
<td>Tossed Salad</td>
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<tr>
<td>Applesauce</td>
<td>Succotash</td>
<td>Broccoli</td>
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<td>Cake</td>
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<td>Tropical Fruit</td>
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<td>Baked Fries</td>
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<td>Peas</td>
<td>Gravy/Peas &amp; Carrots</td>
<td>Italian Bread</td>
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<td>Sliced Tomatoes</td>
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<td>Tossed Salad</td>
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<td>Pineapple</td>
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<td>15. Beef Goulash</td>
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**IMPORTANT INFORMATION FOR YOU!**

Beginning this year, 2018, anyone taking a trip with Harvest Years Senior Center must carry with them a photo ID. Many of our trips will require security screenings. If you do not bring your ID you will not be permitted on the trip. **THANK YOU**
# MAY 2018 ACTIVITIES

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</table>
| ![Mother's Day Image](image) | 1. $8:30 AM - Yoga  
9:30 AM - Crafts  
12 NOON - Domino's  
$5 PM - 6 PM $5 Perfect 10 Pilates | 2. 9:30 AM - 10:30 AM Land Aerobics  
9 AM - 11:30 AM Ceramics  
12:30 - Hand & Foot  
$5 PM - 5:45 PM $5 FEARLESS YOGA | 3. $8:30 AM - Yoga $5  
9:45 AM - L.I.F.E. Aerobics Class  
$5 PM - 6 PM $5 Perfect 10 Pilates | 4. 10 AM - 11 AM Line Dancing w/Ben & Charlotte  
12 NOON - Mah Jong  
12:30 - Spades  
1 P.M. - Pinochle |
| 7. 9:45 AM - L.I.F.E. Aerobics Class  
9:30 AM - 500 Rummy | 8. $8:30 AM - Yoga  
9:30 AM - Crafts  
12 NOON - Domino’s  
$5 PM - 6 PM $5 FEARLESS YOGA | 9. 9:30 AM - 10:30 AM Land Aerobics  
9 AM - 11:30 AM Ceramics  
12:30 - Hand & Foot  
1 - 3 PM $5 ART CLASS $5  
$5 PM - 5:45 PM $5 FEARLESS YOGA | 10. Harrington Slots  
Call Diane to Reserve a Seat  
$8:30 AM - Yoga $5  
9:45 AM - L.I.F.E. Aerobics Class  
$5 PM - 6 PM $5 Perfect 10 Pilates | 11. 10 AM - 11 AM Line Dancing w/Ben & Charlotte  
12 NOON - Mah Jong  
12:30 - Spades  
1 P.M. - Pinochle |
| 14. 9:45 AM - L.I.F.E. Aerobics Class  
9:30 AM - 500 Rummy | 15. $8:30 AM - Yoga  
9:30 AM - Crafts  
12 NOON - Domino’s  
$5 PM - 6 PM $5 FEARLESS YOGA | 16. 9:30 AM - 10:30 AM Land Aerobics  
9 AM - 11:30 AM Ceramics  
12:30 - Hand & Foot  
$5 PM - 5:45 PM $5 FEARLESS YOGA | 17. $8:30 AM - Yoga $5  
9:45 AM - L.I.F.E. Aerobics Class  
$5 PM - 6 PM $5 Perfect 10 Pilates | 18. 10 AM - 11 AM Line Dancing w/Ben & Charlotte  
12 NOON - Mah Jong  
12:30 - Spades  
1 P.M. - Pinochle |
| 21. 9:45 AM - L.I.F.E. Aerobics Class  
9:30 AM - 500 Rummy | 22. $8:30 AM - Yoga  
9:30 AM - Crafts  
12 NOON - Domino’s  
$5 PM - 6 PM $5 FEARLESS YOGA | 23. 9:30 AM - 10:30 AM Land Aerobics  
9 AM - 11:30 AM Ceramics  
12:30 - Hand & Foot  
1 - 3 PM $5 ART CLASS $5  
$5 PM - 5:45 PM $5 FEARLESS YOGA | 24. $8:30 AM - Yoga $5  
9:45 AM - L.I.F.E. Aerobics Class  
$5 PM - 6 PM $5 Perfect 10 Pilates | 25. 10 AM - 11 AM Line Dancing w/Ben & Charlotte  
12 NOON - Mah Jong  
12:30 - Spades  
1 P.M. - Pinochle |
| 28. 9:45 AM - L.I.F.E. Aerobics Class  
9:30 AM - 500 Rummy | 29. $8:30 AM - Yoga  
9:30 AM - Crafts  
12 NOON - Domino’s  
$5 PM - 6 PM $5 FEARLESS YOGA | 30. 9:30 AM - 10:30 AM Land Aerobics  
9 AM - 11:30 AM Ceramics  
12:30 - Hand & Foot  
$5 PM - 5:45 PM $5 FEARLESS YOGA | 31. $8:30 AM - Yoga $5  
9:45 AM - L.I.F.E. Aerobics Class  
$5 PM - 6 PM $5 Perfect 10 Pilates | 1. 10 AM - 11 AM Line Dancing w/Ben & Charlotte  
12 NOON - Mah Jong  
12:30 - Spades  
1 P.M. - Pinochle |

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[www.beltone.com](http://www.beltone.com)
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

***TRIP ALERT***

I have inserted trip flyers in this issue of our newsletter. If you are interested in signing up for any of the remaining trips for 2018 or the upcoming trips in 2019 please do so ASAP.

A deposit of $25.00 is required on day trips. Overnight trips require a $100.00 deposit. The trips are filling up quickly.

Questions? - Please Call Diane 698-4285

Friends of Historic Camden

The Friends of Historic Camden will hold its next meeting on May 15th at the Friends Meeting House. We encourage everyone interested in the ‘Heritage of Camden’ to join us at 7 P.M.

GOLDEN DINNER CLUB

SPEEDWAY CAFÉ

737 N. DUPONT HWY.

DOVER, DELAWARE

MONDAY, MAY 21st, 5 P.M.

PLEASE JOIN US FOR OUR MONTHLY FUNDRAISER—Call Diane before May 18th

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
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.

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

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

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 Extension 174.

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

MONDAY, MAY 21, 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 will be Open thru May
Please call for our Daily Soup selection.

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!!

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**

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

May 2018

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