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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: March 22, 2018

A Spectacular Visit to the Erie Canal and
Finger Lakes Region of New York State
Bring Your Camera - Gorgeous Country!!
June 11—14, 2019
Call Diane for the exciting Itinerary and Pricing
302 698-4295

A Trip Not To Be Missed!!
"The Ark Encounter" and
"Creation Museum"
September 10 - 13, 2018
Call Diane for Itinerary and Pricing
302 698-4285
Happy “March 2018” Birthdays

1 Ron Harper  
2 Carol Roll-Hendershot  
2 Lloyd Slacum  
2 Clara Valeika  
3 Ruth Bedillion  
3 JoAnn Dowd  
3 Mary Ann Kessler  
3 Betty Martin  
5 Charlotte Shockley  
5 Franklin Sumpter  
6 William Bouchard  
6 Phyllis Craig  
6 Beth Flaherty  
6 James Sharp  
8 James Dunn  
8 Peggy Tremble  
9 Linda Legates  
9 Jeannette Newell  
10 Jean Peters  
10 Susan Stevenson  
11 Blanche Fluharty  
11 Thelma Fox  
13 Kenneth Jones  
13 Clara Ward  
14 Russell Purnell  
15 Doris Brown  
15 John Jimroglou  
17 Claudia Johnson  
17 Danny Kingery  
17 Robin MacFadden  
17 Barbara Miller  
17 Alta Pontius  
18 Judith Ann Abbott  
20 Michael Drapola  
20 Cathy Miller  
20 Kit Rolling  
21 Eleanor Ballard  
22 Arlene Cottongim  
23 Clara Gravatt  
25 Veronica Balcerak  
26 Elizabeth Doebele  
26 Norma Scaramo  
27 Sharon Slacum  
27 Faith Stetson  
28 Joan Millman  
29 Carl Donophan  
29 Katherine (Kay) Keller  
29 Mary Wilcutts  
31 John Badger  
31 Charlotte Martinson

***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 March 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

And Many Happy Returns

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
May the Luck-o-the Irish be with us this month and may this winter come to a very quick close! I am sure all of your are looking forward to the first day of Spring, as I am. Here at the Harvest Years, this month of March is filled with activities and celebrations to help us “Spring” into the new season.

We will continue, throughout the month of March and up to mid-April, providing the AARP Tax Service Assistance Program. This service is available on Tuesdays and Thursdays from 9 AM to 12 Noon.

AARP is also providing us with a Driver Safety Refresher Course on Monday, March 19th. This course will be offered here at the center from 9 AM to 1 PM. If you would like to take advantage of either of these services, please make an appointment at the front desk.

Our St. Patrick’s Day Luncheon will be served on Wednesday, March 14th. Corned Beef and Cabbage is on the menu, and live music will be performed by Gail & John from Imagine. Wear you green and join us!!

Our Easter Luncheon will be served on Wednesday, March 21st. Please call and make your reservation early.

In the month of March we will be having work done on our HVAC system. This work will be helpful as it will make our system more economical going forward.

A huge ‘THANK YOU’ to all our ‘Soup Festival’ helpers! Thank you for taking the time to make soup for us. It was a big hit!!

Next, we are planning an “ALL YOU CAN EAT SPAGHETTI DINNER”. Watch the Newsletter for the exact upcoming date.

Don’t forget to Spring Ahead on March 11th. Looking forward to some warmer, sunnier and longer days in the coming months.

An Irish Blessing: May ‘Good Luck’ be your friend in whatever you do and may trouble always be a stranger to you.

May the Irish hills caress you.
May her lakes and rivers bless you.
May the luck of the Irish enfold you.
May the blessings of Saint Patrick behold you.
~Irish Blessing

It’s Spring!!!!! Hooray!!!!

March 20th is the first day of Spring and I know for sure that we have all been longing for warmer weather after the frigid winter we had to endure this year.

Warmer, sunny days are ahead and we promise fun-filled trips throughout the upcoming months. Please look over the 2018 schedule and choose as many trips as you would like. Call me or stop in to see me if you have any questions.

I’d LOVE to meet with you and discuss the many trips and events that are planned here at The Harvest Years. We are going to have an enjoyable year ahead.

Winter Weather Alert
Winter weather may stay with us for several more weeks so 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 through March. You may also call the Center at (302) 698-4285 before you head out. If we are closed there will a message posted 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

Tour Package: Motorcoach Transportation, 3 evening 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

Our Mission Doll Project

Harvest Years Senior Center members began this project last November and it has now been completed, thanks to six very dedicated members.

Mission Dolls, when completed are sent to the children in third world countries by missionaries from around the world. The dolls represent the teachings of Christianity to the areas where it is most needed. The children learn about Jesus and the Bible through the missionary teachings and they are given a doll with two faces. One face is sad, which represents life with OUT Christ. The second face is a happy face which represents life with Christ.

Our sincerest THANK YOU to our members: Judie Burke, Peggy Ciminera, Grace Corcoran, Claire Murray, Anne Noyes, and Joan Schwartz.

GOD BLESS YOU and THANK YOU GIRLS!!!!
Senior Centers, Aging Advocates Address JFC

Last month, the Joint Finance Committee (JFC) of the General Assembly began its annual hearings on the state budget. In this yearly ritual, the JFC reviews and “marks up” the Governor’s Recommended Budget, the whole General Assembly approves the “mark up” (or sends it back to the JFC) and then sends the budget on to the Governor for his approval or veto.

Needless to say, there is lots of interesting discussion and debate in this process. After all, the state budget addresses just about every aspect of human endeavor from medical care, to public safety, to economic development, to education. And more.

One area of particular interest this year is state support for programs addressing the needs of Delaware’s aging population. And, one aspect of that general issue is funding for Delaware’s senior centers. I have written in other months about the 20% cut to senior centers imposed by the General Assembly in the Grant-In-Aid bill. That cut is a big issue in this year’s budget, with advocates for our older friends and neighbors seeking to restore prior funding.

At the JFC’s hearing for the Division of Aging and Adults with Physical Disabilities (DAASP) there was significant public comment about this issue and about other suggestions that would curtail even further the State’s support for specific areas of senior services. Representatives of senior centers from each county made their case.

One said, “For years, funding for DAASP has not kept up with the realities of Delaware’s growing and aging population.” Making reference to the 20% cut in the Grant-In-Aid bill, this person went on to say, “The silver tsunami that has been welling up for years is now crashing upon our shores,” and then went on to note that “community based non-profit service organizations…throughout the State deliver value for each taxpayer dollar entrusted with us.”

Another advocate noted, “All the senior centers have worked tirelessly to continue to provide services this year…We cannot sustain that cut for another year.” And, with regard to the Meals on Wheels program, which is facing financial strain from several different angles, “I think it is very important to remember that money spent feeding a [senior] in their home for 3 years would all be spent in one month if that person went to a nursing home.”

Still another summed up the reality of what senior centers mean to older adults. “[A senior center] provides life-sustaining and life-enriching services, opportunities and partnerships that have a positive impact on older adults’ physical, emotional and social well-being.”

Of course, senior center services are only one focus of the DAAPD. Either directly or through support for community partners, DAAPD is concerned with residential care, home and community based services, Adult Protective Services, caregiver supports, community nursing and other activities important to aging adults.

Many members of the public commented positively on the services of the Division, as well they should. It is now the job of the JFC to authorize appropriate funding to see that all programs, especially senior centers, can continue to serve our State with distinction.
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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Passover Begins</td>
<td>IT’S SPRING !!!!</td>
<td>CALL EACH DAY TO ORDER A QUART TO TAKE HOME &amp; ENJOY</td>
<td>1. Baked Lasagna</td>
<td>2. Sweet &amp; Sour Chicken</td>
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<td>Friday, March 30th</td>
<td>MARCH 20th</td>
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<td>Tossed Salad</td>
<td>Rice</td>
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<td>Italian Bread</td>
<td>Green Beans</td>
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<td>Ice Cream Bar</td>
<td>Bread or Rolls</td>
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<tr>
<td>Baked French Fries</td>
<td>House Salad</td>
<td>Mashed Potatoes</td>
<td>Tossed Salad</td>
<td>Biscuit</td>
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<tr>
<td>Tossed Salad</td>
<td>Italian Bread</td>
<td>Gravy/Vegetable Blend</td>
<td>Fruit</td>
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<td>Fruit</td>
<td>Peaches</td>
<td>Bread or Rolls</td>
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<td>Banana Split</td>
<td>Banana Split</td>
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<td>Soft/Hard</td>
<td>Sweet Potatoes</td>
<td>Corned Beef &amp; Cabbage</td>
<td>Baked Meatloaf</td>
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<td>Fix’ins Bar</td>
<td>Broccoli</td>
<td>Boiled Potatoes</td>
<td>Mashed Potatoes</td>
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<td>Corn Chips w/Salsa</td>
<td>Bread or Rolls</td>
<td>Corn Bread</td>
<td>Gravy/Succotash</td>
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<td>Sherbert</td>
<td>Cherry Cobbler</td>
<td>Cake w/Whipped Cream</td>
<td>Bread or Rolls</td>
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<td>Ice Cream/Cake</td>
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<td>14. All You Can Eat</td>
<td>18. SPRING BEGINS</td>
<td>19. EASTER LUNCHEON</td>
<td>22. Spaghetti w/Meatsauce</td>
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<td>Shephard Pie</td>
<td>Baked Flounder</td>
<td>Baked Honey Ham</td>
<td>House Salad</td>
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<td>Tossed Salad</td>
<td>Macaroni &amp; Cheese</td>
<td>Scalloped Potatoes</td>
<td>Italian Bread</td>
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<td>Bread or Rolls</td>
<td>21. Spinach Lasagna</td>
<td>Green Beans/Cole Slaw</td>
<td>Pasta</td>
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<td>Cookies $5.00</td>
<td>Tossed Salad</td>
<td>Apple Crisp w/Vanilla</td>
<td>Onion</td>
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<td>Italian Bread</td>
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<td>Spinach Lasagna</td>
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<td>Gravy/Green Beans</td>
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<td>Rice</td>
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<td>Tossed Salad</td>
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<td>Corn Bread</td>
<td>Gravy/Green Beans</td>
<td>Italian Bread</td>
<td>Grilled Onions/Baked Fries</td>
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<td>Chocolate Pudding</td>
<td>Bread or Rolls</td>
<td>Brownie</td>
<td>Fried Onions</td>
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<td>Ice Cream</td>
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<td>House Salad</td>
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<td>Bread or Rolls</td>
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<td>30. CLOSED</td>
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<td>Jell-O w/Cool Whip</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.
# March 2018 Activities

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>REMINDER</strong></td>
<td><strong>REMEMBER</strong></td>
<td><strong>LET’S CELEBRATE ST. PATRICK’S DAY PARTY</strong></td>
<td><strong>Harrington Slots</strong>&lt;br&gt;<strong>Call Diane to Reserve a Seat</strong></td>
<td><strong>Line Dancing w/Ben &amp; Charlotte</strong>&lt;br&gt;<strong>Mah Jong</strong>&lt;br&gt;<strong>Spades</strong>&lt;br&gt;<strong>Pinochle</strong></td>
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<tr>
<td><strong>SIGHT &amp; SOUND</strong></td>
<td><strong>Good Friday</strong>&lt;br&gt;<strong>Friday, March 30th</strong>&lt;br&gt;<strong>CLOSED</strong></td>
<td><strong>9:30 AM - Land Aerobics</strong>&lt;br&gt;<strong>9 AM - 11:30 AM Ceramics</strong>&lt;br&gt;<strong>12:30 - Hand &amp; Foot</strong>&lt;br&gt;<strong>1 - 3 PM</strong>&lt;br&gt;<strong>$5 PM - 5:45 PM $5 Fearless Yoga</strong></td>
<td><strong>$8:30 AM - Yoga $5</strong>&lt;br&gt;<strong>9:45 AM - L.I.F.E. Aerobics Class</strong></td>
<td><strong>10 AM - 11 AM</strong>&lt;br&gt;<strong>12 NOON - Mah Jong</strong>&lt;br&gt;<strong>12:30 - Spades</strong>&lt;br&gt;<strong>1 P.M. - Pinochle</strong></td>
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<tr>
<td><strong>“JESUS”</strong></td>
<td><strong>MARCH 27th</strong>&lt;br&gt;<strong>Final Pay’t Due NOW!!</strong></td>
<td><strong>$5 PM - 6 PM $5 Fearless Yoga</strong>&lt;br&gt;<strong>$5 PM - 5:45 PM Fearless Yoga</strong></td>
<td><strong>9:45 AM - L.I.F.E. Aerobics Class</strong>&lt;br&gt;<strong>9:45 AM - L.I.F.E. Aerobics Class</strong>&lt;br&gt;<strong>9:45 AM - L.I.F.E. Aerobics Class</strong>&lt;br&gt;<strong>9:45 AM - L.I.F.E. Aerobics Class</strong></td>
<td><strong>Line Dancing w/Ben &amp; Charlotte</strong>&lt;br&gt;<strong>Line Dancing w/Ben &amp; Charlotte</strong>&lt;br&gt;<strong>Line Dancing w/Ben &amp; Charlotte</strong>&lt;br&gt;<strong>Line Dancing w/Ben &amp; Charlotte</strong></td>
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<td>5. <strong>9:45 AM - L.I.F.E. Aerobics Class</strong>&lt;br&gt;<strong>9:30 AM - 500 Rummy</strong>&lt;br&gt;<strong>$5 PM - 5:45 PM Fearless Yoga</strong></td>
<td>6. <strong>$8:30 AM - Yoga $5</strong>&lt;br&gt;<strong>9:30 AM - Crafts</strong>&lt;br&gt;<strong>12 NOON - Domino’s</strong>&lt;br&gt;<strong>$5 PM - 6 PM $5 Fearless Yoga</strong>&lt;br&gt;<strong>Perfect 10 Pilates</strong></td>
<td>7. <strong>9:30 AM - 10:30 AM Land Aerobics</strong>&lt;br&gt;<strong>9 AM - 11:30 AM Ceramics</strong>&lt;br&gt;<strong>12:30 - Hand &amp; Foot</strong>&lt;br&gt;<strong>1 - 3 PM</strong>&lt;br&gt;<strong>$5 PM - 5:45 PM Fearless Yoga</strong></td>
<td>8. <strong>$8:30 AM - Yoga $5</strong>&lt;br&gt;<strong>9:45 AM - L.I.F.E. Aerobics Class</strong>&lt;br&gt;<strong>$5 PM - 6 PM $5 Fearless Yoga</strong>&lt;br&gt;<strong>Perfect 10 Pilates</strong></td>
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<td>12. <strong>9:45 AM - L.I.F.E. Aerobics Class</strong>&lt;br&gt;<strong>9:30 AM - 500 Rummy</strong>&lt;br&gt;<strong>$5 PM - 5:45 PM Fearless Yoga</strong></td>
<td>13. <strong>$8:30 AM - Yoga $5</strong>&lt;br&gt;<strong>9:30 AM - Crafts</strong>&lt;br&gt;<strong>12 NOON - Domino’s</strong>&lt;br&gt;<strong>$5 PM - 6 PM $5 Fearless Yoga</strong>&lt;br&gt;<strong>Perfect 10 Pilates</strong></td>
<td>14. <strong>9:30 AM - 10:30 AM Land Aerobics</strong>&lt;br&gt;<strong>9 AM - 11:30 AM Ceramics</strong>&lt;br&gt;<strong>12:30 - Hand &amp; Foot</strong>&lt;br&gt;<strong>1 - 3 PM</strong>&lt;br&gt;<strong>$5 PM - 5:45 PM Fearless Yoga</strong></td>
<td>15. <strong>$8:30 AM - Yoga $5</strong>&lt;br&gt;<strong>9:45 AM - L.I.F.E. Aerobics Class</strong>&lt;br&gt;<strong>$5 PM - 6 PM $5 Fearless Yoga</strong>&lt;br&gt;<strong>Perfect 10 Pilates</strong></td>
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<td>19. <strong>9:45 AM - L.I.F.E. Aerobics Class</strong>&lt;br&gt;<strong>9:30 AM - 500 Rummy</strong>&lt;br&gt;<strong>$5 PM - 5:45 PM Fearless Yoga</strong></td>
<td>20. <strong>$8:30 AM - Yoga $5</strong>&lt;br&gt;<strong>9:30 AM - Crafts</strong>&lt;br&gt;<strong>12 NOON - Domino’s</strong>&lt;br&gt;<strong>$5 PM - 6 PM $5 Fearless Yoga</strong>&lt;br&gt;<strong>Perfect 10 Pilates</strong></td>
<td>21. <strong>9:30 AM - 10:30 AM Land Aerobics</strong>&lt;br&gt;<strong>9 AM - 11:30 AM Ceramics</strong>&lt;br&gt;<strong>12:30 - Hand &amp; Foot</strong>&lt;br&gt;<strong>1 - 3 PM</strong>&lt;br&gt;<strong>$5 PM - 5:45 PM Fearless Yoga</strong></td>
<td>22. <strong>$8:30 AM - Yoga $5</strong>&lt;br&gt;<strong>9:45 AM - L.I.F.E. Aerobics Class</strong>&lt;br&gt;<strong>$5 PM - 6 PM $5 Fearless Yoga</strong>&lt;br&gt;<strong>Perfect 10 Pilates</strong></td>
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<tr>
<td>26. <strong>9:45 AM - L.I.F.E. Aerobics Class</strong>&lt;br&gt;<strong>9:30 AM - 500 Rummy</strong>&lt;br&gt;<strong>12:30 PM - Chronic Conditions Seminar # 5 of 6 Classes</strong>&lt;br&gt;<strong>$5 PM - 5:45 PM Fearless Yoga</strong></td>
<td>27. <strong>$8:30 AM - Yoga $5</strong>&lt;br&gt;<strong>9:30 AM - Crafts</strong>&lt;br&gt;<strong>12 NOON - Domino’s</strong>&lt;br&gt;<strong>$5 PM - 6 PM $5 Fearless Yoga</strong>&lt;br&gt;<strong>Perfect 10 Pilates</strong></td>
<td>28. <strong>9:30 AM - 10:30 AM Land Aerobics</strong>&lt;br&gt;<strong>9 AM - 11:30 AM Ceramics</strong>&lt;br&gt;<strong>12:30 - Hand &amp; Foot</strong>&lt;br&gt;<strong>1 - 3 PM</strong>&lt;br&gt;<strong>$5 PM - 5:45 PM Fearless Yoga</strong></td>
<td>29. <strong>$8:30 AM - Yoga $5</strong>&lt;br&gt;<strong>9:45 AM - L.I.F.E. Aerobics Class</strong>&lt;br&gt;<strong>$5 PM - 6 PM $5 Fearless Yoga</strong>&lt;br&gt;<strong>Perfect 10 Pilates</strong></td>
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<td>30. <strong>CLOSED</strong></td>
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“HAIRCUTS by PAT”
30 SOUTH STREET, CAMDEN, DE 19934
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

***TRIP ALERT***

I have listed more trips in our March 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. Overnight trips require more. The trips are filling up quickly.

Questions? - Please Call Diane 698-4285

GOLDEN DINNER CLUB
Is Back
TUESDAY, MARCH 20TH
BETSY ROSS PIZZA - 5 PM
RT. 8 - DOVER, DELAWARE
PLEASE JOIN US FOR OUR MONTHLY FUNDRAISER
Call Diane before March 15th
If you are planning on attending

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.

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. Hearing Aides also accepted.
OUR SINCEREST THANK YOU.

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.

Harvest Years Senior Center, Inc.
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.

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 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, MARCH 19, 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!!

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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 St. Patrick’s Day
March 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
our SENIOR CENTER

A convenient source for local services

FIND AN ADVERTISER NEAR YOU
SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!

ourseniorcenter.com

PLUS Sign up to have our newsletter emailed to you!
An Irish Wish - From the heart of a friend -
“May Good Fortune Be Yours, and May Your Joys Never End.”

MARCH 17, 2018

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