**HEAR YE, HEAR YE MEMBERSHIP OPEN MEETING**

All Members of Harvest Years Senior Center are invited to our “Follow-Up General Meeting”
To Be Held on Tuesday, April 17, 2018 12:30 P.M.

We will be discussing the progress we have made since our first meeting last year. Many good ideas came out of the 2017 meeting and we have put several of the fundraising ideas into motion for 2018. We look forward to meeting with you again and hopefully some newer ideas may be brought to our attention.

**We love your suggestions!**
Happy “April 2018” Birthdays

- 2 Gerald Sovinski
- 3 Beth Bonnell
- 3 Judith Lomax
- 3 Valerie Van Pelt
- 4 Miriam Koske
- 4 Harold Leyh
- 5 Richard Bonnell
- 5 Margaret Butterworth
- 5 Jean Courtney
- 6 Eileen Clough
- 6 Doris Clough
- 6 Ken Tapper
- 7 William Baker
- 7 William Brennan
- 7 Norville Pontius
- 7 Robert Willard
- 8 Rose Marie Abate
- 9 Patricia MacDonald
- 11 Roger Hollopeter
- 11 Derek Leister
- 11 John MacFadden
- 11 Beth Parker
- 13 Dana Aultman
- 13 Barbara Morton
- 13 Virginia Phillips
- 15 Judy Bungori
- 15 Ruth Jones
- 15 Alan Parker
- 16 Charles Likens
- 16 John MacRonald
- 19 Kandy Bedwell
- 19 Frederick Brace
- 19 Nancy Ochs
- 19 Ginger Warnecker
- 19 Connee Woolford
- 22 Bobbi Hudson
- 23 Emilie Courtney
- 23 Estella Lord
- 23 Doris Parks
- 26 Joyce (Joy) Carrow
- 27 Betty Powell
- 27 Catherine Rockwell
- 27 Paul Woikoski
- 29 Viola Hall
- 29 Marilyn Herzfeld
- 30 Rose Larimore

***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 APRIL 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 APRIL 19, 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

Happy SPRING

At Last!  Spring has Sprung here at The Harvest Years!  Our clocks have sprung forward, the snow is behind us and we have more sunny, warm days to look forward to and enjoying.  Yes, things are definitely looking brighter here at The Harvest Years!

April looks to be a busy month as we have two fundraisers coming up.  First will be our Quarter Auction, on Saturday, April 21st, 1 PM - 4 PM, and then our Game Day on Friday, April 27th, also from 1 PM - 4 PM.  We are still in need of many helping hands for these fundraisers.  Please let the front desk know what you can do to help us.

The AARP Tax Service Program is winding down.  We still have some limited appointments left, so please give us a call.  We do not want you to miss out on this free service.

Please mark your calendars for the 55+ Senior Expo on Wednesday, April 18th from 9 AM - 4 PM at Dover Downs.  As always we will be providing free round trip transportation from the Center to the Expo.  Please make your reservations to attend this great yearly event!

Our new Flag Pole will be dedicated in the month of April.  The date and time to follow….stay tuned.

Thank you to all those members and friends who have continued to bring in your receipts from Redners.  We all appreciate your help.  As a reminder, please be sure to bring in the entire receipt.  When we turn the receipts into Redners they will not accept partial receipts.  Again, thanks for all your help.

Here’s hoping that April showers bring many beautiful May flowers!

Activity Notes
by Diane Amoroso

Easter always brings us a renewal of hope, health, the spirit of God in our lives and it also brings us a new season of warm, sunlit days, the re-birth of beautiful flowers and trees with their abundance of colors.  It’s a new awakening of life after a cold, harsh winter.

Now, it’s time to get out of the house and enjoy this renewed season.  We have many fun things planned and we hope you join us throughout the spring, summer, and fall months.  Let’s get out and enjoy the great outdoors.

Our activities calendar is open and you are invited to visit the fabulous landscape of the Finger Lakes Region of New York State, including a dinner cruise on the Colonial Belle along the Erie Canal in June.  Next we are taking two 1900’s Steam Rail Road rides through the mountains of West Virginia.  Both trip itineraries feature exciting shows, fireworks, tours of mansions, museums, wine tasting, botanical gardens, and so much more.
WELCOME TO THE HARVEST YEARS SENIOR CENTER’S GIFT SHOP

OUR GIFT SHOP FEATURES BEAUTIFUL HANDMADE CERAMICS FOR ALL OCCASIONS, CRAFTS, JEWELRY, AND SPECIALTY ITEMS SUCH AS LAVENDER SCENT BATH OILS AND SPRAYS. WE INVITE YOU TO STOP IN AND LOOK OVER THE GIFTS WE OFFER AT TRULY GREAT PRICES. WE ARE SURE YOU WILL FIND A VERY SPECIAL GIFT FOR A VERY SPECIAL PERSON IN YOUR LIFE. WE ALSO FEATURE BEAUTIFUL HANDMADE BOWS TO DECORATE YOUR GIFT PACKAGE.

**NEW THIS YEAR: PERSONAL SAFETY ITEMS**
Pepper Spray, Tasers, Outdoor Warning Signs, etc.

THE GIFT SHOP IS OPEN MONDAY — FRIDAY 10 A.M. - 2 P.M. DAILY

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17TH ANNUAL 55+ EXPO

Wednesday, April 18, 2018
9 AM - 3 PM
Dover Downs Hotel & Casino
U.S. 13, Dover, DE

If you would like the Harvest Years Bus to transport you to and from the Expo, please call the center or stop in and add your name to our list at the Front Desk. Our Bus will leave the Center at 9 AM and will pick you up at the Expo at 2:30 PM and return you to the center.

Transportation: $10.00 Per Person

Sponsored by the Central Delaware Chamber of Commerce

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Reach the Senior Market

THE BUGGY

Advertise Here

302.242.5254
10% Senior Citizen Discount

Joe Visconto to place an ad today! jvisconto@4Lpi.com or (800) 477-4574 x6398

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SAFER DRIVING 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 Call Roger at 302-697-1933
$20 for non-members or visit www.aarp.org/findacourse
Spring Is Here! Lots to do in Kent County.

Every spring, as the weather outside starts to warm up a bit, the heat in Legislative Hall turns up, too. This year is no different with many issues on the burner. Starting with increased concern about school safety generated by the recent, horrible shooting at the Florida High School, the issues this year also include legalization of marijuana, the death penalty, minimum wage, loss of casino jobs, lots of budget issues (including the restoration of funding for senior centers like the Harvest Years Senior Center) and others.

But, as you think about these issues and as the weather gets nicer, you might want to take a little break from time to time and take advantage of the many interesting cultural and recreational activities available to us right here in Kent County.

To help in that regard, I have prepared a few suggestions:

Stop by the **Biggs Museum** in downtown Dover. From now until April 29, “the Biggs” presents “African American History Live”, its first group exhibition of works created by African-American artists of Greater Dover and Kent County. Included are paintings, video, photography, fiber, sculpture and more. My wife and I toured the exhibition recently and it was fabulous!

The **Air Mobility Command Museum**. At the south end of Dover Air Force Base is this museum that boasts rare, vintage aircraft from the World War II era to modern, four engine jet transports, plus other Air Force related memorabilia. Last year, more than 100,000 people toured the Museum. Go on over and find out why!

**Legislative Hall**. Speaking of the heat in Legislative Hall, the building itself is open daily for casual browsing and guided tours, even on days the General Assembly is in session. It really is a fascinating, historic place right here in our own County!

How about the **John Dickinson Plantation**? John Dickinson was one of the most influential Delawareans in the founding of our nation. He was a signer of the Constitution of 1787 and was known as the “Penman of the Revolution” for his influential writings of the time. His home is on Kitts Hummock Road south of Dover, which is itself a very pleasant drive down to Delaware Bay.

Back up in Dover is the **Delaware State Police Museum**, located on the grounds of State Police Headquarters, on Route 13 by the Dover Mall. This museum affords a captivating look at the nearly one hundred year history of the DSP, recognized as one of the outstanding state police agencies in the United States.

One of my favorite opportunities right in Dover is the **First State Heritage Park**. Part of the Delaware State Park system, First State links historic and cultural sites in our City that has been the seat of State government since 1777. The Headquarters of the Park is on the Green in Dover. There are daily activities with special events on the First Saturday of each month. Watch the local newspapers for notice of special candlelight tours in the evening during warm months.

There’s lots more to do and to appreciate right here in our own home town. Go on line, check the local papers, ask a friend. Enjoy!
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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.
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<td>9 AM - 11:30 AM Ceramics</td>
<td>9:45 AM - L.I.F.E. Aerobics Class</td>
<td>6. 10 AM - 11 AM Line Dancing w/Ben &amp;</td>
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**REMINDER**

Sight & Sound Show “Jesus”

**THURSDAY, APRIL 19th**

**REMINDER**

**SHADY MAPLE**

**TUESDAY, APRIL 10th**

**REMINDER**

**9/11 MEMORIAL**

**NEW YORK CITY**

**THURSDAY, APRIL 26th**

**REMINDER**

Rosenfeld’s Jewish Delicatessen

**FRIDAY, APRIL 13th**

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www.beltone.com
Jean was a dedicated, hardworking member of Harvest Years Senior Center. Jean was proud to be in charge of our Dining Room, making sure that all the silverware was properly wrapped and the tables were set each day for lunch and special events. She was at Harvest Years everyday making sure all was in order for everyone to enjoy their day. Her life and her passion was Harvest Years Senior Center. She will be deeply missed.

Rest in Peace, Our Friend, Jean.

GOLDEN DINNER CLUB
Stargate Diner, Route 13, Harrington, Delaware
Tuesday, April 17, 2018

Please Join Us for Our Monthly Fundraiser—Call Diane before APRIL 13th
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.

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.

***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, 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

“Computer Guy!”
Call Diane: 302 698-4285

Don’t know what to do now that you’ve turned on your computer or smartphone?
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
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 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.

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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

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

MONDAY, APRIL 23, 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

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***Our Craft Room ladies 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

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Harvest Years Senior Center, Inc. Page 9
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 & 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!!

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 Easter
April Meetings
Monday, April 9, 2018
Monday, April 23, 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 be-
cause 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 $30.00.
Classes: Wednesdays - 1 PM - 3 PM
Call DIANE for more Information: 698-4285

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

APRIL 2018
Please Donate to The USO