New Flag Pole Dedication
June 14, 2018

Members in attendance listened to American Flag related poems, and a new plaque was also dedicated. It reads as follows:

Members Flag Pole - In memory of those members who have passed away that have helped build Harvest Years Senior Center to what it is today.
Happy “July 2018” Birthdays

2 Gilbert Kocher 11 Daniel Bailey 21 Donald Dittman
2 Joseph Kundler 11 Mary Chinery 21 Betty Schell
2 Russell Perry 13 Karen Bailey 22 Robert McCoy
2 Gregory Scott 13 Geri Clark 23 Doris Moffett
3 Larry Clark 13 Nancy Swift 24 Frankie Vaughn
3 Martha Myers 14 Claudette Conroy 25 Linda Brace
3 Ernestine Sanders 14 James Malloy 25 Francis Butler
4 Joyce Lulie 14 Claire Murray 25 Ann Ropka
5 Loretta Chowdhury 14 Lorraine Purnell 27 Jack Nuttall
5 Carolann Nevins 15 Virgina LeHuquet 28 William Rowbotham
5 Stan Oleysyk 15 Judith Russ 28 Mildred Williams
9 Donald Kirk 17 Gricel (Grace) Pou 29 Robert Bewick, Jr.
10 David Balcerak 18 Irene Hawpe 30 Elaine Ayres
10 Margie Clendaniel 20 Joy Harrington 30 Marlyn Barr
10 James Corcoran 20 Naomi Henderson 31 Nancy Hartnett
10 Brenda Parisi

On your birthday, and every day wishing you moments that delight you, special times and laughter, happiness that grows, and wonderful memories to keep - Happy Birthday 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 JULY 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 July 19, 2018.

Trips – 2019

Yes, we have started our travel plans for next year. Flyers are in this issue of our Newsletter. Sign up early with small deposits.

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.
FROM YOUR EXECUTIVE DIRECTOR
TOM BONESO

The summer of 2018 is in full swing! Three cheers for the red, white, and blue! There is an abundance of summertime activities awaiting you here at The Harvest Years. I want to remind all of our members to stay cool and hydrated during these hot summer days. Pop in and see us and we can keep cool together. Let us do the cooking for you in the month of July.

Our annual summer tradition of Root Beer Floats are back and available for $2.00 each. If you buy a mug and join our ‘mug club’ for $5.00, you will receive 4 free floats and after that, refills are only $1.00 each. This will be available now through Labor Day from 10 AM - 3 PM. Come on in, cool down and enjoy this Harvest Years’ sweet treat.

As a reminder….please try and take advantage of our Transportation Program to and from the center. Let us do the driving this summer in our air-conditioned buses. It is as little as .50 cents each way. Come into the center and enjoy some good company, activities, a card game, a day trip we have planned, or maybe just have lunch.

Thank you to all of those members who joined us for the dedication of our new flag pole. We dedicated it to all of those deceased Harvest Years’ members who gave of their time and talents to help build the Harvest Years into a growing senior community.

Mark your calendars for JULY 20th. It is our ANNUAL SUB SALE. The front desk has the order forms!

In August we will celebrate Volunteer Appreciation Month. We want to take time, as the new fiscal year approaches, to recognize and thank all of those members who volunteer their time to us here at The Harvest Years. We are so glad that you are here for us!

ENJOY SAFE SUMMER TRAVELS!

Activity Notes
by Diane Amoroso

Let’s Celebrate Our Nation’s Birthday!!

Our Annual Ice Cream Social will be held this year on Wednesday, July 18th. We will be serving your favorite Ice Cream Sundaes, Banana Splits, and Root Beer Floats. Your choice of one for only $3.50 each.

Join us for lunch at 11:30 and at 12 Noon enjoy your special Ice Cream dessert!!

A fun way to celebrate a Happy July!!

Harvest Years Senior Center, Inc.
### Kent County Representatives

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number or E-Mail</th>
<th>District</th>
</tr>
</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 Paradee</td>
<td>302 744-4351 or <a href="mailto:Trey.Paradee@state.de.us">Trey.Paradee@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>302 744-4171 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

<table>
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<tr>
<th>Name</th>
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<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>
</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 <a href="mailto:744-4134-Gary.Simpson@state.de.us">744-4134-Gary.Simpson@state.de.us</a></td>
<td>SD 18</td>
</tr>
</tbody>
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**Work Injuries**

- Motor Vehicle Accidents
- Vestibular Rehabilitation
- Pre & Post Orthopedic Management

**Contact Information**

- **Teresa Davis** - Realtor
  - 3841 N. Dupont Hwy., Dover, DE
  - Office: 302-674-4500
  - Cell: 302-423-6406
  - teresa@KRprops.com
  - View thousands of homes instantly at [www.KRprops.com](http://www.KRprops.com)

**Transportation Available**

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

---

**Advertise Here**

Reach the Senior Market

**Joe Visconto** to place an ad today!

- jvisconto@lpiseniors.com
- (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!

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<tr>
<th>CLASSROOM COURSE</th>
<th>TO FIND A COURSE NEAR YOU</th>
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<tbody>
<tr>
<td>$15 for AARP members</td>
<td></td>
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<tr>
<td>$25 for non-members</td>
<td>Call Roger at: 302-697-1933</td>
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<tr>
<td>or visit: <a href="http://www.aarp.org/findacourse">www.aarp.org/findacourse</a></td>
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The End of the 150th Delaware General Assembly

The last day of last month, June 30, was also the last regular day the Delaware General Assembly will meet until January, 2019. It is possible the Senate alone might meet in the Fall for one day for the sole purpose of confirming some Governor’s appointments to judgeships but, other than that, legislative work for 2018 finished up on June 30.

June 30 was also the last day of the 149th General Assembly (GA). When the Legislature reconvenes in January it will be as the 150th General Assembly. General Assemblies in Delaware last two years. At the end of each General Assembly, any legislation that has not been finally voted upon dies. If the proponents of such legislation want to keep pursuing it, they have to start over again in the next GA.

During the break period between General Assemblies, elections are held. This year, elections will be Tuesday, November 6. As far as the State Legislature goes, every State Representative seat and half the State Senate seats are up for election. The winners in those elections plus the half of Senate seats that were not up for election will comprise the 150th General Assembly.

As I have noted before in this column, I am not running for re-election so I will not be part of the 150th. I will share more on that decision in a column before I retire on November 6 but I will say at this point that 2018 turned out to be an interesting last year for me.

There was no shortage of major issues as the GA wound down last month.

Chief among those issues were the budget, including state employee pay raises, several gun control bills, the opioid epidemic, the casino issue, minimum wage, criminal justice reform, bail reform and lots of others.

The deadline for this column is mid-month so many of those issues were left unresolved as of when I am writing this. I guarantee you, though, that debate, discussion and argument on all these filled the last two weeks of June. Interested seniors should pay attention to local newspapers and TV as more and more news about all these comes out through July. They are all important issues.

The gun bills got the most attention as large numbers of Delawareans, on both sides of the issues, expressed their views to legislators. In fact, while I do not have actual numbers, I believe I personally received more contacts on gun bills in 2018 than I received on any other issue in the ten years I have served in the Senate.

Of major concern to many, many Kent Countians was the casino issue. The simple fact is the State of Delaware takes too much money from the casinos and that fact threatens the jobs of nearly 2,500 people right here in Kent County. The Governor negotiated a balanced resolution to this issue which became Senate Bill 144, a bill I sponsored. By the time you read this, we will know what happened to SB 144.

Happy Fourth of July!
## JULY 2018 MENU

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| 2.  
- Taco’s  
  - Soft or Hard  
  - Corn Chips  
  - Salsa  
  - Peaches  
| 3.  
- BBQ Chicken  
  - Baked Beans  
  - Cole Slaw  
  - Bread or Rolls  
  - Fresh Fruit  
| 4.  
- CLOSED  
- Flag of July  |
| 5.  
- Beef Stew  
  - Biscuits  
  - Applesauce  
  - Cake  
| 6.  
- Tuna & Macaroni  
  - Salad Platter  
  - Lettuce, Tomato, Crackers  
  - Assorted Desserts  |
| 9.  
- Pulled Pork Sandwich  
  - Baked Fries  
  - Tossed Salad  
  - Vanilla Pudding  
| 10.  
- Stuffed Peppers  
  - Baked Potato  
  - Sour Cream  
  - Bread or Rolls  
  - Jell-O/w Whipped Cream  
| 11.  
- Baked Salmon  
  - Brown Rice  
  - Vegetable Blend  
  - Bread or Rolls  
  - Sherbert  
| 12.  
- Oven Roasted Chicken  
  - Mashed Potatoes  
  - Peas & Carrots  
  - Bread or Rolls  
  - Ice Cream  
| 13.  
- Meatball Sub  
  - House Salad  
  - Pickles/Chips  
  - Assorted Desserts  |
| 16.  
- Spaghetti w/Meatsauce  
  - Tossed Salad  
  - Italian Bread  
  - Brownie  
| 17.  
- Roasted Chicken  
  - Roasted Potatoes  
  - Broccoli  
  - Bread or Rolls  
  - Fruit  
| 18.  
- ICE CREAM SOCIAL  
- Hot Dog or Hamburger  
  - On Bun  
  - Macaroni Salad  
  - Baked Beans  
  - Watermelon  
| 19.  
- Happy Birthday Lunch  
  - BBQ Pork Chops  
  - Roasted Potatoes  
  - Vegetable Blend  
  - Bread or Rolls  
  - Ice Cream & Cake  
| 20.  
- PIZZA PARTY  
  - Assorted PIZZA  
  - Chips & Soda  
  - Assorted Desserts  |
| 23.  
- All You Can Eat Buffet  
  - Chicken Pot Pie  
  - House Salad  
  - Bread or Rolls  
  - Fresh Fruit  
  - $5.00  |
| 24.  
- Roasted Pork Loin  
  - Mashed Potatoes  
  - Gravy/Green Beans  
  - Bread or Rolls  
  - Cake  
| 25.  
- Baked Meatloaf  
  - Mashed Potatoes  
  - Buttered Carrots  
  - Bread or Rolls  
  - Fruit Cocktail  
| 26.  
- Baked Flounder  
  - Macaroni & Cheese  
  - Stewed Tomatoes  
  - Bread or Rolls  
  - Jell-O w/Whipped Cream  
| 27.  
- Deli Turkey and Cheese on a Kaiser Roll, Lettuce, Tomato Pickles/Chips  
  - Assorted Desserts  |
| 30.  
- Penne Pasta w/ Meatsauce  
  - Tossed Salad  
  - Italian Bread  
  - Cantaloupe  
| 31.  
- Sweet & Sour Chicken  
  - Rice  
  - Vegetable Blend  
  - Chocolate Chip Cookie  
| 12 NOON - JULY 18TH  
- ICE CREAM SOCIAL  |
| SHOREBIRDS GAME  
  - JULY 20th  |
| CLOCK MUSEUM TRIP  
  - TUESDAY, JULY 24TH  |

### 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
<table>
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<td>3. $8:30 AM - Yoga$$</td>
<td>$5 PM - 5:45 PM $5 FEARLESS YOGA</td>
<td>5. $8:30 AM - Yoga $$</td>
<td>6. 10 AM - 11 AM Line Dancing w/Ben &amp; Charlotte</td>
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<td>9:30 AM - 500 Rummy</td>
<td>9:30 AM - Crafts</td>
<td>12 NOON - Domino’s</td>
<td>9:45 AM - L.I.F.E. Aerobics Class</td>
<td>12 NOON - Mah Jong</td>
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<td>10. $8:30 AM - Yoga$$</td>
<td>11. 9:30 AM - 10:30 AM Land Aerobics</td>
<td>12. Harrington Slots</td>
<td>13. 10 AM - 11 AM Line Dancing w/Ben &amp; Charlotte</td>
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**SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY**
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

GAME DAY FUN!!!
Everyone attending our ‘Game Day’ had a really NICE afternoon. Raffles, Prizes, Cakes, Cookies, Coffee, Tea, and more were available for all to enjoy.

OUR SINCEREST “THANK YOU” TO MARY ANN KESSLER FOR HER EFFORTS TO PUT THIS FUNDRAISER TOGETHER FOR HARVEST YEARS SENIOR CENTER.

We look forward to another GAME DAY in the Fall.
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.

**WARNING!**

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.

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

**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

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.

---

**You’re Invited**

Friends of Historic Camden will hold their picnic on Tuesday, July 10th, 6 PM at Brecknock Park. Please bring a covered dish. We hope for a good turnout.

---

**AARP DRIVER SAFETY COURSE**

Harvest Years Senior Center

30 South Street, Camden, DE

**NEXT CLASS - MON. JULY 16TH**

9 AM - 1 PM

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 in September.

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 - Wyoming Lions Club
We Serve
“Unselfish Service to the Community”

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

NO MEETINGS UNTIL SEPT. HAVE A WONDERFUL & SAFE SUMMER

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 $30.00.
Classes: Wednesdays - 1 PM - 3 PM
Call DIANE for more Information: 698-4285

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

JULY 2018
Please Donate to The USO