Harvest Years

1977



Senior Center

302 698-4285 - Website: http://arvestyears.org

30 SOUTH STREET, CAMDEN, DE 19934

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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 2020**

Jack Walters.....President Joan Schwartz.....Vice President Barbara Morton......Treasurer Judy Lomax.....Secretary Tom Bones.....Executive Director

Board Members: Dick Bewick, Judie Burke, Dick Chappell

SEPTEMBER 2020 **VOLUME 18 - ISSUE 9**

Harvest Years

Monthly

1977 - Celebrating 43 Years - 2020



9/11 TRIBUTE

Harvest Years Senior Center will hold our Annual 9/11 Tribute On Friday, September 11, 2020 at 11 AM.

The outdoor ceremony will pay Tribute to the 3,000+ lives who perished on that fateful day with poems, prayers and a Moment of Silence.

We welcome our members (wearing masks) to attend and stand together (6' Apart) as we remember and reflect on how our lives changed forever since September 11, 2001.



Happy



Birthdays

		-	***
2 H	arry	Legates	r. r

- 2 Elizabeth Tanis
- 3 Charlene Blue-Amor
- 3 Sharon Duncan
- 3 George Harris
- 3 Joan Muschner
- 3 Angelia (Anna) Pizzi
- 3 William Taylor
- 3 Lynda Winget
- 4 Buddy Kolbe
- 4 Stan Potter
- 5 John Krisinski
- 6 Peter Avitabile
- 6 Nancy Hughes
- 6 Jack Walters
- 7 Elaine Kesselring
- 7 Brian Muirhead
- 8 Richard Boryszewski

- 8 Josephine Lee
- 8 Pauline Liston
- 8 Regina Taylor
- 10 Arlene Altomare
- 10 Paul Theodore Dawson
- 10 Erika McGuire
- 10 Sarah Nelson
- 11 Mae Bates
- 11 Mary Muffley
- 11 Maria Seliga
- 12 Barbara (Bonnie) Delp
- 12 Joanne Scott
- 13 Eva Larsen
- 13 Susan Mandel
- 14 Pete Goff
- 14 Shirley Judd
- 16 Marie Brummell
- 16 Garry Glanden

- 16 Charlie Lohrmann
- 17 Janet Coleman
- 17 Nancy Wilkinson
- **18 Cornelius Minor**
- 18 Benedicta (Rita) Witty
- 20 Jackie Boles
- 20 Carlton Scott
- 20 Carroll Lee Scott
- 20 Katie Winingar
- 21 George Hoecker
- 22 Sheila Allen
- 22 Gerald Leonard
- 23 Diane Millette
- 25 Gail Aubrey
- 26 Jerome Hickman
- 26 James Miller
- 28 Maureen Bousquet
- 28 John Maciarello

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

PLEASE CALL TO ORDER YOUR FREE BIRTHDAY LUNCH

to be delivered to your home on the third Thursday of September.. Order by 10:30 AM and your lunch will be delivered between 11:30 AM - 1:30 PM. If you do not see your name on the list of names for **September** 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 call Tom or Diane..... **HAPPY BIRTHDAY and Thank You...**

LUNCHES WILL BE DELIVERED DAILY MONDAY THRU FRIDAY 11:30 AM - 1:30 PM

YOU MUST CALL HARVEST YEARS SENIOR CENTER, TO MAKE YOUR LUNCH DELIVERY RESERVATION BY 10:30 AM DAILY, TO ORDER LUNCH FOR THAT DAY.

PLEASE CALL (302) 698-4285.

HARVEST YEARS SENIOR CENTER

is offering *FREE* lunch delivery service to our members. Be sure to call in your lunch order by 10:30 AM each day. The meals will be delivered to your home Monday thru Friday between the hours of

11:30 AM - 1:30 PM. The cost is \$5.00 per meal.



From Your Executive Director Tom Bones

As we wave good-bye to the Summer of 2020 we have a lot to look forward to as Fall will be upon us in 3 short weeks on September 22nd. I hope everyone is continuing to stay safe and still following the CDC guidelines for Covid-19.

We have started a brand new Virtual Social Platform! We are in the process of testing out some new and fun ways to reach out to our members virtually so we can call be safe. The first on our list is an audio one. This platform has a weekly calendar, trivia, bingo and group chats on different topics.

Please check it out and let us know what you think! Simply log onto Highway61.co which is an audio platform that empowers those of us over 50 to engage, learn and support each other. In order to take full advantage of this, please do the following:

- Make sure your laptop or computer has access to a built in microphone. (If your computer has a camera, it will have a mic.)
- Please use CHROME to log on if you are using a computer. Please use SAFARI if you are using an iphone or ipad to access the site.
- When you click, join it will prompt you to allow Highway61.co to use your microphone.

If you have any questions, please call or e-mail us here at The Harvest Years.

During the month, we hope to dedicate our flagpole project on Friday, September 18th, which is POW/MIA Recognition Day.

We have spoken to Pat, our hair stylist. She would like to thank everyone that reached out to her during the recent loss of her husband Richard. She was very moved. We hope that Pat will be back with us in September. I am also saddened to announce a loss of another one of our Harvest Years team members, Grace Zendler. Grace was part of our Shopping Program for over 20 years. She will be missed. We sent our heartfelt condolences to her husband Ron and their family.

Please continue to stay safe, TOM

Notes From Your Activities Director Diane Amoroso



<u>9/11</u> 19th ANNIVERSARY

It is hard to believe that it has been 19 years since the devas-

tating attacks on the World Trade Center Towers, the Pentagon in Washington, DC and the crash of Flight #93 in the fields of Shanksville, Pennsylvania. The United States of America has never seen such devastation since the Pearl Harbor attack in Hawaii, by the Japanese, on December 7, 1941.

There were many heroes on 9/11. Too many to count. Some survived, others lost their lives trying to save others, and most perished just going to work as they did normally each day of the week. *This day was not normal!*

There are never enough words of praise or to give thanks to all those who gave so much, including our fury four-legged heroes. Over the years our military forces have relied on dogs and horses to work with their handlers in times of crisis. On 9/11 dogs were used to sniff out survivors and/or bodies from the burnt charred rubble of the collapsed buildings.

In this issue of our 'special edition' monthly Newsletter I proudly pay tribute to two rescue dogs who knew no fear in their abilities to search the rubble of the fallen towers.

Read their stories. Riley and Jake are true heroes and they should never be forgotten for the dangerous work they did during very difficult times in American history.









Riley is one of the most famous dogs of Sept. 11 because of a photo taken of him at the World Trade Center site a few days after the attacks. In the photo, Riley is in a basket being sent over a 60-foot-deep canyon to search the rubble of the North Tower. "Normally when we send a dog, the handler goes with him," said Riley's trainer, Chris Selfridge. "This time we decided it was more practical to just send the dog."

From Chris Selfridge, "On 2/26/10, Riley passed away. He was our family pet, my friend and partner. Riley was 13 in November. He lived a good life and taught me many lessons during his time with me. He will be greatly missed. I love you Bub!"

ForTheLoveOfTheDog



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9/11 Hero Dog Jake

Jake was a 9/11 Hero Dog as well as a Katrina Hero. This beautiful black lab that "became a national canine hero after burrowing through white-hot, smoking debris in search of survivors at the World Trade Center site" 9/11 terrorist attack as well as searched through storm torn Mississippi areas.



His story is an amazing one, from a injured 10-month-old disabled puppy – abandoned on a street with a broken leg and a dislocated hip to a renowned rescue and therapy dog, Jake overcame great odd to rise to the top.

Owner Mary Flood had Jake put to sleep in July of '07 after a last stroll through the fields and a dip in the creek near their home in Oakley, Utah. He was in too much pain at the end, shaking with a 105-degree fever as he lay on the lawn.

After Hurricane Katrina, Flood and Jake drove 30 hours from Utah to Mississippi, where they searched through the rubble of flooded homes in search of survivors.

In his later years, Jake helped train younger dogs and their handlers across the country. Jake showed other dogs how to track scents, even in the snow, and how to look up if the scent was in a tree. He also did therapy work with children at a Utah camp for burn victims and at senior homes and hospitals.

"He was a great morale booster wherever he went," says Flood. "He believed that his cup was always full, never half-full. He was always ready to work, eager to play -- and a master at helping himself to any unattended food items."

ForTheLoveOfTheDog

- SEPTEMBER 2020 MENU -				
Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY SEPTEMBER	1. Sweet & Sour Chicken Rice Green Beans Bread or Roll Peaches	2. Stuffed Pepper 1/2 Baked Potato Sour Cream Bread or Roll Fruit	3. Chicken Pot Pie House Salad Bread or Rolls Vanilla Pudding	4. Cheeseburger on a Bun Lettuce, Tomato Assorted Desserts
7. CLOSED HAFFY LABOR	8. Sloppy Joe on a Bun Tossed Salad Chips Strawberry Cake	9. Baked Honey Ham Scalloped Potatoes Broccoli Fruit Cocktail	Oven Fried Chicken Roasted Potatoes Lima Beans Bread or Roll Chocolate Pudding	Chef's Salad Ham, Turkey, Egg, Lettuce, Tomato Sweet Roll Assorted Desserts
Roasted Turkey Sandwich Lettuce, Tomato Pickles, Chips Ambrosia Pie	Baked Flounder Macaroni & Cheese Stewed Tomatoes Bread or Roll Cookie	Meatloaf Mashed Potatoes Gravy Succotash Bread or Roll Fruit	17. <u>Birthday Luncheon</u> Roasted Pork Loin Mashed Potatoes Gravy/Broccoli Bread or Roll Cake	18. Chicken & Dumplings Peas Tossed Salad Bread or Roll Assorted Desserts
21. Baked Ziti Buttered Carrots Italian Bread Strawberries	22. FALL BEGINS Braised Beef over Noodles Peas Bread or Roll Apple Crisp	Baked Chicken Macaroni & Cheese Green Beans Bread or Rolls Pineapple	24. Spaghetti w/Meatsauce House Salad Italian Bread Cake	Fish Sandwich Lettuce, Tomato Pickles/Chips Assorted Desserts
28. Cobb Salad Turkey, Bacon, Egg, Tomato, Blue Cheese Sweet Roll	BBQ Pulled Pork Sandwich Baked Beans Chips Cookie	30. Chicken Parmigiana w/Pasta Tossed Salad Italian Bread Tropical Fruit		

FYI: Please be advised that food prepared at Harvest Years Senior Center may contain the following ingredients: Milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, shellfish and seafood base.





IMPORTANT INFORMATION FOR YOU!

Anyone taking a trip with Harvest Years Senior Center must carry 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.

CANCELLED - SEPTEMBER 2020 ACTIVITIES - CANCELLED				
Monday	Tuesday	Wednesday	Thursday	Friday
goodbye, august hello, september	1. \$\$FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:30 AM - Crafts 12 NOON - Domino's \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM	2. 9:30 AM - 10:30 AM Land Aerobics 12:30 PM - Hand & Foot \$\$ ART CLASS \$\$ 1 PM - 3 PM \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM	3. \$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:45 AM - L.I.F.E. Aerobics Class \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM	4. 12 NOON - Mah Jong 12:30 - Spades
7. <u>CLOSED</u>	8. \$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:30 AM - Crafts 12 NOON - Domino's \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM	9. 9:30 AM - 10:30 AM Land Aerobics 12:30 PM - Hand & Foot \$\$ ART CLASS \$\$ 1 PM - 3 PM \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM	10. \$ FEARLESS YOGA \$ 8:30 - 9:15 AM 9:45 AM - L.I.F.E. Aerobics Class \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM	11. 12 NOON - Mah Jong 12:30 - Spades
9:45 AM - L.I.F.E. Aerobics Class \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM	15. \$\$ FEARLESS YOGA \$\$ 8:30 AM - 9:15 AM 9:30 AM - Crafts 12 NOON - Domino's \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM	16. 9:30 AM - 10:30 AM	17. \$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:45 AM - L.I.F.E. Aerobics Class \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM	18. 12 NOON - Mah Jong 12:30 - Spades
9:45 AM - L.I.F.E. Aerobics Class \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM	22. \$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:30 AM - Crafts 12 NOON - Domino's \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM	23. 9:30 AM - 10:30 AM Land Aerobics \$\$ ART CLASS \$\$ 1 PM - 3 PM 12:30 PM - Hand & Foot \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM	24. \$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:45 AM - L.I.F.E Aerobics Class \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM	25. 12 NOON - Mah Jong 12:30 - Spades
28. 9:45 AM - LIFE Aerobics Class \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM	29.\$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:30 AM - Crafts 12 NOON - Domino's \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM	30. 9:30 AM - 10:30 AM Land Aerobics \$\$ ART CLASS \$\$ 1 PM - 3 PM 12:30 PM - Hand & Foot \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM		





"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.

At this time we are hopeful that PAT will be returning in September.



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.

Terry 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: 302 698-4285



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Delaware Medicare Assistance Bureau

Delaware Department of Insurance

Lower Out of Pocket Insulin Costs For Medicare's Seniors in 2021

The Centers for Medicare & Medicaid Services (CMS) announced standalone Medicare Park D prescription drug plans and Medicare Advantage plans with prescription drug coverage have applied to offer lower insulin costs through the Park D Senior Savings Model for the 2021 plan year. Across the nation, participating enhanced Park D prescription drug plans will provide Medicare beneficiaries access to a broad set of insulins at a maximum \$35 copay for a month's supply, from the beginning of the year through the Part D coverage gap. The model follows on the Trump Administration's previously announced 13.5 percent decline in the average monthly basic Part D premium since 2017 to the lowest level in seven years.

CMS is enabling and encouraging Part D plans to offer fixed, predicable copays for beneficiaries rather than leaving seniors paying 25 percent of the drug's cost in the coverage gap. Both manufacturers and Part D sponsors responded to this market-based solution in force and seniors that use insulin will reap the benefits.

For more information the Part D Senior Savings Model can be viewed at:

Health Care Transport Program

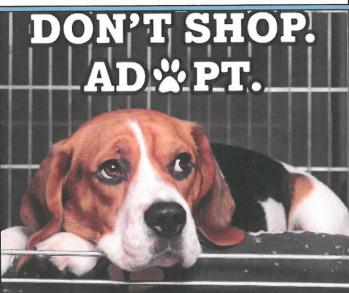


If you are in need of our "Medical

Appointment Service", please call our front desk at 698-4285 to schedule your 'Pick--Up Time'. Pick--Up times should be made 1--2 weeks in advance, no later than 48 hours in advance. Scheduled appointments must be made between 9 AM - 1:30 PM, Monday - Friday. We will pick you up 1/2 hour prior to your scheduled appointment. There will be a \$3.00 'Trip Charge' payable by cash or check. We will not go into Sussex County or New Castle County due to cost. Please call Harvest Years Senior Center for more information and scheduling.

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Annual Flu Shots

"REGULAR' or 'SUPER' -(65 YRS. Or Older) And/Or "PNEUMONIA SHOTS"

MEDICARE APPROVED

WEDNESDAY,
October 14, 2020
9:00 AM - 12 NOON

!! BY APPOINTMENT ONLY !!

Harvest Years Senior Center 30 South Street Camden, DE 19934 302 698-4285

Don't Wait Until It's Too Late......
Please call the Front Desk for
An Appointment ASAP!



Harvest Years Senior Center Needs Your Help

At this time we have several positions open on our Board of Directors. We have one meeting per month for approximately 2 hours. We look forward to hearing your ideas about how Harvest Years will be going forward into 2021.

If you would like to serve on our Board of Directors please let us know. We welcome you.

THANK YOU



You Are All Invited To Join Us For Lunch At Harvest Years Senior Center

Monday thru Friday - 11:45 AM

COST:

Member - \$5.00 - Non-Member - \$7.00

Delicious Food, Nice People & Good Times.
Join us and Bring A Friend Too!!

LUNCH IS BEING SERVED IN OUR DINING ROOM AT THIS TIME. CDC GUIDELINES ARE IN EFFECT: Maximum 15 People, one service beginning at 11:45 AM. SOCIAL DISTANCE RULES. Reservations for lunch must be made by 10 AM, NO LATER!

JOIN HARVEST YEARS AND RECEIVE A \$1.00 OFF COUPON

TOWARDS YOUR 1st LUNCH WITH US!!

FOR NEW MEMBERS ONLY - 2020



Our Soup-To-Go Kitchen will re-open on Monday, October 5th. Please call for our Daily Home-Made Soup Specials.

Homemade Soups \$3.00 Cup / \$4.00 Pint / \$5.00 Quart

EXTRA IN-HOUSE ITEMS

Desserts \$2.00 each
Just Entrees \$3.00 each
Starch/Vegetable \$2.00 each

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



Camden - Wyoming Lions Club

"Unselfish Service to the Community"

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

Next Meetings:

Canceled Until Further Notice Due to the Coronavirus Crisis

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: CANCELED UNTIL FURTHER NOTICE



\$.50 per Trip \$ 5.00 for 10 Trips \$ 10.00 for 20 Trips \$ 20.00 for 40 Trips



Bridge is Back

We welcome back our Bridge players. Our Bridge group will meet at Harvest Years on September 9th & 23rd at 1 PM



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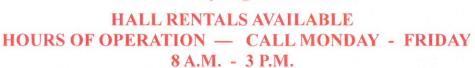


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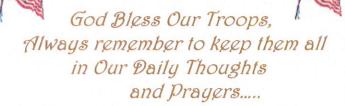
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Hello September 2020





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