

# Harvest Years

1977



2022

## Senior Center

30 SOUTH STREET, CAMDEN, DE 19934

# Harvest Years Monthly



**JULY 2022**  
**VOLUME 20 - ISSUE 7**

302 698-4285 - Website: <http://harvestyears.org>

### TABLE OF CONTENTS

Monthly Birthdays.....Pg. 2  
 Executive Director's Notes.....Pg. 3  
 Activity Director's Notes.....Pg. 3  
 Jody Sweeney Report.....Pg. 5  
 Monthly Menu.....Pg. 6  
 Monthly Activities.....Pg. 7  
 The Computer Guy.....Pg. 8  
 AARP Driving Course.....Pg. 8  
 SNAP Program.....Pg. 9  
 Lunchroom News.....Pg. 10  
 Lions Club Meetings.....Pg. 10

1977 - Celebrating 45 Years - 2022



Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same. – *Ronald Reagan*

This nation will remain the land of the free, only so long as it is the home of the brave. – *Elmer Davis*

I'd like to be remembered as a person who wanted to be free and wanted other people to be also free. – *Rosa Parks*

If the freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter. – *George Washington*

*"Independence Day:* freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed – else like a flower cut from its life-giving roots, it will wither and die." – *Dwight D. Eisenhower*

It is by the goodness of God that in our country we have those three unspeakably precious things: freedom of speech, freedom of conscience, and the prudence to practice either of them - *Mark Twain*

*With great respect in our hearts,* let's give our **thanks** to all the great soldiers who make our land free - On this

**Fourth of July!!!**  
**God Bless America**



### 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 2022

Jack Walters.....President  
 Judie Burke.....Vice President  
 Barbara Morton.....Treasurer  
 Judy Lomax.....Secretary

Tom Bones.....Executive Director

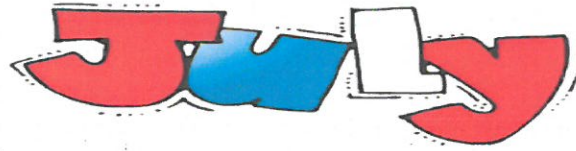
Board Members: Sandi Billings, Gary Kutsch

Next Meeting: TBA

*We Need Volunteers*



Happy



Birthdays

2 Gilbert Kocher  
2 Russell Perry  
2 Ken Ward  
2 Doreen Wilson  
3 Martha Myers  
4 Joyce Lulie  
4 Anna Richter  
5 Donna Purdy  
6 Judi Heritage  
6 Carmen White  
7 Barbara Beachy  
8 Carol Young  
9 Fred Ainge  
9 Toddie Reckner

11 Daniel Bailey  
13 Karen Bailey  
13 Debbie Pawley  
13 Karen Shockley  
13 Nancy Swift  
14 Claudette Conroy  
14 James Malloy  
14 Claire Murray  
15 Virginia LeHuquet  
15 Linda Collins Maxwell  
16 Yvonne Pressley  
17 Jane Nixon  
17 Carol Norris  
18 Susan (Sue) Banks  
19 Angie Emerson

19 Larry Kesselring  
20 Naomi Henderson  
20 Eileen Klein  
21 James Ebert  
21 Betty Schell  
22 Carmen Villanueva  
23 Doris Moffett  
24 "Frankie" Vaughn  
24 Richard Wertz  
25 Linda Brace  
25 Mary Park  
26 Mary Davies  
31 Joseph Frederick  
31 Nancy Hartnett

AND MANY HAPPY RETURNS

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

**\*\*\*PLEASE CALL TO ORDER YOUR FREE BIRTHDAY LUNCH\*\*\* - Your Free In-House Birthday Lunch is on the third Thursday of **JULY**. If you do not see your name on the Birthday 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 call Tom or Diane..... **HAPPY BIRTHDAY Thank You...****

**FREE BIRTHDAY LUNCHES ARE FOR DINE-IN ONLY**

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

**Pick-up Lunches will be available at 11:45 AM**

**Dine-In Lunch at the Center is OPEN AT NOON Please call for your Reservation.**

### **HARVEST YEARS SENIOR CENTER**

is offering a lunch delivery service to our members. Be sure to call in your lunch order by **10 AM** each day. The meals will be delivered to your home Monday thru Friday between the hours of **11:30 AM - 1:30 PM.**

**DONATION: \$5.00 PER LUNCH PLUS \$1.00 DELIVERY CHARGE = \$6.00**

**FREE BIRTHDAY LUNCHES ARE FOR DINE-IN ONLY**





From Your  
Executive Director  
Tom Bones

There is plenty of summer fun ahead as we celebrate the Summer of 2022! Join us here at the Harvest Years, for some cool treats, some good eats and some fun in the sun activities.

As a reminder, please take advantage of our transportation program to and from the center. Let us do the driving in our well air conditioned vehicles. The cost of local pick-up is as little as \$0.50 cent each way. Come and enjoy some good company a good card game, a day trip, or a delicious lunch. Lots of choices!

Looking ahead: all of our members are invited to our *1st Annual Outdoor Picnic* to celebrate the end of summer, on Friday, September 30th. We are looking for volunteers to help us out! On the menu is grilled hot dogs and hamburgers, baked beans, cole slaw and ice cold drinks. The cost is \$10.00 per person, and the event will take place from 11:30 AM to 2:30 PM. We will be accepting desserts to share for our Bake Table. Also on tap is a corn hole tournament and more outdoor fun! Join us for food, fun and the chance to meet your fellow Harvest Years members.

As the fiscal year ends and a new one will begin, we have to re-evaluate our **Food and Transportation Programs** once again. I have put a flyer in our newsletter to explain and remind each of you of different costs as we move forward. With escalating costs of fuel and food prices we will need to continue to monitor the changes. I will continue to do all I can to make sure we can maintain reasonable costs to our members.

I would like to once again give a huge thanks to *The Harvest Years* staff for all of their hard work and effort these past months. They have been invaluable in keeping our center healthy and safe as well as allowing us to better serve our members.

Safe travels to all those who are visiting friends and family during the summer months. Please reach out if you should need anything.

*Happy Fourth of July*



*The center will be closed on Monday, July 4th in recognition of our country's Birthday!!*



Notes From Your  
Activities Director  
Diane Amoroso

## Happy Birthday America

As the fireworks  
Burst around in  
Circles and all the  
Different designs, the  
Evening gets longer. So cheers  
For all the  
Good times we've  
Had.  
I wouldn't trade them for anything. It's  
Just so bitter sweet.  
Kids having the time of their lives,  
Lost in time.  
Memories in the making.  
Noises of the summer.  
Overwhelming excitement in the air.  
Patriotism, the red, white, and blue.  
Quick little moments fly by.  
Relatives and friends having a blast.  
Smells of good 'ole homemade cooking.  
Toasting and traditions along the way.  
Unbelievable love and sacrifice.  
Visioning every night like this one.  
Water balloons flying in the air.  
eXpectations of the night, blown away.  
Yelling and singing every word to every  
song.  
Zoned in on *honor* and enjoying life on the  
**4th of July.**



## Delaware Self-Management Programs

### What are Self-Management Programs?

Self-Management Programs are interactive sessions that help people who have ongoing health conditions learn how to live life to the fullest. For many people, this means living with less stress, more energy, and a greater ability to do the things they want to do. These programs are clinically proven to reduce symptoms and improve quality of life. Programs are open to adults of all ages and abilities. They are evidence-based, originally developed at Stanford University, and feature the following:

- Small group workshops - 8 participants only. due to COVID -19 Restrictions
- 2.5 hour sessions, once a week for six weeks
- Community settings such as senior centers, places of worship, provider offices, libraries, and hospitals, when in-person sessions are available.

#### Participants learn how to:

- Address the physical and psychological effects of chronic pain, (including fatigue, depression and frustration)
- Exercise, get proper nutrition and use medications properly
- Communicate effectively with family, friends, and health professionals

#### Four types of programs are offered FREE in Delaware:

Chronic Pain Self-Management - Diabetes Self-Management - Chronic Disease Self Management - Cancer: Thriving and Surviving.

Harvest Years Senior Center has invited Trained Educator, Maria Seliga who will start the "Pain Management" class on Monday, August 1st - 9 AM - 11:30 AM. The classes will run for 6 consecutive Mondays, with the exception of Labor Day. **HYSC MEMBERS ONLY: CALL DIANE to Sign-Up for this class @ 302 698-4285**

 <p><b>302.242.5254</b></p> <p><b>10% Senior Citizen Discount</b></p>	<p><b>TORBERT FUNERAL CHAPELS</b></p> <p><i>Your Family. Honoring Your Family Since 1915</i></p> <p>61 South Bradford St • Dover, DE 19904 1145 East Lebanon Rd • Dover, DE 19901</p> <p><b>(302) 734-3341</b> torbertfc@yahoo.com www.torbertfuneral.com</p> <p>William C. Torbet   Gary J. Wallick</p> <p><i>Established 1903</i></p>	<h1>WE'RE HIRING</h1> <h2>AD SALES EXECUTIVES</h2> <p><b>BE YOURSELF. BRING YOUR PASSION.</b></p> <p><b>WORK WITH PURPOSE.</b></p>  <ul style="list-style-type: none"><li>• Paid Training</li><li>• Some Travel</li><li>• Work-Life Balance</li><li>• Full-Time with Benefits</li><li>• Serve Your Community</li></ul> <p>Contact us at <a href="mailto:careers@4lpi.com">careers@4lpi.com</a> <a href="http://www.4lpi.com/careers">www.4lpi.com/careers</a></p>
<h2>GROW YOUR BUSINESS BY PLACING AN AD HERE!</h2> <p><b>CONTACT US!</b></p> <p>Contact Anita Aguilar to place an ad today! <a href="mailto:aaguilar@lpicommunities.com">aaguilar@lpicommunities.com</a> or (800) 950-9952 x2677</p> 	<p><b>Carole A. Kisner</b> ABR, CRS, GRI REALTOR</p> <p>Cell: 302-363-3948 Office: 302-677-0020 Fax: 302-346-1606 <a href="mailto:Carole.Kisner@gmail.com">Carole.Kisner@gmail.com</a> <a href="http://www.CaroleCaresTeam.com">www.CaroleCaresTeam.com</a></p>  <p><b>Keller Williams Realty - Central DE</b> 1671 S. State Street Dover, DE 19901</p> 	





JULY 2022 REPORT

GEORGE "JODY" SWEENEY, KENT COUNTY LEVY COURT  
COMMISSIONER, 5th DISTRICT



## *Living With Cancer?* *Call Us - We Can Help*

Cancer Care Connection's Oncology Social Workers help you with the ripple effects of a cancer diagnosis. If you have issues that weigh on your heart and mind, call us for compassionate guidance and support to help you with coping skills, information and strategies. Together we will create a personalized plan of next steps.

### **SERVICES:**

- cancer resources and information
- counseling in person or by phone
- coaching and caring for you every step of the way

We can help you on your cancer journey.

302 266-8050

866-266-7008

**- JULY 2022 MENU -**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>From Dawn</i></p>				<p>1. <b>ICE CREAM SOCIAL</b> Cheeseburger Lettuce/Tomato Baked Beans Assorted Desserts</p>
<p>4. <b>CLOSED</b> <b>4th of July</b></p>	<p>5. Baked Tilapia Brown Rice Vegetable Blend Bread Watermelon</p>	<p>6. Oven Baked Chicken Mashed Potatoes Gravy Green Beans Roll Peaches</p>	<p>7. Baked Ziti House Salad Italian Bread Vanilla Pudding</p>	<p>8. Grilled Chicken Salad Lettuce/Tomato Roll Assorted Desserts</p>
<p>11. Cobb Salad Turkey, Bacon, Onion, Lettuce/Tomato Bleu Cheese Sweet Roll</p>	<p>12. Sweet &amp; Sour Chicken Rice Peas Bread Mandarin Oranges</p>	<p>13. Baked Salmon Sweet Potatoes Mixed Vegetables Bread Blueberry Cobbler</p>	<p>14. Beef Stew Biscuit Applesauce Fruit</p>	<p>15. Spaghetti w/Meatsauce Tossed Salad Italian Bread Assorted Desserts</p>
<p>18. Ham &amp; Cheese on a Kaiser Roll Lettuce/Tomato Pickles/Chips Cookie</p>	<p>19. Baked Chicken Boiled Potatoes Broccoli Bread Fruit</p>	<p>20. Beef Tips Over Noodles Peas &amp; Carrots Bread Brownie</p>	<p>21. <b>Happy Birthday Lunch</b> Roast Beef Mashed Potatoes Gravy/Green Beans Cake Ice Cream <i>(In-House Only)</i></p>	<p>22. Chicken Salad on a Bun Lettuce/Tomato Pickles/Chips Assorted Desserts</p>
<p>25. Tom's 3 Bean Chili Rice Corn Bread House Salad Orange</p>	<p>26. Salisbury Steak Mashed Potatoes Buttered Corn Roll Cake</p>	<p>27. Baked Pork Chop Stuffing Buttered Beets Bread Cantaloupe</p>	<p>28. BBQ Chicken Rice Pilaf Mixed Vegetables Bread Pineapple</p>	<p>29. <b>PIZZA PARTY</b> Cheese Pizza Chips Soda Assorted Desserts</p>

**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. **NOTE: Free Birthday Lunches are for EAT-IN ONLY.**  
**CALL: 302 698-4285 - MENU IS SUBJECT TO CHANGE**





**IMPORTANT INFORMATION FOR YOU!**

Anyone taking a trip with Harvest Years Senior Center must carry a photo **ID** and proof of your **COVID 19 Vaccinations**. Many of our trips will require security screenings. If you do not bring your **ID** and **Proof of your COVID-19 Vaccinations** you will not be permitted on the trip.

**THANK YOU**



## JULY 2022 LIMITED ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>To Dusk</i></p>				<p>1. 12 NOON - Mah Jong 12:30 - Spades</p>
<p>4. <u>CLOSED</u></p> 	<p>5. 9:30 AM - Crafts 12 NOON - Domino's</p>	<p>6. 9:15 AM - 10:15 AM Land Aerobics 12:30 Hand &amp; Foot</p>	<p>7. 9:30 AM - L.I.F.E. Aerobics Class 12 NOON Rummikub</p>	<p>8. 12 NOON - Mah Jong 12:30 - Spades</p>
<p>11. 9:30 AM - L.I.F.E. Aerobics Class</p>	<p>12. 9:30 AM - Crafts 12 NOON - Domino's</p>	<p>13. 9:15 AM - 10:15 AM Land Aerobics 12:30 - Hand &amp; Foot</p>	<p>14. 9:30 AM - L.I.F.E. Aerobics Class 12 NOON Rummikub</p>	<p>15. 12 NOON - Mah Jong 12:30 - Spades</p>
<p>18. 9:30 AM - LIFE Aerobics Class</p>	<p>19. 9:30 AM - Crafts 12 NOON - Domino's</p>	<p>20. 9:15 AM - 10:15 AM Land Aerobics 12:30 Hand &amp; Foot</p>	<p>21. 9:30 AM - L.I.F.E. Aerobics Class 12 NOON Rummikub</p>	<p>22. 12 NOON - Mah Jong 12:30 - Spades</p>
<p>25. 9:30 AM - L.I.F.E. Aerobics Class</p>	<p>26. 9:30 - Crafts 12 NOON - Domino's</p>	<p>27. 9:15 AM - 10:15 AM Land Aerobics 12:30 Hand &amp; Foot</p>	<p>28. 9:30 AM - L.I.F.E. Aerobics Class 12 NOON Rummikub</p>	<p>29. 12 NOON - Mah Jong 12:30 - Spades</p>

# SUPPORT OUR ADVERTISERS!





## HARVEST YEARS

SENIOR



CENTER

### "HAIRCUTS by PAT"

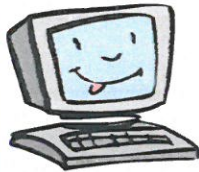
30 SOUTH STREET, CAMDEN, DE 19934  
302 698-4285

**Pat Reynolds, R.C.**

PROFESSIONAL HAIR STYLIST

Hours: Wednesday, & Thursday  
9 A.M. TO 3 P.M.

*PLEASE CALL FOR AN APPOINTMENT*



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 also 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

*If you need help in signing up for our new Visual Audio Program [highway 61.co](http://highway61.co) and our i-Pad Lending Program Call Tom at the Center.*

## 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 9:30 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 Donation'** 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.

All Cancellations must be called in 48 hours in advance. FYI: Due to liability issues we will require you to have a caregiver travel with you if you are using a wheelchair or have cognitive difficulties.

**A FRIENDLY REMINDER:**

**HOW TO SCHEDULE A MEDICAL APPOINTMENT:**

**CALL: 302 698-4285**

**YOUR CALLS WILL BE ANSWERED**

**MONDAY - FRIDAY**

**BETWEEN THE HOURS OF**

**12:30 AM - 2 PM ONLY.**

**THANK YOU**



**AARP DRIVER SAFETY COURSE**

***Canceled Indefinitely***

***You may take the course online.***

***Go To: [www.AARPdriverssafety.org](http://www.AARPdriverssafety.org)***

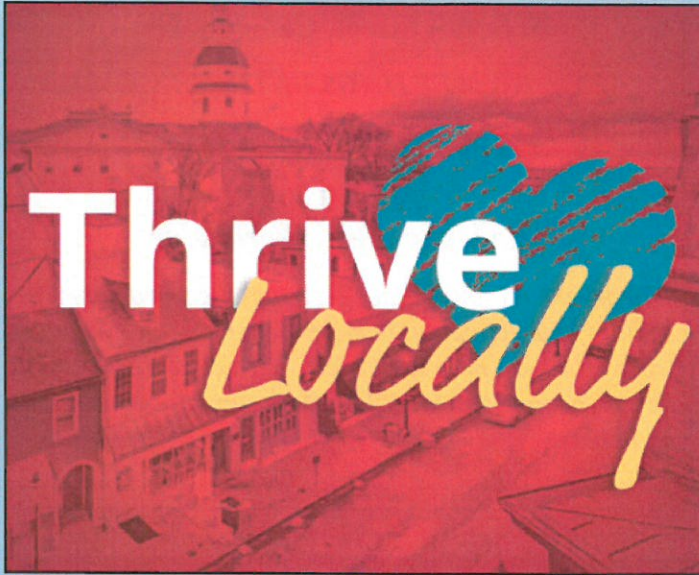
***To Receive a 25% Discount type in the following***

**CODE in all CAPS:**

***DRIVINGSKILLS***



# SUPPORT OUR ADVERTISERS!



*Help Initiative, Inc.  
of Delaware  
Is Offering An*

*Energy Saving  
Light Bulb Upgrade  
For Your Homes*

*If you would like save money on your  
monthly electric bills please call  
Our Call Center  
to make an appointment to have all  
the lightbulbs in your home replaced  
With LED Bulbs - Free of Charge.*

*For More Information  
1-833-888-0410*

## Supplemental Nutrition Assistance Program

Putting Healthy Food Within Reach  
[assist.dhss.delaware.gov](http://assist.dhss.delaware.gov)

Meet Oscar Sebastian at **10 AM-12 Noon**  
on the **third Tuesday** of each Month during  
**2022**. If you are 50 years old or older, Os-  
car 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 Are All Invited To Join Us  
For Lunch At  
Harvest Years Senior Center

**COST:**

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

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

JOIN HARVEST YEARS AND RECEIVE A \$1.00 OFF COUPON  
TOWARDS YOUR 1st LUNCH WITH US!!  
FOR NEW MEMBERS ONLY - 2022

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

EXTRA IN-HOUSE ITEMS

Desserts \$2.00 each

Our **'Soup-To-Go Kitchen'** is  
**CLOSED**

FOR THE SUMMER

WE WILL RE-OPEN

IN THE FALL



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

**Bon Appetite!!**

[smile.amazon.com](http://smile.amazon.com)

amazon

smile

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 - 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.

**FYI: NO MEETINGS UNTIL THE FALL  
HAVE A NICE AND SAFE SUMMER**

**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 communi-  
ties 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



• Then join hand in hand, brave  
Americans all! By uniting we stand,  
by dividing we fall. — John Dickinson





Senior Home Care

CARING FOR SENIORS LIKE FAMILY



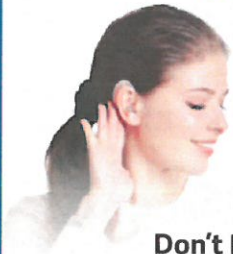
HEART OF THE HOME, LLC

302-538-6691

Winner of the *FIRST STATE FAVORITE HEARING AID CENTER*

# Trusted Hearing Care

Free Hearing Screening • All Make Repairs  
Digital Hearing Aids • Questions Answered



Don't Miss a Moment or a Word, Because the Time is Now

BC/BS • AAA • AARP • Tricare • Humana • United Healthcare  
State Employees • Federal Employees • Aetna • Cigna

Milford Medical Center

800 Airport Road  
Milford



302-422-4677

Beltone Audio Services

1033 S. DuPont Hwy.  
Dover

302-674-8800



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

# Pippin

Funeral Home & Crematorium, Inc.  
Mausoleums & Monuments LLC

119 W. Camden-Wyoming Ave., Wyoming, Delaware 19934  
302.697.7002 | [www.pippinfuneralhome.com](http://www.pippinfuneralhome.com)

# NEVER MISS A NEWSLETTER!

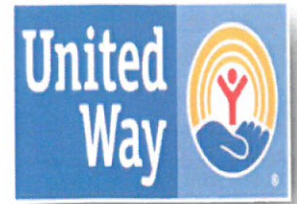
Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)







HARVEST YEARS SENIOR CENTER, INC.  
30 SOUTH STREET, CAMDEN, DE 19934  
PHONE: (302) 698-4285  
FAX: (302) 698-4286  
E-mail: [hysc@comcast.net](mailto:hysc@comcast.net)



HALL RENTALS AVAILABLE  
HOURS OF OPERATION — CALL MONDAY - FRIDAY  
8 A.M. - 3 P.M.

Happy July 4th  
July 2022

- Democracy is the government of the people, by the people, for the people. –  
Abraham Lincoln



JULY 2022  
Please Donate to The USO

