

# THE GUIDING LIGHT

*Guiding Delaware's Seniors into a Brighter Future*



fscnews.org



**Happy Valentines**

**FEBRUARY**

**2012**



A Monthly Publication printed by the  
Frederica Senior Center  
P.O. Box 165  
216 South Market Street,  
Frederica, DE 19946



# Membership Meeting 1/10/2012

**24 Members in attendance**

**Discussed bus schedule and voted that on Monday, Wednesday and Friday the bus will leave at 2:00 PM. On Tuesday And Thursday it will leave at 3:00 PM. If members want to play Bingo on Tuesdays they need to donate canned goods for prizes. The membership appreciated the staff, especially Renee. There will be No smoking near the building, but over by the picnic table. No food can be taken out on Friday. Only half eaten-sandwiches can be taken home. There will be a Valentines Day Dance & Dinner on Feb. 16—Cost will be \$10.00.**



Mae Maloney

**Members are asked to vote for the next King & Queen which will be announced on Feb. 14. We appreciate Janet & Ann for all the great dinners.**

**Mae**

**DON'T FORGET TO HAVE A GREAT DAY!!!!!!!!!!!!!!**



Select from a Crab Cake Dinner, Rosemary & Citrus Chicken, Sliced Blue Cheese Sirloin to name a few items

**Doc  
Magrogan's**

**Early Bird  
Dinners  
Starting Jan.2  
Available 3:00-5:30**

**Happy Hour 4-7pm  
½ price appetizers**

Doc Magrogan's Oyster House  
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**A GREAT BIG  
THANK YOU**

TO

The Magnolia Volunteer Fire Company  
In Magnolia, Delaware

For their generous  
Donation of

A floor burnishing machine

Which will help keep the floors looking  
Good.

Thank You!!!!!!!!!!!!!!

## FEBRUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 FISH POTATOES VEGGIES DESSERT	2 HOT DOGS BEANS FRENCH FRIES DESSERT	3  <b>BUFFET</b>
6  SOUP & SANDWICH DESSERT	7  <b>COOK'S CHOICE</b>	8 CHICKEN POT PIE DESSERT	9 PORK CHOPS POTATOES VEGGIES DESSERT	10  <b>BUFFET</b>
13  SOUP & SANDWICH DESSERT	14  <b>VALENTINES DAY DINNER</b> BEEF TIPS NOODLES VEGGIES DESSERT	15 LIVER & ONION- POTATOES VEGGIES DESSERT	16 SLOPPY JOES FRENCH FRIES DESSERT	17  <b>BUFFET</b>
20  <b>CENTER CLOSED PRESIDENTS DAY</b>	21 CHICKEN CHEESE STEAK FRENCH FRIES DESSERT	22 SPAGHETTI SALAD DESSERT	23 BBQ CHICKEN POTATOES VEGGIES DESSERT	24  <b>BUFFET</b>
27  SOUP & SANDWICH DESSERT	28  <b>BIRTHDAY DINNER</b> HAM POTATOES VEGGIES DESSERT	29 CHICKEN ALFREDO DESSERT		

# HAPPY BIRTHDAY

- 2/3—Rachel Guinn
- 2/6—Mel Dernberger
- 2/6—Patricia Pullella
- 2/6—Charlie Shinefuss
- 2/11—Justine Davis
- 2/13—Herb Konowitz
- 2/15—Donna Cohee
- 2/16—Raymond DiMaria
- 2/18—Rev. Robert Muncy
- 2/20—David Keller
- 2/20—Ronald McCloskey
- 2/21—Arnold Leftwich
- 2/21—Doris Wickenheiser
- 2/26—Dale Cawby
- 2/26—Audry Dale
- 2/26—Anna Hartnett
- 2/27—Norma Littleton
- 2/28—Patrick Ankerman
- 2/28—Janet Smith
- 2/29—Kenny Smith

Birthday Wishes To Each Of You  
From All Of Us Here At The  
Frederica Senior Center

## DON'T FORGET TO SIGN UP

**EVERYONE** NEEDS TO SIGN-UP  
IF YOU ARE PLANNING TO ATTEND  
BIRTHDAY DINNERS  
GAME NIGHT  
AND OTHER EVENTS

The Staff needs to know if you are attending



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Ronald J. Kahn, DPM  
Harry S. Tam, DPM  
Fanta V. Morgan, DPM

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# UPDATED BUS SCHEDULE

At the last membership meeting it was voted on and passed to change the bus schedule in the afternoons to the following:

**MONDAY, WEDNESDAY, FRIDAY  
BUS WILL LEAVE AT 2:00 PM**

**TUESDAY & THURSDAY  
BUS WILL LEAVE AT 3:00PM**



## PHARMACY SERVICES

- |                                    |                            |
|------------------------------------|----------------------------|
| *Patient Co-Pay Assistance Program | *Free Medication Flavoring |
| *Senior Citizen Discount           | *Patient Counseling        |
| *Compounding                       | *Personal Care Products    |
| *Free Blood Glucose Monitor        | *Medical Equipment         |
|                                    | *Mobility Products         |

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Any competitors price!~~

**Including \$4.00  
Prescription Programs**

with a lot less waiting time.

## FEBRUARY SHOPPING TRIPS

**Friday Feb. 3, 2012—Dover Downs—9:30—1:00** -Need money for gambling & Lunch

**Monday Feb. 6, 2012—K Mart Shopping—9:30 –11:00—**Need money for shopping

**Tuesday Feb. 7, 2012— Bylers Shopping—9:30 –11:00—**Need money for shopping

**Monday Feb. 13, 2012—Save A Lot & Big Lots Shopping—**  
9:30—11:00—Need money for shopping

**Tuesday Feb. 21, 2012— Bylers Shopping— 9:30 –11:00—**Need money for shopping

**Tuesday Feb. 28, 2012— D.A.F.B. Museum -9:30 –11:00—**Need money for shopping

**Wednesday February 29, 2012— Annapolis, MD Trip—8:00 AM—4:00 PM**

Cost \$10.00 — Need money for shopping & Lunch

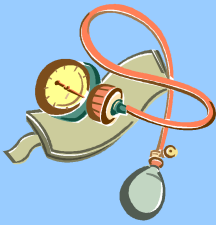
**Get In On The FUN!!!**

# DON'T MISS IT!

## COMMUNITY HEALTH & AWARENESS FAIR

Sponsored by

Wednesday April 4, 2012  
9:00 AM to 1:00 PM



Representatives from the listed below and others will be here to assist and provide updates on programs available to you. This Fair is FREE, and open to the public. Please come and join us to take advantage of the information that will be available to you. A lunch will be served for \$4.00 per person for subs & chips. There will also be door prizes.

These are some of the organizations which may participate:

Cadia Healthcare, CNMRI, Community Legal Aid, DART, Bayhealth Dermatology, Elder Info, Social Security, Medicare, Halpern Eye Care, Delaware Veterans Home, Division of Aging, Delaware Hospice, Dover Podiatry, Compassionate Care Hospice, Division of Social Services, Delaware State Housing Authority, Delaware Health Resources for Uninsured, Alzhemier Association, Walmart Pharmacy Services, Nemours, Westside Family Health Care, Addus Health Care

Local Doctors may be on hand for FREE health screenings!

**\*\*\*FREE HEALTH SCREENING MAY BE AVAILABLE\*\*\***

Dermatology, Hearing, Vision, Blood Pressure, Diabetes, Cancer, Podiatry

216 S. Market St. Frederica, DE

For more information call 302-335-4555

[www.fscnews.org](http://www.fscnews.org)



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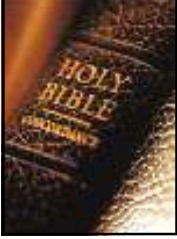


Visit us online at [www.bayhealth.org](http://www.bayhealth.org)



**301 Jefferson Avenue Milford, DE**  
**(302) 430-5705 Monday - Friday,**  
**Noon - 7:00 p.m.**



# FEBRUARY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:30—Weigh In 9:30—Walking 12:45—Bingo</p>	<p>2</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:00—Card Club 10:00—Johnny Cake Singers –Heritage Of Dover 12:30—Bingo</p>	<p>3</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:30 –12:00 <b>FABRIC PAINTING</b> 10:00-WII Games 12:45—Bingo</p>
<p>6</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 10:00—Bible Study 10:00-WII Games 12:45—Bingo</p>	<p>7</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:00—Pinochle Club 9:30 –Bridge Club 12:30—Card Club 12:30—Membership Meeting</p>	<p>8</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:00—Woodworking Class 9:30—Weigh In 9:30—Walking 12:45—Bingo</p>	<p>9</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:00—Card Club 10:00—Johnny Cake Singers 12:30—Bingo 1:00—Quilting Seniors</p>	<p>10</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:30 –12:00 <b>FABRIC PAINTING</b> 10:00-WII Games 12:45—Bingo</p>
<p>13</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 10:00—Bible Study 10:00-WII Games 12:45—Bingo</p>	<p>14</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:00—Pinochle Club 9:30—Bridge Club 12:00—VALENTINE DAY DINNER 12:30—Card Club</p>	<p>15</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:30—Weigh In 9:30—Walking 12:45—Bingo</p>	<p>16</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:00—Card Club 10:00—Johnny Cake Singers 12:30 –Bingo</p>	<p>17</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:30 –12:00 <b>FABRIC PAINTING</b> 10:00-WII Games 12:45—Bingo</p>
<p>20</p> <p><b>CENTER CLOSED FOR PRESIDENTS DAY</b></p>	<p>21</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:00—Pinochle Club 9:30—Bridge Club</p>	<p>22</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:30—Weigh In 9:30—Walking 12:45—Bingo</p>	<p>23</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:00—Card Club 10:00—Johnny Cake Singers 12:30—Bingo 1:00—Quilting Seniors</p>	<p>24</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:30 –12:00 <b>FABRIC PAINTING</b> 10:00-WII Games 12:45—Bingo</p>
<p>27</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 10:00—Bible Study 10:00-WII Games 12:45—Bingo</p>	<p>28</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:00—Pinochle Club 9:30– Bridge Club <b>12:00 Birthday Dinner 3—7 PM Game Night</b></p>	<p>29</p> <p>8:00-10:00—Billiards 9:00—Classy Crafts 9:30—Weigh In 9:30—Walking 12:45—Bingo</p>		<p><b><u>DATES AND TIMES SUBJECT TO CHANGE</u></b></p>

**VALENTINES  
DAY  
DINNER  
AND  
DANCE**



**Music Provided By  
Vince & The Jamboree**

**THURSDAY FEBRUARY 16, 2012**

**5:00—6:00 PM -DINNER**

**6:00—8:00 PM— DANCE**

**A DELICIOUS  
TURKEY AND DUMPLING DINNER  
WILL BE SERVED.**

**TICKETS ARE \$10:00 PER PERSON**

**A LIMITED NUMBER OF TICKETS WILL BE SOLD**

**FREDERICA FIRE COMPANY LADIES AUXILIARY  
SOUP & CHICKEN SALAD SALE  
SATURDAY FEBRUARY 11, 2012  
FROM 10:00 AM—2:00 PM**

**Stop by for Lunch and enjoy a bowl of hot soup, chicken salad sandwich, hotdogs and our bake sale.**



- CHICKEN SALAD - \$10.00 A QUART**
- VEGETABLE BEEF SOUP—\$6.00 A QUART**
- CHILI—\$6.00 A QUART**
- CHICKEN NOODLE—\$6.00 A QUART**
- PEAS & DUMPLINGS—\$6.00 A QUART**
- CHICKEN & DUMPLINGS—\$6.00 A QUART**

All orders must be placed by Monday Feb. 6, 2012. To order contact any Auxiliary member, or fax order to 302-335-1169, or call Joan Rager at 302-335-3512, or drop off your order and payment here at the Frederica Senior Center.

**FREDERICA FIRE COMPANY LADIES AUXILIARY  
SOUP & CHICKEN SALAD SALE ORDER FORM**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ CHICKEN SALAD

\_\_\_\_\_ CHICKEN & DUMPLINGS

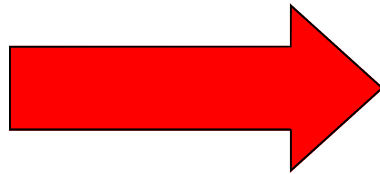
\_\_\_\_\_ VEGETABLE BEEF SOUP

\_\_\_\_\_ PEAS & DUMPLINGS

\_\_\_\_\_ CHILI

\_\_\_\_\_ CHICKEN NOODLE

TEXAS HOLD-EM  
WINNER  
ANN SPEAR



ARE YOU  
**AMOFSC?**

AN  
ABSENT  
MEMBER  
OF THE  
FREDERICA  
SENIOR  
CENTER

COME ON IN  
AND BE APART  
OF THE FUN



***“And be ye kind one to another, tenderhearted,  
forgiving one another, even as God for Christ's  
sake hath forgiven you.”***

**Ephesians 4:32**

## ***A Note From Rich***

It brings me great joy to sit in my office and hear the laughing and carrying on going on out in the dining room on a day to day basis. It is the entire staffs desire to make this Center a place for its members to come and enjoy themselves when they are here. I am very thankful to work with a dedicated staff who on a daily basis endeavors to make each day a good one for our members.

We can not always make everyone happy as much as we try to. I would respectfully ask that all the members treat the staff with courtesy and respect as we all try to meet the needs of the membership. It is up to all of us to keep the Center a joyful and happy place.

*Rich*

# FREE INCOME TAX ASSISTANCE

We are pleased that our friends from AARP will be with us again this year providing tax assistance and preparation services. Their free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those, age 60 and older.

Appointments are on Wednesdays starting February 1st from 9:00 AM to 3:00 PM. You can call the Center at 335-4555 to schedule an appointment. You don't need to be a member of the Center or AARP.



**Please remember that you need to bring the following items with you to your appointment.**



Copy of last year's tax return

This year's:

W-2's, SSA-1099 or RRB-1099, Unemployment compensation, 1099 forms, (1099-INT [interest], 1099-DIV [dividends], 1099-R [pension or annuity], 1099-MISC [any miscellaneous income], 1099 -B [brokerage statements]).

To itemize substantial deductions, you will need: 1098 form (mortgage interest and property tax statements), receipts for medical, dental, prescriptions, eye glasses, insurance premiums, etc., and receipts for all charitable contributions.

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EVERYONE WHO  
CONTRIBUTED TO  
OUR  
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**VISITORS  
COMING !**

Mamie Warren Senior Center  
Wednesday February 22, 2012  
For Lunch & Bingo

Milford Senior Center  
Tuesday March 13, 2012  
For Lunch & Bingo

**LET'S MAKE THEM FEEL  
WELCOME**

# Frederica Senior Center, Inc.

## Educational and Cultural Programs

Professionals from the community visit the Center to inform the members and offer a variety of services free of charge for issues like Health, Legal, Consumer issues and much more!

## Membership

The Frederica Senior Center is open to anyone **50+** or disabled, regardless of race, creed, national origin, or gender. An application must be completed and submitted to the corporation. At that time, a fee of **\$20.00** for **annual membership** dues is also required.

**This fee is renewed every July 1st.**

## Nutritious Meals

Come enjoy our delicious meals, cooked at our Center each day. Meals are served buffet style Monday-Friday at noon for a minimal donation of **\$4.00**

## Social and Recreational Activities

The Center offers a variety of activities which include: daily craft-making classes, our game and social rooms are open daily for pool playing, card games, table games, puzzles, etc. Weekly Bible study, shopping, recreational and cultural trips, various crafts, quilting, walking and much more.

## Transportation

A daily pickup is offered Monday-Friday to transport members to and from the Center, as well as social, recreational and shopping trips. The center has two buses, each equipped with a wheel chair ramp and handicapped equipment. If you are in need of this service please contact us for availability.

## Outreach Program

Our Outreach Coordinator is a mediator between the center and the community. Persons needing assistance with food, shelter, medical bills, or any other assistance please call our Outreach Coordinator.

### Board of Directors

<b>Wilbur Jones</b>	President
<b>Paul Davis</b>	1st Vice President
<b>Herb Konowitz</b>	2nd Vice President
<b>Rev. William Downing</b>	Secretary
	Treasurer
	Member At Large

**Members:** ,Dave King, Jack Peterman, Mae Maloney, Pastor Rocky Shanks, Laura McCann.

**Honorary Members:** Linda Cooper, Essie Seeger,

**Membership Representative:** Mae Maloney

### Staff

<b>Richard Azud</b>	Acting Executive Director Business Manager
<b>Renee Hoffman</b>	Activities/Outreach Director
<b>Janet Smith</b>	Food Service Manager
<b>Radine Shanks</b>	Asst. Food Service Manager
<b>Mert Mullen</b>	Bus Driver
<b>Linda Muncy</b>	Bus Driver
<b>Betty Flemming</b>	Crafts Coordinator (Volunteer)
<b>Bill Downing</b>	Outreach (Volunteer)
<b>Mae Maloney</b>	Receptionist (Volunteer)
<b>Barbara Vollberg</b>	Receptionist (Volunteer)

### Frederica Senior Center's Mission Statement

Founded in 1974, the Frederica Senior Center was built on the need to combat the debilitating effects of geographical isolation of the elderly residing in Frederica, Magnolia, Felton, North Bowers Beach and rural surrounding areas in Delaware.

Our goal is to provide a hot home cooked nutritious meal daily, social, recreational and educational activities, transportation to and from the Center and Outreach services.

If you or someone you know has a need or would like to visit our Center, please feel free to call us **(302) 335-4555** or **(302) 335-1770**. Our hours of operation are Monday-Thursday **9:00am-3:00pm.**, **Friday 9:00am –2:00 pm**