



Village Updates: Village to Village Network Conference and Jonah Fisher

By Melissa Ressler, Executive Director

In October ten Downtowners participated in the virtual National Village to Village Network Conference. Together with over 500 other attendees we learned about how other villages are engaging with emergency preparedness, creative aging, inclusion, governance, technology coaching, collaborating with Area Agencies on Aging, home-sharing programs and more. Look for some inspired exploration over the next few months!

Contact the Downtowners office for a pdf of the full agenda, which now includes downloads for slides/presentations, handouts, and links to all available recorded sessions. While the energy of in-person conference with other villages is missed, the ability to share information with so many of our members is one great benefit of the virtual format.

Also in October we welcomed intern Jonah Fisher (he/they), first year student at F&M and participant in F&M Works. Jonah works 10 hours per week (Monday, Thursday, and Friday) and is facilitating the launch of More Than a Meal, while building systems that will support the long-term sustainability of this partnership with More Than a Meal. Jonah hails from Illinois and brings a wealth of insight, sharing: "Before coming here, I went to school at Illinois Mathematics and Science Academy, a public charter school with a STEM and college preparatory focus. While the STEM part didn't stick for me, I learned so much and found a real passion of mine: advocacy work. I've participated in strategic planning and training creation for Diversity, Equity, and Inclusion (DEI) programs and much of my work focused on race, sexuality, and ability. I've also published sociological and psychological research around these factors in high school, so if you're interested I'd love to tell you about some of it!"

If you would like to stay on top of Lancaster Downtowners and Village to Village Network news, you can follow both organizations on Facebook.

[Follow the Downtowners](#)

[Follow the Village to Village Network](#)

EXTRA GIVE



ExtraGive Highlights

What: The ExtraGive community fundraiser boosts awareness of our organization, brings in new donors, broadcasts our mission, and supplements direct donations by providing stretch funds and prizes.

When: Friday, November 18th
from 12am to 11:59pm

Why: To support our vision of a vibrant, multigenerational, inter-dependent community and to keep membership dues affordable for all neighbors.

How to Support: Share with your network, pump up the excitement by attending Happy Hour, visit our table at the Imperial, or support us at an event with our community partners. **(Details on Page 2)**

Where: Donate online at <https://www.extragive.org/organizations/lancaster-downtowners>

Program Highlights



Denise Ewell Presentation

Our first event to be cancelled in 2020 due to Covid finally came to fruition! Denise Ewell, daughter of Olympian and Lancaster Legend Barney Ewell, spoke to over 40 Downtowners and guests at the Imperial Restaurant about her father and his legacy.



[Register* Here for all Events.](#)

***Members must log-in**

Coming Up Soon

Monthly Ongoing:

Supper Club, Lunch Club, Yoga, Walking Group, Koffee Klatch, Book Club, Community Meal Volunteering, Happy Hour, Trivia at Southern Market, SoloAgers

Limited Edition:

11/9: Planning as an Act of Love

11/15: Drum Circle

12/6: Yuletide and Jackie Kennedy at Winterthur

Stay Tuned for the Holiday Party!

ExtraGive Schedule

8am—10pm: Downtowners Publicity Table at the Holiday Inn Lancaster (26 E. Chestnut Street). Donor Station, buttons, and perks for membership sign-ups! No registration required.

12pm-2pm: Drop-In Lunch at Meals on Wheels (1411 Columbia Avenue). Food, donor stations, and learn about More Than a Meal. [RSVP Requested \(but not required\).](#)

4:30-5:30: Downtowners Happy Hour at the Imperial Restaurant (26 E. Chestnut). [Registration Required—click here.](#)

3pm-7pm: United Way Level Up and Launch Grantees at the Warehouse Beer Garden (595 N. Charlotte Street). Music, food, drinks, and donor stations with our grant partner Meals on Wheels Lancaster.

The More You Know! From the Resource Committee

Where to find your voting precinct by street address (many have changed!): [Click Here](#)

Or, call the Lancaster County Voter Registration and Board of Elections at 717-299-8293.

Need help getting to the polls? Members can call Just One Call at 717-584-1224 for a ride!

It's Open Enrollment season! Pennsylvania Medicare Education and Decision Insight (PA MEDI) offers **free Medicare counseling** to older Pennsylvanians. PA MEDI Counselors are specially trained to answer your questions and provide you with objective, easy-to-understand information about Medicare, Medicare Supplemental Insurance, Medicaid, and Long-Term Care Insurance.

PA MEDI Counselors do not sell Medicare products but rather offer current, unbiased Medicare education to help you make the most informed choice about the Medicare options available to you.

PA MEDI Counselors will:

- Review your current coverage
- Compare your plan with other options for 2023
- Help you find the most cost-efficient plan
- Give clear answers to your questions
- Check if you qualify for any assistance programs

Call the Lancaster County Office of Aging now to schedule an appointment! 717-299-7979

COVID-19 has been a popular souvenir for those of us returning from travel this season. If you have questions about exposure & quarantine recommendations, when to get which booster, or testing requirements the CDC will help you [Stay Up to Date](#).

News to Note

[Smart Homes Made Simple](#)

Pennsylvania Assistive Technology Foundation has made this guide available to consider what and how you might integrate smart technology into your home. Free download.

[Staples Recycling Program](#)

Can't wait for a JOC Technology recycling run? Staples will recycle most tech devices and provide minimal store credit. Shredding too!

[One Audiologist's Perspective](#)

Over the Counter Hearing Aids are now available! Here from audiologist Heather Eck (Willow Valley Communities) about the benefits of the availability of products in this new way.

A Beautiful Fall Day - and a Not So Beautiful Fall

By Janet Townsend

It was a beautiful fall day and I was enjoying my daily walk on our city sidewalks. I was energized until that moment when I tripped on a rough patch of sidewalk and fell flat on my face. I think I was stunned more than anything because I couldn't believe I had fallen down. I'm always aware of the sidewalks and look down and ahead as I walk. Then I touched my lip and it was bleeding. I fell on a sidewalk across the street from Miesse's Candies & Steeple View Lofts. Fortunately 3-4 people came to my rescue. The owner of Miesse's brought wet towels. Then a very wonderful couple got their car and drove me home once I was ready to get up.

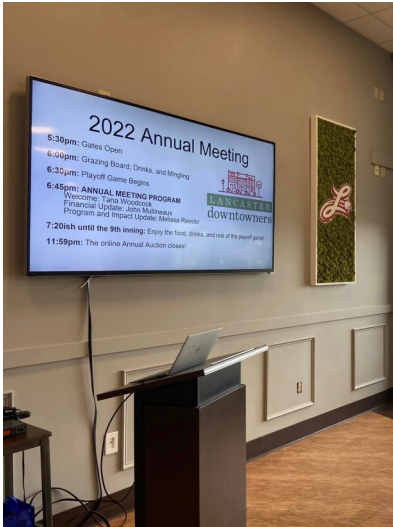
At home after looking at my face I decided I should go to an Urgent Care to have it looked at and cleaned. A shout out to UPMC Express Care on College Avenue, across from the former UPMC Pinnacle hospital, who took excellent care of me. I needed one stitch and that process all went very well. All that trauma didn't keep me down though, within about an hour I drove to Bethesda, MD to see family for the weekend, swollen lip and all.

Upon my return on Monday I contacted the city of Lancaster and was able to report the unsafe sidewalk to the City Engineering Department, 717-291-4764. The lady taking my information was appreciative and noted that this is the only way that the city finds out about unsafe sidewalks.

On Wednesday, September 28th the Age-Friendly Advisory Committee (pictured below) met to hear updates on the 2022 progress from the Action Teams, and to participate in the City's Policy Day for the Comprehensive Plan. Lancaster Downtowners are pleased to be an integral part of Age-Friendly Leadership and Action!



Over 100 Downtowners and sponsors enjoyed our 2022 Annual Meeting held at Clipper Stadium on Wednesday, September 21st. Those who stayed until the end of the 9th inning were treated to a come-from-behind playoff win by the Barnstormers!



Thank you!

Auction Results

This was our most successful auction, with a net income of \$9021.93. In addition to the generosity of Downtowner members who coordinated, donated, and bid, we also celebrate an increase in support from non-members and businesses as donors and bidders on a variety of services and goods!

Happy Birthday to these Downtowners in November.....

Carole K, Blakelyn A, Mag N, Ken N, Brad B, Val E, Janice S, Henry B, John W, Renee K, James G, Janet T, Lois Q, Clark M, Nancy N, Bob B, Ed B, Reena K, Barbara M, Tanis G,
....and December!

Joyce W, Salvatore A, Molly H, Evon B, Debra H, Bonita R, Pauline Z, Faith D, Anabel P, Bob B, Barbara Z, Tana W, Dale U, Andy B, and Carolene B!

Vibrant. **Connected.** Community.

Meals on Wheels Lancaster and Lancaster Downtowners are pleased to announce that we've been chosen as one of United Way of Lancaster County's Level Up & Launch Grant recipients! Our grant is being used to enhance client and member services by cross training volunteers, streamlining referrals, and collaborating to ensure people aging-in-place in our community have holistic support.

More Than a Meal facilitates enriched volunteer opportunities to support a healthy, safe community. Our first volunteer training session will take place on Tuesday, November 15th at 1:30pm at Meals on Wheels Lancaster (1411 Columbia Avenue.)

All MOW and Downtowners volunteers are encouraged to attend this overview of important volunteer skills including: setting and maintaining boundaries as a volunteer, signs and how to respond to elder abuse, and signs of an unsafe home. Stay tuned for future in-depth sessions on these topics and more, as we fulfill our goal to empower community volunteers!



[Register Here](#)

There will be a **Continuing Care at Home In-Person Seminar** held at the Calvin G and Janet C High Learning and Wellness Center at Landis Homes on Tuesday, November 15 at 1:30 pm. Registration is required and can be completed by contacting Joy at 717-381-3599 or [FriendsLifeCare.org/Landis/](https://www.friendslifecare.org/Landis/) Pre-recorded webinars are also available by registering at <https://www.friendslifecare.org/landis/>

The **No Longer Alone Family Support Group** will meet will meet at the Calvin G and Janet C High Learning and Wellness Center at Landis Homes on Sunday, November 20, 2022 at 3:00-5:00 pm; An Inspirational Message—Donna Fisher; Writer, speaker and founding member of NLA FSG. Registration can be completed by contacting Joy at 717-381-3599.

What Jackie Saw at Winterthur (and you can, too!)

At Winterthur, Jacqueline Kennedy found priceless treasures and a great deal of inspiration.

First Lady Jacqueline Kennedy had already invited Winterthur founder Henry Francis du Pont to chair her Fine Arts Committee for her historic restoration of the White House when she visited Winterthur in May 1961. What did she see here? Many of the same iconic objects and spaces you will see on your visit - and they are all worthy of a president's home. Here's an impressive example:



The only known set of six matching silver tankards made by patriot Paul Revere Jr. has rested on a sideboard in the du Pont Dining Room since Winterthur became a museum in 1951. They are a special treasure even among Winterthur's treasured silver collection.

And while you're at Winterthur, you'll also see...

Wonderful Christmas displays throughout the house to inspire you and experience Christmases past. And you'll also have the opportunity to visit the wonderful gift shop in time for gift-giving inspiration!



Don't forget to contact Susan Leinberger (717 682 9724 or sswlhome@gmail.com) about reserving your space for the Dec. 6 trip to Winterthur via Elite Motorcoach! Friends of members are welcome! **Deadline for reservations is Tues., Nov. 15.**



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