



SoloAgers

In the fall of 2022 Lancaster Downtowners began to brainstorm ways that our village might support “solo agers”.

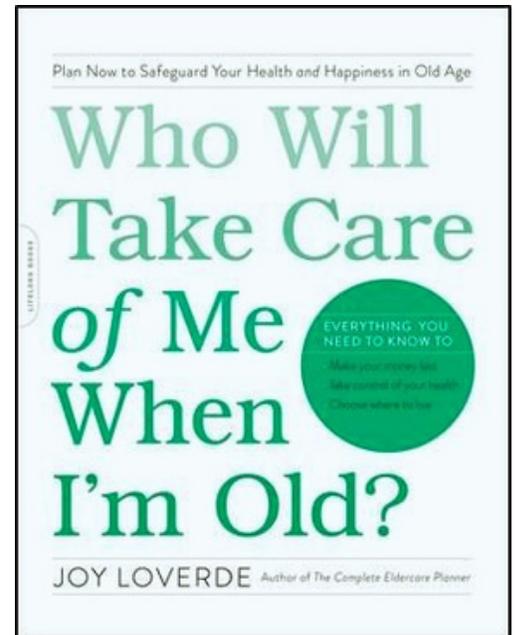
SoloAgers as people who are making decisions about their future independently -- without built-in or traditional support. You might experience life as a SoloAger if you are: an individual or couple without children; an individual who never married or had children; an individual living alone since the divorce or death of a partner; an individual with estranged relationships; an individual geographically far from your ‘emergency contacts’.

Some topics we’ve covered include: who and how to name an estate executor, tips on cooking for one, and how to arrange transportation and supervision after out-patient surgeries. We share articles, resources, stories from our weeks, recommendations, wins & struggles, and books, such as Joy Loverde’s *Who Will Take Care of Me When I am Old?*

While the topical conversations happening among SoloAgers are relevant to EVERY person, this group provides the space to explore alternatives, apply a unique lens, share how we’ve creatively built community & support, and purposely plan alongside others who are seeking a similar peace of mind.

SoloAgers describe the group as: People like me, Be yourself, Validation, Interesting topics, New friends, Camaraderie, Emotional support, New way of thinking about this stage of my life, Learning new things, Not alone, Fun, Listening, Laughs, Adventures, and Sharing the joy and complexity of aging alone with others who are dealing with the same issues.

Join us every second Monday at 10:30am at the Parrot Gallery (328 W. Orange Street).



UPCOMING EVENTS

5/30 - Happy Hour

5/31 - Two Bridges Bike Ride

6/9 & 16 & 30 - Beer Gardens

6/10 - Community Meal Program

6/12 - SoloAgers

6/16 - Train to Philadelphia

6/21 - Barnstormers Game

Go to our [Event Calendar](#) for details and to register.

Downtowners Around Town



Pictured here from left to right are DOWNTOWNERS Susan, Diana, Ellen, Ann and Jim.

2023 Trike Race Team

Introducing the DOWNTOWNERS 2023 Trike Race Team – a fierce competition and fundraiser for the United Way of Lancaster County, held on May 3rd at Clipper Stadium.

Linford said he'd do it again next year. Carole would do it again for sure. After all, she'll be repelling off of the side of the downtown Holiday Inn in June. Ellen wasn't sure. We did NOT win. We were, however, first in line for refreshments after the race.



From left to right: Intern Jonah, DOWNTOWNERS Linford, Carole, & Ellen and Executive Director Melissa.



May Board Meet & Greet

Some members of the Downtowners Board met on May 11 with other members for coffee and casual conversation about our engagement with one another, as well as with the greater community. We briefly talked about the Downtowners presence on social media and the value it offers as the organization grows. Perhaps you've already liked and [follow us on Facebook](#). If not, we'd be honored if you did.

Resource Committee Corner

News to Note

Member-recommended articles from a variety of sources.

Pedestrian Safety

Congrats to Mayor Danene Sorace on being named to the Inaugural Mayors Institute on Pedestrian Safety. With \$12.7 million in Safe Streets for All federal grant we should expect continued investment and creative investment in making Lancaster walkable for all.

[Learn more](#)

New Connections

One way to protect from the physical, mental & emotional toll of loneliness is to look for new connections in your community. With a small investment of your time, organized activities or casual chats could help foster a sense of connectedness. [Learn more](#)

DME

Durable Medical Equipment (DME) are items like the walker, crutches, or scooter you took home after a joint replacement. Whether we use it long term or short term, access and reliability matter. [Learn more](#)

"Mike Sturla's office can help get Septa Cards - just call to make an appointment to complete the application. It takes about 6 weeks to get the card; you also need a PA Drivers License or a birth certificate (and if renewing please bring your old card)!" — Mimi

DIRECTORY UPDATES

Your reviews and feedback help keep our Resource Directory up to date and relevant! If you have a resource to recommend, [use the online form here](#) or send an email to director@lanasterdowntowners.org and our Resource Committee will update the directory.

STATE REP. ISMAIL SMITH-WADE-EL

Senior Health & Safety Fair

Friday, June 2 | 12 p.m - 3 p.m.
Brightside Opportunities Center
515 Hershey Ave. | Lancaster, PA 17603

Representative Ismail Smith-Wade-El invites you to a Senior Fair to learn about services our district office provides for our senior constituents, local resources, and how to stay safe and well.

Rep. Smith-Wade-El and his staff will be on-hand to answer questions and provide direction on a host of state government-related programs and services.





This FREE event includes:

- ▶ Resource tables specializing in senior services
- ▶ Soulful line dancing lessons
- ▶ Giveaways
- ▶ Local experts talking about health and safety issues as they relate to seniors
- ▶ Lunch provided

State Rep. Ismail Smith-Wade-El
150 E. King St., Suite B | Lancaster, PA 17602-2832 | (717) 283-4218
Replzzy.com | @Replzzy | /Replzzy

It's
Free

Free SEPTA Passes

The Resource Committee is compiling a comprehensive overview of regional public transportation and ways to get to airports (beyond a Just One Call ride to Harrisburg). Stay tuned for this resource – but in the meantime, contact your State Reps office for a SEPTA Pass.

Rep Mike Sturla: (717) 295-3157;
Rep Ismail Smith-Wade-El: (717) 283-4218.

Volunteer Jubilee Held May 6

On May 6, from 2-4:00 in the afternoon, more than 30 Downtowners gathered for our annual Volunteer Jubilee. The Just One Call and Fundraising Committees joined forces to provide cheeses, meats, veggies, and desserts along with beverages. There was wine, yes. Two large glass dispensers of delightfully infused water added a special treat to the refreshments. Music provided by Celica Milovanovic and Leonard Williams enhanced the ambiance.

Melissa shared information about our growth both in the number of people volunteering and the number of hours they devote to helping one another. This year, invitations were extended beyond the Just One Call list of volunteers. Committee members, Meals on Wheels volunteers, and board members were included, as they should be. Our sponsors were also invited to join us. Melissa made the point crystal clear: our organization runs on volunteer energy from one end to the other of its activities.

We are all beneficiaries of volunteer efforts being made every month and through the years. Downtowners bring their many talents and lifetimes of experience to the work of keeping everything going smoothly. Volunteers raise funds and recruit sponsors to make sure we can pay the bills beyond the cost of our membership dues. Volunteers help us build our membership and welcome new members into our community. Volunteers help us build a strong resource list of businesses and individuals who can be trusted to help us with everything from tax accounting to plumbing. Volunteers arrange and facilitate the many programs that keep us informed, connected, engaged, and entertained. Volunteers drive us to appointments, help us with our sidewalks and yards, talk us through those pesky computer and telephone issues, and keep us company when we just need a phone call or a visit. Downtowner volunteers also go beyond just serving our own members. These folks help to keep our whole community thriving with their energy and their expertise.

One could ask, "What kind of program was presented at the Jubilee?" Anyone who attended might answer, "The program WAS the people who were there." Downtowners not only know how to contribute to the community around them but also how to have a very good time just being together.



ABOVE: Leonard and Celica provide music; JOC Chair Kathy (center) listens on.

RIGHT: Volunteers Clare, Vicki, and JOC Coordinator John



ABOVE: Janet and Mary Cae welcome guests.

Downtowner Foodie Reporter on Prince Street

By Andy Berfond

Perhaps it was a coincidence, but several people have inquired why I haven't contributed to the newsletter for a while. They remembered I often wrote about my local dining experiences, considering myself somewhat knowledgeable on the subject, in part due to my time served in the hospitality industry.

So, after thinking about all of the possible reasons I might have had to stop contributing, I've decided to start up again, as your Downtowner Foodie Reporter.

Have you walked or driven south on Prince Street lately? There is an influx of new food related places to experience on every block, joining the already existing choices that have been around for a while.

Start at the new **Boba Thai Cafe** where Cafe Di Vetro used to be, then cross the street to **401 Prime** in the Press Building, where there is already some local buzz of a long wait to get a dinner reservation at a reasonable hour.

Continue south, and you'll pass **Our Town Brewery** which recently celebrated a first anniversary, followed by **Two Poodles Bagel Bakery** and **Lancaster Beignet**. Then there is **Double C** with the most beautiful front doors, across from **Roburritos**, which not too long ago was one of the few places on Prince Street to get a bite to eat.

The Gallery Row block now has **Lancaster Pie & Coffee**, **La Estrellas** that occupies a space formerly called Nate's, and the recently opened **Passerine** at the former Beer Wall's indoor & outdoor location.



One more block south takes you to **Sprout Vietnamese, Home Goodies and Coffee**, a newly opened second location from Columbia Borough, **Empanada Gourmet, Spice Kings**, and the **Prince Street Cafe**, whose management has ties to the new Passerine.

One of the Downtowner Supper Clubs is scheduled to meet at Passerine this month, so in the June newsletter I'll look forward to sharing our experiences. I'm also hoping to report back with some of the other new places to snack and dine on Prince Street. I recently stopped by at Lancaster Pie & Coffee for a look around. While I didn't taste anything at the time, my eyes told me that I needed to return there very soon.

See you around town!

Office of Aging News

Senior Farmers Market Nutrition Program Vouchers Now Available

Older adults can now get their free Senior Farmers Market Nutrition Program vouchers at their local Area Agency on Aging. The vouchers will be accepted at participating farmers markets and farm stands across the commonwealth starting on June 1.

Thanks to federal funding received by the Department of Agriculture, the value of the vouchers will increase from \$24 (four \$6 vouchers) to \$50 (five \$10 vouchers).

According to the Lancaster County Office of Aging, those 60 and older living in Lancaster County who have a household income of less than \$25,973 for one person or \$36,482 or less for two people will be eligible.



Virtual Connections

Don't forget to check-out the Virtual Connections, - a **free online senior center** - offering free pilates, watercolor and acrylic painting courses, technology classes and special presentations. Register by calling 717-299-7979 - be sure to leave a message.

Seniors can pick up the vouchers themselves or send someone on their behalf. Representatives may pick up vouchers for up to four people. Proof of income is not required. If you go yourself, go to your closest Senior Center and bring ID. If you send a representative, they will need to submit a completed application form for you.

Voucher Start Dates: Hours each day are **9 a.m. to 1 p.m.**

Monday, June 5

Lancaster Rec Senior Center, 525 Fairview Ave., Lancaster.

Wednesday, June 7

Lititz Senior Center, 201 Market St., Lititz.

Lancaster Neighborhood Senior Center, 33 E. Farnum St., Lancaster.

Millersville Senior Center, 222 N. George St., Millersville.

Friday, June 9

SACA Senior Center, 545 Pershing Ave., Lancaster.

Welcome to Downtowners' Newest Members

Ken Kulp, Ruth Ann Kulp, Gerald Larish, Patricia Larish, Jeff Lawrence, Carol Overcash, Patricia Rimo, and Nancy Boyd

Happy Birthday to these Downtowners in June!

Barbara G, Bob S, Andrew C, Anita P, Debbie C, Richard H, Kathy O, George S, Nancy Y, Phil C, Bob I, Angela A, Jim K, Linda E, Marie Z, Mary D, David S, and Michael S

Downtowners Around Town



Pictured here (left to right) are Downtowners Mary Cae, Barbara and Mary with Executive Director Melissa.

Some members of the newly created Newsletter Committee met to discuss the upcoming roll out of a new format. Did you notice our new look? Thank you to Yoder Design Co. for refreshing our newsletter.

Our original newsletter was only a couple of pages, providing basic information on a monthly basis. Over the years it has grown to include important membership and community information, as well as recognition of sponsors, featured stories about events and contributions from members on a variety of topics.

We encourage all interested writers, photographers, and editors to join us on June 2nd at 10am at the office to plan our July issue.

The newsletter is available to all of our members, as well as our sponsors and enthusiastic supporters.

PennDOT Yellow Dot Program

The program is a cooperative effort between PennDOT, the state departments of Health and Aging, the Pennsylvania State Police, the Pennsylvania Turnpike Commission, first responders, and local law enforcement.

Placing a Yellow Dot decal in your vehicle's rear window alerts first responders to check your glove compartment for vital information to ensure you receive the medical attention you need.

How to Participate

Citizens complete a participation form online to have PennDOT mail them a Yellow Dot kit.

Upon receipt, participants should complete the information section, which includes emergency contact information, medical history, medications, allergies, and doctors. A photo (showing only the head and shoulders) is then taped to the appropriate location inside the booklet. The kit should then be placed in the vehicle's glove compartment.



The Yellow Dot decal is placed in the lower left corner of the participant's rear windshield, no higher than 3 inches from the bottom.

Yellow Dot Books are available at the Downtowners Office and were distributed at Open Streets on May 21st.

DIAMOND SPONSOR



PLATINUM SPONSOR



GOLD SPONSORS



SILVER SPONSORS



BRONZE SPONSORS



**Upcoming Seminar:
Continuing Care at Home**
July 13 at 1:00 p.m.

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**. Registration is required and can be completed by calling 717-381-3599 or visiting FriendsLifeCare.org/Landis/. Pre-recorded webinars are also available online.