



## More Than a Meal

In June 2022 Lancaster Downtowners and Meals on Wheels Lancaster (MOW) were awarded a "Level Up and Launch" Grant from the United Way of Lancaster County to implement a collaboration that became known as "More Than a Meal."

While both non-profits have a mission to serve people aging in place, there was little overlap among our stakeholders before this initiative. We agreed that our organizations, members, clients, and volunteers would benefit if we worked collaboratively on the following goals:

1. Increase access to available resources (by providing Downtowner scholarships to eligible MOW clients).
2. Support volunteers by providing enhanced training (on home safety, elder abuse & neglect, maintaining boundaries, & dementia).
3. Share our process and lessons-learned with our national networks (by presenting at the National Village to Village Network Conference in October 2023).

As we near the end of our pilot project, we are celebrating that our collaboration will continue! Over the last year we established a sustainable system to make member/client referrals, learned what type of trainings are most useful for volunteers, adapted our communication styles and methods to reach constituents in both organizations, and secured funding to continue offering scholarships for MOW clients.

We look forward to continuing to facilitate our partnership and support one another in creating a vibrant, connected community.

**If you would like to learn more about volunteering for Meals on Wheels or for Lancaster Downtowners Just One Call program, reach out to Melissa Ressler in the office.**



Above: Melissa Ressler leads a volunteer training on "Maintaining Boundaries" in January 2023 at Meals on Wheels' Columbia Avenue location.

### UPCOMING EVENTS

**6/19 - Cannabis 101 & Sound Immersion**

**6/21 - Barnstormers Game**

**6/23 - Summer Picnic**

**6/27 - Independent Writing Group**

**6/30 - Beer Garden @ Musser**

**7/5 - Trivia @ Southern Market**

**7/8 - Community Meal Volunteer**

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

# Downtowners Around Town



Pictured here from left to right are Downtowners Nancy and Nancy.

## Open Streets

We had a great time meeting new people at Open Streets on May 21st. Thank you to our ambassadors who spent time at our table!

While many Downtowners reported for their shifts under our tent, other Downtowners chose to help at the tables of their favorite organizations.

Downtown Carolle was at **Pet Pantry of Lancaster County**, where she serves on its Board, and Downtowner Naomi was at the **Meals on Wheels of Lancaster**, one of our sponsors. Downtowner Tana supported the **African American Historical Society of South Central PA** at their table.

Pictured below from left to right (at various tables) are Downtowners: Naomi, Carolle, Melissa, Ellen, Allan, and Andy at Open Streets on May 21st.



## Two Bridges Ride

Four Downtowners headed south to the **Enola Low Grade** line for the first (but not the last) **Two Bridges Ride**. We rode over both the **Martic Forge** and the **Safe Harbor** trestle bridges and the scenery was stunning. Pictured are Nancy Borremans, Diane Kalata and Nancy Landis. John Mullineaux was behind the camera where he prefers to be.

The ride was 12 miles long and flat as a pancake. After the ride and being mature adults, we decided to head to **Pine View Dairy** and had ice cream for lunch!

Below: Diane during the Two Bridges Ride





# Resource Committee Corner

## News to Note

Member-recommended articles from a variety of sources.

### No Talent Required

How the arts can benefit our mental health - this article from the NYTimes suggests how to incorporate drawing, music, and poetry seamlessly into your days. These mood elevating activities are open to amateurs and experts and everyone in between.

[Learn more](#)

### Moving is a Monumental Task

Relocating takes more than moving boxes the day of! Senior Move Managers are a growing enterprise, and can help you downsize, organize, move, and settle-in. This NYTimes article explores the national trend. (For local options, check-in with the Downtowners office.)

[Learn more](#)

### Fix It!

Fix It! Lancaster is your connection to the City of Lancaster government for non-emergency service requests and more. Use [this website](#) or app to report concerns, receive status updates, and track resolutions. You can also learn about our city and get information on current projects

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## 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](mailto:director@lanasterdowntowners.org) and our Resource Committee will update the directory.

# Exploring Local History

BY MARY HINKLE

Fifteen Downtowners made the short trek to East Hempfield Township on May 12th to visit the Amos Herr House, a Victorian farmhouse, whose oldest section dates to the late 1840s. The house, donated to the township upon the death of Amos Herr in 1987, has been restored to reflect how it probably appeared near the turn of the 20th century. The tour, led by a knowledgeable docent, touched on the provenance of the furnishings — a few pieces belonging to the Herr family and some period antiques donated to the Herr House Foundation — and daily life in various periods of the house's history, to include architectural additions and changes, and the broader history and traditions of the Hempfield area, such as the arrival of the railroad.



ABOVE: Touring the Amos Herr Farm House

BELOW: The barn as seen from the farmhouse's front porch.



After the hour-long formal tour ended, including a look at the basement and the indoor summer kitchen, a development unique to the local Pennsylvania German community, the group was free to walk the gardens surrounding the house. Highlights included a 75-year-old saucer magnolia, a rose garden, and a garden of raised beds for culinary, medicinal, and household herbs. A few of us went a bit farther to look at the spring house and a nearby barn.

Most of the group then took a brief drive to Blue Collar, the restaurant at the Four Seasons Golf Club, where we enjoyed conversation and built new relationships over lunch.

Special thanks to Faith Drummond for organizing the outing and to the volunteers driving the carpools.

## Welcome to Downtowners' Newest Members

Steven Garner, Victoria Painter, Audrey Skilton, and Diana Wolf

## Happy Birthday to these Downtowners in July!

Michael E-G, Jeffrey H, Bill P, Harvey A, Eileen G, Mickey S, Kathleen R, Wayne P, Eric P, Tracy K, Linda C-B, Ruth U, John G

# A Delightful Day in Lititz

BY ČELICA MILOVANOVIĆ

Last month, two bus trips to Lititz were planned on two consecutive days. The number of registrants went up and down, so the first of the two days was canceled while registration for the second day held steady with five or six people. However, on the eve of the trip registration fell to just three and the entire trip fell apart ignominiously.

However, Linda Ecker, the intrepid traveler that she is, suggested that she and I drive to Lititz by ourselves, which I gladly agreed to do and we parked at the former **Wilbur chocolate factory**. I was surprised to see how much the area has changed since I was last there some twenty years ago. We first stopped at the new Wilbur store, which offers a dazzling display of chocolate confections. I was looking for a specific candy I used to enjoy in the old days and I found it – a peanut butter dark chocolate drizzle, delicious as ever.

From there we had lunch at the **Tomato Pie Café**, a cozy place serving the eponymous pie, which Linda enjoyed, while I opted for some eggs and rosemary potatoes. After that we moseyed down East Main street, which is flanked on both sides by quaint 18th century stone buildings, now housing an array of attractive shops and eateries. We entered a shop named **Zest** and admired all kinds of kitchen gadgets, small appliances, supplies, and some beautiful linen tablecloths.

We then went to the **Lititz Historical Museum**, on the edge of the Moravian Church Campus, where we marveled at the strict rules under which the Moravian community used to live (“children are not allowed to play in the street;” “young people may not date without the permission of the board of elders;” etc.). We also admired some Moravian crafts, such as two monumental grandfather clocks done in intricate inlaid woodwork, and took a peek at the original bedroom of General Sutter (a one-time Lititz resident renowned as the founder of the city of Sacramento, CA).

Between the houses, beautiful displays of spring flowers vied for attention and we stopped briefly at the **Mary Oehme Gardens** and enjoyed sitting by the tiny pond, watching two ducks doing their thing in the water. It was a perfect warm spring day with a gentle breeze – hard to imagine anything nicer.

We visited some other fashionable stores along East Main and then drove back to Lancaster in mid-afternoon.

**A word to the wise: cultivate your Downtowners friendships, because you never know what delightful – and maybe unexpected – experiences will come your way.**

**Below: Zest, and other Main Street stores in Lititz, PA**





# The Supper Club Dined at Passerine on Prince St.

BY ANDY BERFOND

Passerine quietly opened recently on North Prince Street in the former Beer Wall location. Local restaurateur Kyle Sollenberger added this new restaurant to his already popular Prince Street Cafe and Passenger Coffee businesses.

Passerine's ambience and decor is tasteful and comfortable and its staff is attentive and courteous. The menu is small, consisting of a selection of well executed dishes featuring locally sourced ingredients.

The chef has been empowered to create some interesting options for dining, such as a "Foie-sant" described as shaved foie gras, birch run blue cheese cremeux, chicories and pickled raisins. Another menu choice was a "Rutabaga Steak," with accompanying quinoa grits and dukkah.

I had a pork chop, which was a well prepared large bone-in cut, plated with a small amount of greens at its side. It tasted good, but I wished the accompanying side was a bit more substantial.

Pictured here (left to right) are Downtowners Carole, Nancy, Diana, Mary, Sandy, Harvey, Celica, and Ellen at Passerine



It appears that the menu will be changing regularly and the intention was to be opened for brunch/lunch and dinner, five days per week. However, passing by recently, there was a sign out front indicating there will be new temporary hours serving dinner only beginning at 4.

There is a wine list and some beers and cocktails available to enjoy with dinner, as well as coffee creations and a dessert or two. Pricing is well above average by comparison to other places and an automatic 20% gratuity is added to your check. The noise level in the dining room comfortably allowed for casual conversations at our table of nine.

Passerine is not the place to go for traditional dining options, but it is the place to try for a unique new dining experience in Lancaster.

See you around town.

## Must Love Lancaster

### Part-Time Job Opportunity

Lucky Manufacturing (parent company of Building Character/MadCap) is opening a stand at Central Market. They are seeking someone who loves Lancaster and, in addition to selling locally made goods, would be excited to share that passion with customers. Must be available to work during market hours!

If interested, reach out to Joel Henry at [joel@buildingcharacter.biz](mailto:joel@buildingcharacter.biz).

# JOC Volunteer Spotlight

BY MARY CAE WILLIAMS

## Introducing Larry Groff

The Just One Call program is a vital part of the Lancaster Downtowners community. Volunteers, both Downtowner members and others, support us in many important ways. For instance, they provide transportation, they help with household repairs, and they give us a hand with our yard work. It is our pleasure to shine a spotlight on Larry Groff in this month's newsletter.

Larry began volunteering for Just One Call six or seven years ago. In 2016, he decided to quit his full time job. He agreed with his wife that she would move to full time work and Larry to full time househusband. Larry also engaged in several volunteer opportunities. He started in the kitchen with Meals On Wheels. His friend, John Kanagy, encouraged him to sign up with JOC.

For Downtowners, Larry has trimmed ivy, moved air-conditioning units, done various kinds of yard work, and snow removal. He had no calls to remove snow this year.

Larry now delivers meals once a week for MOW. He started with impromptu calls but different routes each time could be frustrating. Larry has a regular route one day a week. Pulling a trailer to carry the meals safely, he delivers on his bicycle. He pedals from his home to the MOW kitchen on Columbia Avenue, picks up the meals, and delivers them. Most of these meals go to residents of Church Towers and Farnum Towers. Larry thinks the bike takes just about a half hour longer than using the car.



Volunteering for both JOC and MOW is a great way to get to know people. Larry speaks to people in about half of his MOW deliveries. For others he simply drops meals off at the door. Through volunteering for JOC, he has made some friends. It is a great way to get to know people and be a help to them at the same time.

**Larry encourages Downtowners to use Just One Call because he believes it is important for us to be able to ask for and accept help “whether they be neighbors or the broader community.”**

Larry has been lured back into the working world part time. He does accounting and some administrative work three days a week for a small, organic dairy in the county. Working full time on those days definitely limits his time for volunteering elsewhere. After all, he already holds that full time job of househusband.

**Thank you, Larry, for all you add to our thriving community.**

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## 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/](https://www.friendslifecare.org/Landis/).

Pre-recorded webinars are also available online.

## Upcoming Seminar: SmartLife via Willow Valley

**July 25 at 10:00 a.m.**

There will be an information session about SmartLife VIA Willow Valley's "Life Plan at Home" program held at the **Manheim Township Public Library**.

Registration is encouraged and can be completed by visiting

<https://www.smartlifewv.org/events>.