

LANCASTER
downtowners

SUPPORT OUR ORGANIZATION!

On November 17, donate online at [ExtraGive.org](https://extragive.org) and your generous gift will go even further thanks to the Stretch Pool and prizes from the Community Foundation and many extraordinary sponsors.

LET'S GO THE EXTRA MILE TOGETHER!

EXTRA
GIVE™

NOVEMBER 17

EXTRAGIVE.ORG

LANCASTER COUNTY
COMMUNITY
FOUNDATIONHIGH
FOUNDATIONMURRY
FOUNDATION

We believe that the **power of community** can create society wide change in the way we age.

That's why our village has built a network of support via programs, volunteer coordination, and resources for Lancastrians to stay informed, involved, and independent in their community.

[Your gift to Lancaster Downtowners](#) as part of the **ExtraGive** on Friday, November 17th goes even farther to catalyze innovative, community-based solutions to improve quality of life and expand choices at all the stages of aging – empowering you and your neighbors to continue charting new courses.

The impact is real. Our village has grown to over 250 members who understand that community is crucial at all stages and ages. Over 250 people who keep one another **educated** about scams and Medicare open enrollment; **active** with walks, bocce, bikes, and yoga; **smiling** over book clubs, coffee, and lunch; and **supported** with grocery delivery, transportation, home maintenance, technology coaching and more.

As a village, we are unique among most non-profits. With our **member-directed board and committees**, decisions about what & how services are offered are made by the very people who are engaging in those offerings - not a distant or disconnected governing body. Our **involved leadership is deeply committed to expanding access**, and we are grateful to be able to provide discounts between 20%-100% of annual costs to over 30% of our members. At national conferences other villages ask us, how do you keep your membership dues so low?

The answer is you – one of the nation's most generous populations per capita. Lancastrians believe in the power of community, too.

With the year round support from our sponsors, the organizing prowess of our fundraising and annual auction committee, and our community's motivation during the ExtraGive – your generosity is what keeps our village benefits affordable. Thank you in advance for helping us to continue generously inviting memberships at accessible rates.

UPCOMING EVENTS

11/17- Extra Happy Hour/Imperial

11/20- CWS Youth Mentor Intro

11/21- Happy Hour Decades

12/04 - Morning Walks

12/02 - Storytelling Workshop

12/06 - Trivia at Southern Market

12/09 - Community Meal Program

12/15- Holiday Party

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

Noble Hill Horse Rescue

By Jeff Lawrence

On a gorgeous Thursday in October, four Downtowners, including this writer, met up at Noble Hill Horse Rescue in Kirkwood, PA. This beautiful 30-acre farm in Southern Lancaster County is the home of approximately 40 rescued horses seeking forever homes. The organization acquires these animals mainly from Amish farmers after the horses can no longer do their jobs on the farm. They also take in horses that have been neglected, abandoned or abused. Owner Pat Astheimer purchased this property, which was originally owned by William Penn, from the family of Thomas Whiteside. Pat grew up in Chester County, the daughter of a veterinarian who owned horses. Pat's love of these beautiful animals from an early age led to her founding of Noble Hill Horse Rescue in 2001.



[Register for Holiday Party](#)

A Great Party has been planned for your holiday enjoyment with Downtowner friends. Here are the particulars:

- Venue: Banquet room at Brightside Opportunity Center
- Dinner: Catered by Soulcialize. You may know Chef Corey Woods from his popular stand at Lancaster Central Market. Dinner will include vegetarian options, but sorry—vegan is just too much of a stretch for soul food!
- After Dinner: Storyteller, Lenwood Sloan. Mr. Sloan is the executive director of the Commonwealth Monument Project. He serves as the governor's appointee to the Capitol Preservation Committee and board member of the Mid Atlantic Arts Foundation. But for our purposes, he is a great story teller who is sure to capture your attention and admiration.

Per person cost of \$25, due with registration, is significantly subsidized by DT treasury - your dues at work for you! (MEMBERS: If you missed the email with discount codes and would benefit from \$0 or \$10 registration, please call the office at 717-584-1224.)

Resource Committee Corner

News to Note

Member-recommended articles from a variety of sources.

Medicare: How to Cut through the Ad Blitz

[This New York Times article by Mark Miller](#)

recognizes the impact of advertising, and explains some of the confusing information that might be inundating your television commercials or mailbox. It's almost over -- Open Enrollment will end on December 7th.

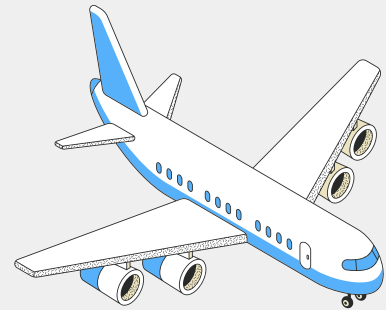
Do you have questions about YOUR Medicare?

You can still arrange an in-person conversation with Downtowner member & volunteer Bill Parson (recently retired from the insurance industry, and licensed in PA with a Certified Senior Adviser designation). Call 717-584-1224 for an appointment.

Airport Transportation

Every month the **Resource Committee** works to gather information about member-recommended service providers and update our directory with accurate information. [You can find plumbers, mechanics, dog walkers, and more in the directory.](#)

Sometimes we note a need for information that doesn't quite fit into that format. Tanis Garber Shaw recently led the charge to identify a variety of **ways to get to area airports without having to drive yourself**. [This document can be found in our Document Library](#) in the "Member Recommendations" folder. Members will need to be logged in to access it! We hope this is helpful as you plan to get out of town.



DIRECTORY UPDATES

HAVE YOU MOVED RECENTLY?

The Resource Committee is collecting recommended **movers** for the directory. If you have been satisfied with a provider, please share with us!

Mary shared:

"I highly recommend Groff Movers! Of the three movers which I interviewed for estimates, their proposal was the most thorough and detailed. They were on time, very professional, and extremely careful with some valuable items. Furthermore, the final bill was less than their estimate."

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.

New Downtowners

BY MARY HINKLE & MARY CAE WILLIAMS

Every year we welcome new members to Downtowners. These folks may be longtime residents of the area or very recently relocated from all over the country...and even other parts of the world. We reached out to new members and were able to ask some of them a few questions. This is what we learned. These are only a few of the people who are new to our organization. Each one adds such a wealth of experience and insight to our community. This is just a snapshot of that. We hope our readers enjoy getting this mini-introduction to some of our new Downtowner “neighbors.” Stay tuned for more brief introductions in future newsletters.

Carol might also indulge in world travel if money were no object, but now she and her husband, Jeff, are enjoying getting to know their new hometown. They live in a converted carriage house on a quiet alley, close to great things that are in downtown Lancaster: the Fulton Theatre, Central Market, restaurants, the summer beer gardens, and more. Carol grew up in PA and attended Penn State, then lived in Ohio, NJ, and Connecticut. She and Jeff are excited about life-long learning opportunities; they have gone to lectures at the Lancaster History Museum, and she’s enrolled in Quest for Learning and the Pathways Institute/Landis.

Marcia is living now in a new construction apartment building in downtown Lancaster. She came from a suburban condo community near West Chester, PA.

Prior to that she was living and working in Thailand for several years.

Since she is very new to Lancaster, she has been enjoying walking around the streets to get a feel for the city. She enjoys nice long walks where there is shade. In our “tree city” she can pick the shady side of the street. She often finds herself headed out to Franklin and Marshall to get in 3 plus miles in the late afternoon. “The old buildings and churches of Lancaster provide such an interesting backdrop to life here.” If Marcia could do anything, she would work “with an organization in Southeast Asia with children, youth and families to eliminate job exploitation and trafficking.

Jeff also lives in that converted carriage house, “right downtown.” His former homes were in Connecticut (of course,) Wisconsin and Michigan. In his opinion, offerings at the Fulton Theater are “as good as many big city shows” he has seen over the years. Walking around the city and enjoying the many restaurants and food vendors available add to his appreciation of our fair city. One thing Jeff likes is the easy access to real countryside that we have here. He appreciates all the information that LNP provides about what is available in the area. And, if anything were possible? Jeff would like to be either a musician or a professional chess player. Why not both?

Welcome to Downtowners' Newest Members

Nancy Ross, Gerry Potts, Sylvia Cavanaugh, Diann Holder

Happy Birthday to these Downtowners in November!

Molly H, Victoria M, Eileen L, Evon B, Bonita R, Pauline Z, Marcia D, Anabel P, Bob B, Bobbie Z, Tana W, Dale U, Rick P, Andy B, Carolene B

About Love of Food and Making Community Connections With a Purpose

BY ANDY BERFOND

Remember Restaurant Week? Not too long ago an annual tradition took place all around the city, when local restaurants offered special deals to entice the consuming public to dine out. It was celebrated with a preview party on the Imperial Terrace at the Holiday Inn, when participating chefs showcased their culinary skills before the big week.

Downtown Carol Kirchner was a sponsor this year, and she was recognized along with other supporting community partners. Ellen and I were excited to be invited as her guests to attend the event, and it was there that I had the pleasure to meet Corinne Foster.

Corinne is a food blogger on social media, but more importantly, she is the Development and Digital Communications Manager at the Lancaster County Food Hub. This inter generational meeting of two foodies provided an opportunity to briefly share commonalities and culinary experiences.

While we related about the power of social media, I wanted to learn more about the Food Hub, especially as we are fast approaching the holiday season when so many people continue to struggle to keep food on the table. Corinne arranged for me to take a tour of their warehouse at 812 North Queen Street in Lancaster.

The Food Hub is the largest direct to client food distribution site in Lancaster County and they are on track to serve over 45000 people by the end of this year just for food. To make that happen, they collaborate with many other organizations and community partners along with generous donations from businesses and individuals.

The Food Hub is a whole lot more than a source for food and nutritional education.

It distributes clothing and accessories as well as linkage to a variety of community services including housing options. The projection this year for food, clothing and shelter services is 56000.

They are also very supportive in their own neighborhood. On my tour, I learned about a program for the local homeless population surrounding the warehouse on North Queen Street. Willing participants were tasked with keeping the neighborhood clean in return for a twenty dollar per day stipend. By empowering those struggling with homelessness, a win win relationship is created.

Knowing how many Downtowners are always looking for meaningful volunteer opportunities, the Food Hub welcomes newcomers, and donations of food, clothing and monetary contributions are also very much appreciated.

It's that time of year again for us to count our blessings. However you'll be celebrating, have a wonderful Thanksgiving.

Pictured: Corrine Foster (L) with Carol Kirchner (R)



Downtowners Around Town or the County

A New Downtowner Experience

By John Mullineaux

On Oct 18, 8 intrepid Downtowners rode the Two Bridges ride, crossing the Safe Harbor and Martic Forge bridges on the Enola Low Grade Line. There were 2 options: a 10-mile option riding just the Safe Harbor bridge and an 18-mile option riding both. Most of us chose the 18-mile ride. And, why not? It was a beautiful autumnal day. After the ride, all repaired to Pine View Dairy to have "ice cream for lunch." There will be more of these rides in the not-to-distant future.



Pictured Nancy, Nancy, John, Rod, Ruth, Sylvia, Angie & Harry.

TOUR OF HAMILTON WATCH STORE



Downtowners had an opportunity to visit the new Hamilton Watch store which opened this past summer on N Duke Street. It's the only retail store for the brand in the USA, and a collaboration between the Hamilton Watch USA division of the Swatch Watch Company, and the Brent L. Miller Jewelers & Goldsmiths of Lancaster County. On Oct 21st, Brent Miller co-sponsored a community event along with the Clock Towers Condominium Association called KEEP THE CLOCKS RUNNING DAY, as a fundraiser to upgrade the mechanisms of the eight large clocks on top of the two 90 ft tall towers of the historic building.

SAGE & SEEKERS

FREE INTERNATIONAL PROGRAM WITH TEENS

Sages & Seekers is an intergenerational program that builds meaningful relationships between Sages (adults 60+) and Seekers (students 15-24) in order to diminish ageism, combat social isolation, and build empathy. This **8-week program** is an opportunity to share your life experience with an interested listener and feel a reinstated sense of relevance. By sharing your story, students develop a greater appreciation of the elderly and their legacies. Both generations discover commonalities and shatter stereotypes they have of one another. We are looking for seniors to participate in our 8-week long online program, which starts in January. If you would like to learn more about Sages & Seekers, please [register for our information session](#) on Zoom on November 29th at 1:00 pm EST.



GIFTS THAT GIVE HOPE

Join the 16th annual gift fair on SUNDAY December 10th at the Farm & Home Center, 1383 Arcadia Road Lancaster PA from 10am-3pm for a festive, family friendly event where holiday shoppers can find meaning-filled gifts for everyone on their shopping lists!

Opportunities to give gifts towards charitable organizations, shop from social enterprises, business for good, fair trade, ethically sourced products, food trucks and more! Come meet representatives from the nonprofits, make monetary donations in person, have lunch from one of our participating food trucks and vendors, and embark on your Giving HOPE holiday experience. Join us in making a difference and spreading joy during this incredible event!

Learn more about the Gifts that Give Hope Lancaster and be a part of something special: <https://presentlancaster.com>.

GIFTS THAT GIVE HOPE

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No Longer Alone Meeting

Supporting Families and Persons Experiencing Mental Health Challenges

Join **Landis Communities** and presenter **Tom Horst** from **3-5pm** on **Sunday, November 19th** for conversation around this important topic.

Location: Crossings Meeting Room - 2nd floor of the **Calvin G. and Janet C. High Learning and Wellness Center** at **1001 E. Oregon Road, Lititz, PA 17543**

Homestead Village Annual Holiday Party

Wednesday, Dec. 6th at 4pm

The holidays are a time for family, friends, food, and festivities.

Join **Homestead Village** in spreading the holiday cheer at our annual holiday party! Enjoy an evening of festive music, delicious refreshments, door prizes, and

Location: The Bachman Center, 633 Community Way, Lancaster, PA 17603

Please RSVP by **Nov. 24, 2023** on their website <https://www.homesteadvillage.org/events/annual-holiday-party/>