



Update from the Executive Director

As we welcome a new year I look forward to welcoming new initiatives, programs, and opportunities for the Downtowners. The first new initiative I would like to introduce is an additional level of membership: the Member Emeritus.

Over the years Downtowner members have elected to move to a variety of continuing care retirement communities for a variety of reasons. With that move, most members have felt it appropriate to discontinue involvement with the Downtowners. We recognize that social bonds supersede physical location and will now provide an opportunity for people to remain connected to our village.

The Member Emeritus status will be available to Downtowners who have been traditional members for at least one year who have now moved to a supportive living community. Members Emeriti will have access to all of our social events, remain on the dtcommunity listserv, and continue to receive this monthly newsletter. Membership at this level does not include Just One Call services, as those services are already provided within the supportive living framework. Dues for the Member Emeritus are one-half the standard rate.

If you are in touch with a former Downtowner who would like to again be involved in the village, please let them know of this new opportunity.



Melissa Ressler

"We recognize that social bonds supersede physical location and will now provide an opportunity for people to remain connected to our village."

—MELISSA RESSLER, DIRECTOR, LANCASTER DOWNTOWNERS

From Your Reporter

Recharging After the New Year

The new year always brings to mind what we've left behind in the past year along with what we could look forward to in the near future. I feel a desire to recharge myself with positive thoughts and energy directed towards important people in my life along with all of the projects held dear to my heart that I've become involved in.

As a Downtowner going on almost three years, I'm noticing in the time I've been involved, the group has grown considerably. I'll use the newsletter as an example. John sent out a brief newsletter in part due to his role running the Just One Call Program. Because I like to write and I'm a story teller, I volunteered to be a writer and reporter for the newsletter.

Over a year goes by and we get good feedback. We recognize the potential of our newsletter is so much greater, so we convince Michael to join us, bringing his computer program formatting skills to our publication.

Downtowners from various committees realize the newsletter has the potential to let the membership know what is going on within their groups. Then add to all of this the fact we now have sponsors who have been given the opportunity to utilize the newsletter as well.

We all continue to be Downtowners because we see the value of membership. We are supported by one another in so many ways. I look forward to this new year to watch the Downtowners grow even bigger, with more members, new fundraising opportunities as we all work to spread the word about who we are and what we do.

— **ANDY BERFOND**



Photo by John Kanagy

This newsletter is a monthly publication of Lancaster Downtowners, a network of people who share a common passion for downtown Lancaster as the community of choice for their retirement years.

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Andy's Foodie Report

Anita's on Walnut Cafe and Bakery

Never let it be said that your foodie reporter won't venture over to the other side of the city, so when I heard about Anita's on Walnut on the east side I had to check it out.

Located at 324 East Walnut Street, Anita's is still another creative food establishment realizing that opening in a neighborhood undergoing transition is a worthwhile investment. In this case it is adjacent to the Shippen Street Condominiums and next door to a new project which is well underway to provide mixed use space in an old building which will include residences. Additionally this is across the street from the already popular Lancaster Brewing Company.

Anita comes from the Reading area, where she was successful in creating delicious baked goods including her popular biscotti. I enjoyed a pastry and a good cup of coffee as I observed a table of eight younger folks who appeared to be having a business meeting the morning I was there. There were also quite a few people who came in for take out orders.

I look forward to return to Anita's again sometime soon when I will definitely try one of their lunch offerings. What sounded good to me was a BLT on Texas Toast and a Buffalo Chicken Flatbread.

—ANDY BERFOND



Anita's. Photo by Andy Berfond

Upcoming events

- Jan 22 Koffee Klatch, 9:00 AM, 102 S Ann St., Apt 1
- Jan 24 Common Hour at F&M, 11:30 am followed by Lunch Bunch at Gypsy Kitchen
- Jan 31 Common Hour at F&M, 11:30 am followed by Lunch Bunch at Gypsy Kitchen
- Feb 5 Estate Planning, 5:30 pm, 328 W. Orange St
- Feb 9 *Bonhoeffer in Prison*, 2:00 pm, 37 N. Market St., Follow up discussion at Yorgos
- Feb 14 Common Hour at F&M, 11:30 AM followed by Lunch Bunch at Gypsy Kitchen
- Feb 20 Coffee Klatch, 9:00 AM, 209 N. Mulberry St
- Feb 28 Common Hour, 11:30 AM followed by Lunch Bunch at Gypsy Kitchen
- Feb 28 Nuts and Bolts of Medicaid, 5:00 PM, 328 W Orange St

Check the website calendar for complete information on all events, walks, yoga, times and descriptions:

www.lancasterdowntowners.org

One Man's Opinion

Service with a Smile

His name tag said his name was Ray. His job was conductor on an Amtrak train. It was an early morning trip, and I would guess Ray might be the first person some people encounter as they begin their day with a commute. What was remarkable to me about Ray was his smile as he wished everyone a good morning and have a nice day during his routine and repetitive job of scanning everyone's tickets. He really appeared to love his job.



I've always believed that the first person you encounter at the beginning of a new day has the power to set the tone for your own day. This got me to thinking about how many people we interact with wherever we go. Sometimes I think customer service falls short when people who work with the public fail to take into account how their own tone and attitude is representative of where they work.

I'm particularly in tune to this when I go out to eat. How I'm served my meal is as important as the quality and taste of the food. On Queen Street, there is a family run Thai restaurant called Sa La Thai that is quite good. There is a waitperson there who I've recently learned is a sister of the owner. This woman is so polite and pleasant that I was moved to compliment her on my last visit. She should be teaching classes on the correct way to serve people, emphasizing how important it is to be helpful and engaging.

We are often quick to complain about poor service and attitude, but I think it is important whenever we can to thank people who have provided a memorable experience regardless of where they work.

It was busy on that train the morning Ray scanned my ticket so I didn't have a chance to compliment him. Amtrak should be proud to have him as their representative.

—ANDY BERFOND

In the Neighborhood

New Members

A warm welcome to our newest members, **Lisa Lanterman** and **Donna Styer**. We also welcome Carolyn Smith and James McCoy as new non-member JOC Volunteers.

In Remembrance of Regine Ibold

February 6, 1941 to December 23, 2118

Regine and Bob Ibold have been long time Downtowner members. You can read her obituary by clicking the link below.
<https://www.thegroffs.com/obituaries/Regine-Ibold/>



Regine Ibold

The New Prima Theatre

On Wheatland Ave at the western edge of the city, Prima Theatre has found a permanent home. This creative theatre company under the direction of Mitch Nugent, has been offering performances in multiple locations in and around Lancaster but it recently opened its new home in one of the newer buildings (circa 1949) at the former Hamilton Watch Complex.

Because I live at the Clock Towers Condominiums across the street and serve on that Board, I was excited to meet with Mitch to welcome him to the neighborhood.

Started in 2010, this non profit theatre company has the support of multiple organizations and businesses to make it possible. The recently redesigned comfortable space has seating for about 200 people. It has a stage area with a large drop down screen, a new sound system and comfortable seating which has the ability to be moved around to accommodate multiple potential functions. There is a kitchen area as well, which means that events can take place utilizing contracted caterers.

After meeting Mitch, it was clear he has the passion to build Prima Theatre in the years to come, making it still another destination in our continuously growing city.

—ANDY BERFOND



**Mitch Nugent,
Director of Prima Theater**

In the Neighborhood

Working at the Polls

Bob and I used to always vote before we left for work in the morning. Back then, I looked at the mostly-retired folks who tended the polls and thought, "That's something I'd like to do some day." Last year, on November 6, we got our first experience doing just that.

We spent the day from 6:30 AM to after 9PM at the Masonic Lodge on West Chestnut Street, the polling station for the First Ward. There were four of us working that day, including the Judge of Elections who is in charge of a polling station. Downtowner Sam Fleming, who has worked that polling station for many years, was not working this time (though he did show up later in the day). The day was busy – we're told that turn-out was quite a bit higher than most mid-term elections. There were also quite a large number of first-time voters, for whom we needed to check ID's and addresses. Everyone was in good spirits, though disappointed that we didn't have stickers to give out (they had been ordered but didn't arrive in time).

All but one person voted by paper ballot that was then scanned – one person insisted on using the machine to vote. We learned that starting next year all ballots will be paper and scanned, since the machines do not provide a paper-trail that would be needed for any recounts. We were relieved to know that Lancaster County voting is not at all connected to the internet and so not vulnerable to hacking.

I was interested to see how the count was tallied after the polls closed, so we could see immediately how the folks in our precinct voted.

Quite a number of Downtowners serve as poll workers, including Lois Quillen, Ezetta Walters, Ellen Williams, and Carolene Brubaker. Pauline Zimmerman is a Judge of Elections, an elected position.

We put in a long day, but enjoyed the chance to meet neighbors and to help folks engage one of their most important privileges and duties as a citizen – voting.

—JUDY ZIMMERMAN HERR

Health and Wellness

"Regular visits to the cinema, theatre or to museums could dramatically reduce the chances of becoming depressed in older age a new study has found." We already participate in these activities because they are enjoyable, but this article points out the benefits of this activity are greater than we realized. Research from University College London shows a direct link between frequency of "cultural engagement" and the risk of persons over 50 developing depression. And this is the first study to show that it can also prevent depression. It's benefits are similar to healthy eating and exercise.

So go ahead and join in our events, bus tours, and other activities, its not only fun and enjoyable but good for our mental health and may be preventing depression.

[Regular trips out guard against depression in old age: New study finds clear link between cultural engagement and lower risk](#)



The Met Cloisters.
Photo by John Kanagy

Just One Call (JOC)

Place a call to 717-584-1248 for assistance with:

- SNOW removal, clearing sidewalks, entryways, and driveways
- technical support with your smart phones, computers, and electronic devices, and in home networks
- changing hard to reach light bulbs and batteries
- minor household repairs, moving boxes or other things in your home
- On vacation, volunteers will provide plant or pet care, manage mail, or clear your sidewalks of snow
- transportation for appointments, shopping, getting to Downtowner events, to/from the train station, and we now include trips to/from Harrisburg International Airport, (avoid the long term parking fees)



Continuing Care at Home

Landis Communities and Friends Life Care are business sponsors of Lancaster Downtowners, who are partnering to offer a Continuing Care at Home (CCaH) program in Lancaster and Lebanon Counties.

Continuing Care at Home is a membership-based program designed to help persons remain in their home as they age, with access to benefits that can be used for care at home or can follow the member to assisted living or nursing care if needed. Being part of a CCAH program provides coordination of care, protection of financial assets, and a focus on all areas of wellness to help members thrive and have the peace of mind of having a plan in place for the future. A member is paired with a personal advocate who helps focus on what is important to the member from wellness and prevention to planning.

Continuing Care at Home is a unique approach to long-term care planning. It is an affordable alternative or supplement to long-term care insurance.

Information workshops

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about this program are scheduled soon
at the following times and locations:

January 24, 2019

10am–12pm

Mount Joy Mennonite Church

320 Musser Road

Mount Joy, PA 17552

February 13, 2019

10am–12pm

Landis Homes

1001 East Oregon Road

Lititz, PA 17543

The informational long-term care workshops are for individuals ages 40-85 who are in good health.

**To reserve a seat, please call
1-844-2LANDIS (1-844-252-6347)**

or reserve on the website at

FriendsLifeCare.org/Landis.

You can also send an email to
rsvp@flcpartners.org, and a confirmation
will be sent back to you.