



From the Executive Director

A warm welcome to our newest (and returning) members! We are happy to have Mary Ann Johnson, Valerie Evans, and Henry Biedrzycki (invited by Rod and Mary Lou Houser). A hearty 'welcome back' to members Barry Benjamin and Deborah Benjamin, as well as Jay Martin and Ruth Martin as Members Emeritus.

Be on the lookout for a few new opportunities to engage with your fellow Downtowners. We will be rolling out the following programs in the coming weeks.

1. Downtowner Connections - In collaboration with the Just One Call Committee, I am introducing the Connections program. Focused on members who are in the midst of transitions, we will be arranging regular connections with a fellow Downtowner via phone and visits. Partnerships will be formed with the intent to offer well-being checks at a lower frequency than our current daily reassurance call program, and with added encouragement for in-person get togethers. Contact me or John Kanagy if you know you'd like to be a part of this.
2. Grief Gathering - Beginning in April the Lancaster Downtowners will be offering a Grief Group for members. This small gathering will be hosted by Downtowner Margot Tomlinson in her home one time per month. The group will explore grief and loss in their many forms, however you are impacted. Our group will offer a safe environment to look at which losses have affected your life, and evaluate unresolved emotions as well as talk about dealing with loss. Ideally attendance will be consistent from month to month to help the group establish rapport, but all are welcome no matter what stage of grief you are experiencing. We are all managing loss of some kind.
3. Resource Collection - Thank you for the information provided about where you all donate used goods to a good place! The Resource Committee is setting up structures to continue to gather and disseminate helpful information to our village. This month's request: Can you recommend a house cleaning provider? If you employ a great company or individual we would like to make that referral available to our members.



Melissa Ressler

As always, I'm happy to have you contact me via email at director@lancasterdowntowners.org, phone at 717-584-1224, or visit the office at 118 N. Water Street, Lancaster, PA 17603 during office hours (Tuesday 8am-12pm, Wednesday 1pm-4pm, Thursday 8am-11am, and By Appointment).

—MELISSA RESSLER, DIRECTOR, LANCASTER DOWNTOWNERS

From Your Reporter

Introducing Fete d'Or

As your newsletter reporter, I get to learn about Downtowners plans and events in order to let our membership know what they could look forward to in the future. I'm happy to tell everyone about something in the planning stages that is going to be one of the best events the Downtowners have had to date.

Maybe you've heard some buzz about it, and maybe you've heard bits and pieces, but it's time to begin talking about an event called Fete d'Or. On June 13th this year the Downtowners will be hosting this gala celebration in coordination with the Mayor and the City of Lancaster.

There is much to celebrate including the Age Friendly City status designation by the World Health Organization, as well as being named the number one place to retire in the U.S., according to US News and World Report. Our Director Melissa Ressler represented the Downtowners to work on the proposal along with other organizations, to apply to be considered for this worldwide honor and Mayor Sorace and her office were very supportive.

As our committees work hard to finalize the details, here's what we have so far. Our celebration will be located at the Ware Center on North Prince Street on Thursday, June 13 from 6 pm until 9 pm. Our name, Fete d'Or, is a take off from the popular local Fete en Blanc as we celebrate all that is good in our "Golden Years." We hope everyone will attend dressed in "something gold," whether it be a complete outfit or just an accessory.

There will be music, food and libation along with guest speakers including Mayor Sorace. Our event will not only be opened to Downtowners and their guests, but to the public as well. Tickets are \$40 per person and will be going on sale soon.

Fete D'Or is going to be exciting and fun as we get together to celebrate Lancaster's new honors. In the next couple of

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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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newsletters there will more information and updates as we get closer to the date. We anticipate good press as we collaborate with the Mayor's Office to market Fete D'Or to the public, and we will provide updates on our Facebook page as well. Watch for details how to get tickets and I'm thinking this just might be a sell out.

Your reporter has already Googled where to get a gold tie. Save the date and see you at Fete D'Or.

— ANDY BERFOND

Upcoming events

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

3/21, 9 am Koffee Klatch, Leinberger home

3/22, 7 pm *Marie and Dub*, drama on homelessness, at Community Mennonite Church of Lancaster (CMCL)

3/25, 2 pm Memory Meeting, Rauser home

3/26, 10 am Books, Coffee, and Conversation; Café Di Vetro

3/28, 11:30 am Common Hour at F&M followed by Lunch Bunch at Gypsy Kitchen

3/30, 3 pm Wine and Cheese Gala for Just One Call volunteers and prospective volunteers

3/31, 2 pm *Freud's Last Session* at Trust Performing Arts Center, and followup discussion at Yorgos

4/4, 11:30 am Common Hour at F&M Mayser Gym, followed by Lunch Bunch at Gypsy Kitchen

4/10 6:30 pm Friends Life Care presentation, James St. Mennonite Church

4/10, 7 pm Book Review *The Lucky One: a Memoir of Life, Loss and Survival in Eastern Europe*, at CMCL

4/11, 8:30 am Downtowners at the YMCA

4/14- 4/20, 6:30 pm Movie Nights at Zoetropolis

4/16, 8:45 am Gallery Hopping in Carlisle, meet at CMCL to carpool

4/24, 7 pm *How to Get Care at Home*, CMCL



Fundraising Committee, above, and PR and Communications Committee, below, are planning the Fete d'Or.



Andy's Foodie Report

Lunch at Splits & Giggles

I was on the run in town and getting hungry. As I passed by Splits and Giggles on Lemon Street, I couldn't help but notice the big red flag outside saying it was open. Having always been there for ice cream in the past, I remembered they also had a limited menu of other offerings, since with a temperature of 20 degrees outside, ice cream didn't seem like the appropriate choice for lunch. (It might have been in the summer time.)

I was greeted by David, one of the owners, who was hard at work in the back kitchen area. He welcomed me and I perused the blackboard menu for my lunch choice. I tend to like places with limited menus because you're almost always assured of getting something fresh.

When David told me he makes his soups from scratch, I opted for a cup of cauliflower soup with a grilled cheddar cheese sandwich, made on locally baked Thom's Bread. The sandwich was complemented by potato chips. Both were enjoyable and succeeded in satisfying my craving for a light lunch.

I got the opportunity to talk with David a bit about his place, and he shared he has owned it for about three and a half years now, adding an outdoor seating area for the nice weather with plans to increase that seating this year when the weather gets warmer.

When I mentioned the Downtowners, remembering our group once went there for ice cream after a garden tour several years ago, David gave a shout out to Rod and Mary Lou Weaver Houser, who he referred to as "supportive, good customers."

It was hard to leave Splits and Giggles without ordering ice cream since I was walking and it was cold outside, but I look forward to returning soon to satisfy that craving.

—ANDY BERFOND



Splits and Giggles, at the corner of Lemon and Mary Streets.

One Man's Opinion

History Versus Progress?

You might have heard or read about it in the news. You might have even been interested enough in this news to have attended the Historic Committee meeting a few weeks ago when developers presented their ambitious plan for the property at 227 North Prince Street opening up a spirited discussion about the merits and shortcomings of the project.

Wherever your opinion lies, the reality is that a plan is in the works which will have a strong impact on the future of the city's landscape at the expense of a historic building slated for demolition.

Your reporter has a personal interest in this project, being a vendor who has three spaces inside Hidden Treasures, the antique and collectibles cooperative that occupies the rear space in the building. Roburrito's Restaurant is housed in the front.

There is also an interest because as a Downtowner, the planned residential space is being presented as an Age 55 plus housing complex with Assisted Living Apartments as well.

Most of us already know there will always be opposition by local folks who love the history of our city, and can't support the need to eliminate remaining historic structures for something more contemporary, and so large.

The argument will be the City has done this many times before, the end result being a parking lot, or a chain drug store. After that meeting at City Hall however, the developers knew they had to go back to the drawing board, and figure out how to make some subtle changes with the hope of gaining more acceptance and an ultimate approval of City Council to move forward with a project which will no doubt increase the city's tax rolls.

While a new gym opens for business in an adjoining building of the property scheduled for redevelopment, the vendors inside of Hidden Treasures keep on doing business with an unknown future hanging over them.

This will be an interesting story to follow. And by the way, if you've never been to Hidden Treasures it is still business as usual, so why not come by to check it out one day as the weather gets warmer.

—ANDY BERFOND



Introducing...

Meet Debbie Truhan

I ran into Debbie one day when she came into Hidden Treasures on Prince Street looking for Downtowner Jim Zink, who sells there. Coincidentally John Kanagy had come in for a visit at the same time. It's just more proof that the Downtowners get around.

In our brief conversation that day, I learned Debbie spends half the year at her home in Lancaster, and half the year at her home in Ecuador. I thought she would make a great choice for an interview to learn more about her retirement on two continents and when asked, her response to me was outstanding. She said rather than considering herself as "retired" on two continents, she is "living her life" on two continents.

I met Debbie one morning at Goldie's on East King Street. She was eager to share about her life and lifestyle going back and forth from North America to South America.

In earlier years Debbie studied Spanish and always had a love of Hispanic cultures. She goes so far as to call herself a "Latin Americanist." She shared that after traveling to Cuenca, Ecuador back in 1986 and experiencing an "I want to live here" moment, she knew she would one day call it home. Debbie also pointed out a big reason for deciding to move to Lancaster was its hometown Hispanic culture and diversity along with the affordability and walkability the city provides.

Debbie also loves the art scene, restaurants, tourism and volunteer opportunities Lancaster provides and sees a parallel to what Cuenca has to offer. Debbie shared she has no car in either place and when the need arises to drive somewhere here in Lancaster she simply rents a car for the day.

In the early part of her career, Debbie worked as an Administrator for NYU. Before retiring and moving to Lancaster, she worked for the University of Pittsburgh. After researching potential places to live in Pennsylvania on the real estate websites, an older home on East Chestnut Street caught her eye and Musser Park is now her "across the street" neighbor.

As for being a Downtowner, Debbie reports to have used Just One Call on a number of occasions but admits not taking full advantage of all the amenities of membership. She finds comfort in just knowing the Downtowners are there if she needs us.

I found Debbie to be a very upbeat and interesting woman whose earlier travels backpacking in South America along with her love of cultural diversity, has led her on a path of fulfillment as a free spirited retired person "living her life" on two continents.

—ANDY BERFOND



Just One Call (JOC)

(717) 584-1248

Our annual Volunteer Recognition Gala is being held on March 30 at 3 PM at the Parrot Gallery at CMCL. All volunteers and prospective volunteers are welcome.

Hopefully winter is just about over and we can retire our shovels and ice melt and spring into more exciting activity! Don't forget that you have Downtowner friends/volunteers who will be happy to assist you with the following:

- yard cleanup and gardening tasks
- technical support with smart phones, computers, printers
- minor household repairs, changing light bulbs, moving things
- pet, plant care, managing mail while you are traveling
- transportation to appointments, shopping, going to Downtowner events, train station
- understanding and completing medical and billing forms
- periodic or regular check-in calls

Health and Wellness

Benefits of Becoming a Pet Sitter

Read the blog post, [The Perks of Being a Pet Sitter](#), from NextAvenue to see the benefits of pet sitting. Or ask Debbie Truhan about why she likes to pet sit and has offered this service in her own home.

—SHARED BY JOHN KANAGY

JOC Specialty Services: End of Life Companion

None of us knows exactly what our final days or hours of life will be like. And we are grateful for families, friends and professionals, including hospice personnel, who are available to be with us through these final moments.

We believe that it can be helpful to individuals and families to have someone who has accompanied others in their time of dying--to be available to talk about what happens, to be present as needed, and to help to guide conversation and well-being for individuals and families through death.

In the beginning of life, at the time of birth, there are persons called "doulas" who have no "official" capacity in the birthing process but who are a present resource during that significant time of passage. We are willing to offer a similar type of accompaniment at the end of life... to Downtowner members and their families as requested.

—ELIZABETH NISSLEY
& MARY LOU WEAVER HOUSER

In the Neighborhood

Heard at the Klatch

As the snow fell outside, a small group of Downtowners met for a "Koffee Klatch" at Barbara McGraw's house. Barbara made blueberry muffins that were enjoyed right out of the oven and the conversation included talking about potential changes in the landscape of the downtown area as there had been some publicity regarding demolishing a historic building to put up a high rise residential tower.

Barbara shared some interesting history about her own house. The original part of it dates back to 1750, and a while ago someone came to her and asked to dig up the "privy" in her backyard, which she graciously agreed to.

It continues to be great to have the opportunity to get together in smaller groups. Thanks to everyone who has been a host in the past and a special thanks to Celica Milovanovic-Barham for creating an afternoon tea group as well.

—ANDY BERFOND



Station One Center for the Arts

On West King Street, in a multilevel building that still says Lancaster Opera Workshop, is a new art cooperative in its early stages of development which hopes to be one of the latest go-to places for local creatives to work, practice and embrace the arts in multiple ways.

Jesse Clark is the director of Station One, and his vision for the future of this flexible downtown location has unlimited potential. Currently he has rented space to some artists, a circus troop and musicians who practice in a soundproofed room.

Jesse looks forward to building his base of artists and creative folks who have 24 hour access to come in to do their work. On the ground floor there is a large garage door which can be opened when the weather is nice for people passing by to have a better look. Inside is a very large room having the potential to host events of all kinds, including music, art displays, classes and social gatherings.



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When I met with Jesse we talked about the ways Dntowners could be involved in some kind of event at Station one in the near future. He suggested perhaps there were some of our talented members who might offer to teach a class or two and I suggested if there was a way for some of our artists and crafters to join together for a pop-up gallery to display their works.

I left the meeting feeling positive about having made still another connection in our community and I got the sense Jesse would like to help us to figure out how we might get involved with this latest art initiative in the city.

—ANDY BERFOND

Learning from Our Neighbors

On November 26, 2018 our neighborhood group of Dntowners met at the home of Ken and Elizabeth Nissley. We had met twice before with no particular agenda, just getting to know one another and gathering ideas for how to proceed. At our second meeting, we decided that we might like to have a specific topic to discuss the next time. Jim Kalish suggested that we all bring our ideas, notes, or even well-developed plans for when someone else needed to step in for us to “make it all work.”

When we met, our discussion and sharing were extremely helpful, informative, and encouraging. Several of us shared that our wills still included provisions for people to care for our dependent children, all of whom are fully grown. Others shared more up-to-date arrangements. Some people simply had a sheet of paper or two, itemizing the locations of important papers, the names of brokers, insurance agents, etc. Some had comprehensive systems of organizing information needed in case we are taken to the hospital and can’t pull all our information together for ourselves, as well as all the information someone will need in the case of our demise.

Thanks to Jim Kalish for prompting us to gather and share these materials. I can admit to being very far behind in the process, and this opportunity to discuss it among people who are at different points along the way was encouraging without being threatening. Thanks to Ken and Elizabeth for generously hosting our group.

—MARY CAE WILLIAMS

Shopping Online Can Benefit Dntowners

If you do your online shopping at smile.amazon.com instead of shopping at amazon.com, Amazon will donate 1/2% to Lancaster Dntowners.

The link below will take you directly to the Amazon Smile site with Lancaster Dntowners selected as the charity.

<https://smile.amazon.com/ch/84-1713644>

—KEN NISSLEY

Downtowners in Action

Do you have a photo of a Downtowner participating in a favorite activity? We would like to feature all the different ways our members participate in the community.



As an illustration (and by way of explanation/apology for the lateness of the newsletter this month) I am including a photo of myself putting the finishing touches on part of the set for J.P. McCaskey High School's production of the musical, *Shrek*.

My son Aaron is a senior and the lead student sound technician for the show. I got involved two years ago to spend more time with him during rehearsal season. In the process, I discovered a passion for theater. This year, many (most?) of my waking hours the last few months have gone to designing and building the set alongside stage production students and adult volunteers.

Show the Downtowners what you and your fellow members are up to in the neighborhood; feature your club, choir, volunteer activity or whatever keeps you active, and send the photos to John Kanagy or Andy Berfond with a short explanation.

—MICHAEL EBY-GOOD

Reflection

One recent sunny morning, I stood in front of a piece of furniture at home that had glassware on it and watched the sunshine stream in from the window creating a beautiful reflection off of the glass.

I stood there for a moment staring and I heard Ellen's voice from an adjoining room say, "the difference between you and me is you stare at the furniture and see sunshine... I see dust!"

—ANDY BERFOND





Friends Life Care and Landis Communities
Invite you to
An Educational Opportunity
Join us for an Informational Seminar in your Neighborhood

Topics will include:

- What options are available to allow you to thrive in your home as long as possible?
- What is the *difference* between long-term care insurance and membership in a Friends Life Care plan?
- How do Medicare, Medicaid, and your current healthcare insurance relate to your long term care needs?
- What affordable alternatives does this offer for quality care in your home?

March 26, 2019	April 10, 2019	May 7, 2019
10:00 am – 12:00 pm	4:30 pm – 6:30 pm	4:30 pm – 6:30 pm
Gingrichs Mennonite Church	James Street Mennonite Church	High Learning & Wellness Ctr Landis Homes
100 Forney Road Lebanon, PA 17042	323 West James Street Lancaster, PA 17603	1001 East Oregon Road Lititz, PA 17543

This informational long-term care workshop is for individuals ages 40-85 who are in good health.

Landis Communities has enriched the lives of older adults in Lancaster County, Pennsylvania for over 60 years. Friends Life Care offers the first and largest Continuing Care at Home (CCaH) program in the country. The Friends Life Care program provides a truly unique combination of care coordination and financial benefit needed to help ensure older adults have the resources and support they need to remain in their own communities as they age.

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.

If you are unable to attend a seminar, information about **online webinars** can be found at **FriendsLifeCare.org/landis/**

More information about Friends Life Care membership is available by calling **800-496-1985** or visiting the website at **FriendsLifeCare.org**

Finally, a place where you can get the answers to YOUR most important questions!