



From the Board President

It's exciting to see many new developments underway for Lancaster Downtowners this spring. We now have an active PR/Communications committee who is working hard to help us spread the word about our village in a compelling way. We are planning the Fete d'Or - a celebration of Lancaster's designation as an Age-Friendly Community, on June 13th at the Ware Center. And we continue to develop services and resources to help our members continue to live vibrantly and stay connected with our community through transitions and unexpected events. This is the heart and purpose of Downtowners.

I recently attended an event for JOC volunteers, and was reminded of the many wonderful people in our village who are willing and able to lend a hand (or a set of wheels) to fellow members. From transportation, to checking on pets and plants during vacations, to computer or smartphone help, to moving things like air conditioners or flipping mattresses, to picking up groceries or helping with meals after surgery, our volunteers can help make each other's lives easier!

But the JOC benefit goes beyond the task being completed by the volunteer. When I've called JOC, one of the biggest benefits has been the opportunity to meet and chat with the volunteer. At the next DT event I attend, there's one more person I recognize in the crowd. JOC is one way we Downtowners make connections with each other - and if a time comes when we need more intensive JOC assistance, we are more likely to see a familiar face at that time if we've called upon JOC volunteers in the past.

The JOC Committee and Melissa have begun a new **DT Connections** program to take this a step further. Melissa will reach out to members who live alone or have experienced a transition (loss of a partner, change in health, change in driving status, etc.) or temporary change such as a planned surgery - and will offer a regular contact with a volunteer. Members who opt to participate in DT Connections will be assigned a volunteer, who will stay in touch regularly through a combination of phone calls and in-person visits, as often and as long as agreed by the member and volunteer. If a member becomes aware that a fellow



Kim van Donk
Downtowners
Board President

member may benefit from this program, they can contact Melissa to make a referral.

I encourage all members to take advantage of the opportunity to connect with each other through the JOC and DT Connections programs. These benefits are part of our Downtowners membership, and by calling JOC or becoming part of a DT Connections pair, you are giving the volunteer as well as yourself an opportunity to make a connection. I know some members have formed lasting friendships after initially meeting through JOC. Let's enjoy all the ways Downtowners connects us - whether through social events, educational programs, or JOC and DT Connection programs!

—Kim van Donk, Lancaster Downtowners Board Chair

Upcoming events

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

www.lancasterdowntowners.org

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

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

See the full calendar and descriptions on the web site "event calendar"

4/19 Movie Afternoon at Zoetropolis, 4:30 pm, followed by dinner at LaCocina

4/25 Downtowners Day at the YMCA, 8:30 am

5/1 Bus trip to Baltimore Art Museum and La Dew Gardens, Meet at Lancaster Shopping Center at 8:30 am, (contact Susan Leinberger about a reservation, as of 4/8, 7 seats are still available).

No Koffee Klatches are scheduled this month. You may host one by contacting the program committee or pick a time and announce it through dtcommunity@lancasterdowntowners.org

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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From the Executive Director

A warm welcome to our newest Downtowners, Charity Welch (introduced by Bill Haynes) and Chris Kennedy (Age Friendly Expert)!

As our community of members expands, you may also notice that our organization's partners and sponsors are also increasing. In 2019 we are grateful to have the support of Landis Communities (Platinum Sponsor), Friends Life Care (Silver Sponsor), Charles F. Snyder Funeral (Silver Sponsor) and Meals on Wheels Lancaster (Bronze Sponsor). Our approach to sponsorship has several layers. We choose to work with sponsors who support our mission and who demonstrate excellence in their field; we also pursue sponsorship with relationship in mind. We believe that we can learn from one another throughout the yearlong recognition of each organization's support. We recognize our sponsors in a number of ways, including but not limited to advertisement on our website, recognition in the newsletter, and through programs.

Our first sponsor program is 4/17 at 3pm: How to Get Care at Home, Presented by Friends Life Care. Downtowners worked together with Friends Life Care to tailor the information specifically to our village. This is an in depth look at home-based services, what is covered by Medicare, and how it all comes together — a program that is far more than a standard information session.

In addition to learning about an important topic, your attendance at this program will serve as a message of thanks to our sponsor.

The support of these organizations allows us to keep our membership dues low (average village dues are \$600 per household; Lancaster Downtowners are \$240 per household), and also connects us to the broader community. If you are aware of other businesses or organizations that might be interested in engaging with Lancaster Downtowners as a sponsor or other partner, please let me know.



Melissa Ressler

From Your Reporter...

More about Fete d'Or

Last month we began talking about our big event on June 13 at the Ware Center as the Fete D'Or event committee works hard to finalize all of the details before tickets begin to go on sale.

This celebration of our "Age Friendly City Status" and "Great City for Retirement" is a collaboration of the Downtowners with the City of Lancaster and Mayor Danene Sorace and is sure to be a memorable time.

At 6:00pm the evening begins with a selection of wine and beverage accompanied by a delicious sampling of the Gypsy Kitchen's event platter catering. Sweet treats will be provided thanks to the generosity of Wegman's Market and a special Fete d'Or dessert thanks to Meisse Candies, our neighbors at the Steeple View Lofts.

Add to the festivities live music and guest speakers including the Mayor and others who will surely give praise to the efforts of all who had collaborated to apply for Age Friendly City status last year.

I hope many Downtowners will come out on Thursday June 13th to have fun and celebrate the important role our organization plays in the vitality of the city we proudly include in our name.

And don't forget, wear something gold. I'm still looking for my gold tie.

—ANDY BERFOND

Just One Call (JOC)

(717) 584-1248

Spring has arrived and Downtowner volunteers are ready to provide your member benefits that you have already prepaid with your member dues. Also report tasks that you have completed for Downtowner friends so we can more accurately track volunteer hours.

- Transportation to an event, appointment, shopping, or even to Harrisburg Airport
- 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
- assist with understanding and completing medical and billing forms
- periodic or regular check-in calls
- If you have been ill, just got home from the hospital, and would appreciate a good meal that you don't have to cook, call JOC.

One Man's Opinion

Current Events

I like to watch the news. Every day, I find the need to either watch it on television or read the news thread on my tablet. Sometimes there are news events that are significant enough to encourage me to learn about them in more detail, which unfortunately means watching tv more than usual.

I like to hear good news that is uplifting and speaks about the spirit of America and its people. I like to be optimistic about the state of affairs in our country and around the world, our economy, and the well being of our people. I am an optimist, a glass is half full kind of guy, so I like to be focused on what good there is in the world and how human kind is filled with loving, caring people.

Then I turn on the television again and something unsettling is being reported. I get wrapped up in the hype of the news and the scales tip to negativity momentarily.

I admit to getting caught up in that "breaking news" moment and it makes me sad. What gets me through it though, is the realization that in my neck of the woods we are all currently ok and I hope and pray it continues.

—ANDY BERFOND



How my Op-Ed Came to be Written

—EILEEN GREGG

I am now a published author, due to a column that I wrote on the Rocky Springs Carousel that was published in LNP (March 23, 2019).

A bit of background: For the past 12 months, I have been researching the Rocky Springs Carousel – an antique classic carousel that is in its 20th year of being hidden away in a secret location somewhere in Lancaster County. As I learned new things about the carousel, I would send that information to a LNP news reporter, who I thought was planning to do a feature story on the carousel.

But when months passed and still there was no story, I began to suspect that he was putting off writing it, even though I kept telling him what a great story I was giving to him. I myself had done all the leg work, as they say in the trade. All he had to do was to write it.

Then, last month, he let me know, indirectly, that if I wanted a feature story, I'd have to write it myself. He suggested an op-ed for the Perspective section of the Sunday paper. "They're always looking for those," he said.

I suddenly realized that this reporter is a straight news reporter, not a feature writer. I had picked the wrong reporter to do my carousel story.

After I had written my op-ed, I sent it to the editor of the Perspective section. She said that it was "way too long". Their limit for an op-ed is 800 words. She said I had to cut it.

I cut it.

I was surprised to find that my op-ed was published - not in Sunday's Perspective section - but on Saturday's Opinion page. I thought that was strange, because my article was entirely on the carousel's history. It didn't have a single opinion in it.

My op-ed was published in two skinny columns running down one side of the page, perhaps to make room for the page's featured story, which was on why Americans love baseball.

Perhaps I should make my next op-ed about my high school softball team - in 800 words or less, of course.

Eileen Gregg's op-ed is available online here: [Rocky Springs Carousel is our hidden treasure](#)



Downtowner Profile

Meet Pat Coller

Pat was born, raised and lived in Lancaster all of her life. Her love of old homes is the reason she lives here. She shared how she came to buy her current old house on West Orange after moving from a much bigger one on Lime Street. Recently though, Pat has been thinking of moving, since maintaining an old home gets to be a lot of work. She is on the list at Steeple View Lofts, and realizes the value of her home in the current real estate market.

Just steps away from Community Mennonite Church, Pat recalls meeting Rod and Mary Lou Houser there when discussions began about starting a Downtowners Village. Pat liked the idea and has been a member since the beginning. As for the organization's growth over the years Pat states she sees it as a good thing and continues to love being a part of it.

Pat was proud to talk about her children who are very supportive of her. Earlier in her working career while raising her children she started as a nurses aide at St Joseph Hospital, then became a lab tech. The desire to earn more money led her to a job at Armstrong for many years before her retirement.

Pat knows a lot of people in the city in part due to her service on the Lancaster City Council From 2007-2011. period after 2011. Pat continues to volunteer next door at the church for the before school program named MOOS (Mornings On Orange Street).

If you're ever walking past Pat's great old historic clapboard home on West Orange, you just might see her cat Charlie sitting on a window sill taking in the sights and waiting for Pat to return home. Pat is still very active, but by her own admission is sometimes forgetful. (Can anybody relate?) I asked her if she has ever been to one of Bob Ibold's Memory Groups and her response was classic.

Pat stated "I do go, but the last one I forgot."

I have learned since I've had the pleasure to meet Pat that she also has a good sense of humor.

—ANDY BERFOND



Pat Coller and her cat, Charlie, at their Orange Street home.

Health and Wellness

Um...Are You Going Going to Eat That?

Our occasional choice of tasty “junk food” surely can’t be harmful, but check out what this new global study has to say, in the following article from NPR’s *The Salt* blog:

[*Bad Diets Are Responsible For More Deaths Than Smoking, Global Study Finds*](#)

—SHARED BY JOHN KANAGY

Tackling Life's Tangles Through Grief Coaching

As we grow older we face challenges or tangles in life. In addition to the death of a loved one, you might experience changes in life style, identity, friendships, or activities that are difficult to accept. It can be helpful to have someone walk beside you and help process changes and losses.

Lancaster Downtowner, Carolene Brubaker, is offering free individual one hour sessions of grief coaching to interested Lancaster Downtowners. Grief coaching is about taking time to process one’s grief with a coach who deeply listens and supports you in living fully and intentionally in your current life’s circumstances and in moving forward. Coaching isn’t counseling or consulting. Coaching isn’t about fixing you or giving you advice but about empowering you to discover your own inner wisdom that is unique for you and your situation.

Carolene is a retired Special Educator and Ordained United Methodist Pastor (M.Ed, M.Div. and Certified End of Life Coach) who is happy to work with individuals of differing beliefs. If you would like to explore the possibility of a coaching session, call 717-299-6651 to learn more or to set up an appointment.

In the Neighborhood

Around Town...About Bowling and Cosplay

Last month there were two significant events occurring in the city worthy of a mention. The first is the return of Zenkaikon. Hopefully everyone has had an opportunity at least one time to experience the influx of mostly younger folks who come from far and wide to the convention center representing the gaming and comic book industry, when people dress up as their favorite character and socialize with like minded people. Known as cosplay, the detail, costumes and make up of many of the participants is truly unbelievable.

When they are not at the convention itself, the enthusiastic crowd is out and about on the streets of the city, patronizing the shops, restaurants and watering holes freely spending their tourism dollars. It's a good time to point out the value of the convention center for the city and the diverse list of events it accommodates every year, as a week later the Quilters Convention was in town.

Traveling north on Queen Street, Decades opened occupying the former Stahr Armory location. This first of its kind destination in the area is sure to be a draw for people looking for a fun environment to eat, drink and play. While this might not be the best choice for a romantic dinner for two, it is worth a trip to see what the investors and partners did with still another older, unused space within the city limits.

Two bars, a bowling alley (an expensive one), restaurant seating and countless video games fill the massive space creating a rather loud and festive environment for everyone to enjoy. Your reporter went on opening night and enjoyed the experience. Upon returning a week after, there were no available seats anywhere and a line to wait for one. Since I already had the experience my party and I decided to leave. While I won't be rushing back anytime soon, I will keep it on my list of special occasion places to go when out of town guests get my personal tour of what's happening in our city.

—ANDY BERFOND



Books, Coffee, & Conversation

Seven Downtowners met on March 26 at 10 am at the 2nd floor of Cafe di Vetro for the very first Books, Coffee & Conversation get together. Each person discussed a book she/he read/is reading and gave pertinent information and answered our questions. We are now seven titles richer on possible books to read!

Plan to join us at the same place, same time, on Wed., May 15 to talk about books you are reading, and find out what other Downtowners are reading, too!

Questions or concerns, call Susan Leinberger 717-682-9724.

On the Lighter Side

The Ding

I was at a local restaurant recently enjoying a breakfast. Usually my morning routine starts with choosing a place to go and then finding the right seat, hopefully one near an electrical outlet so I could plug in my device to do some writing and catch up on email correspondence. I always know I'm not alone at these places and recently had to move on from my first choice of place because there were no available seats.

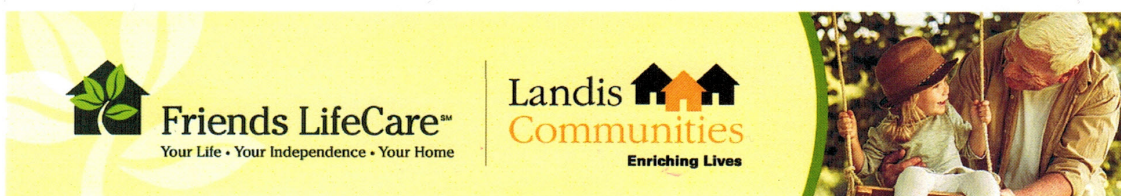
Anyway, I was doing my thing on my device and had my cell phone handy as sometimes multitasking is required. Suddenly there was the sound of a "ding."

Simultaneously several people in the room, including myself, stopped whatever they were doing and gazed at their phones, believing that audible ding was summoning them. What are the chances of multiple people getting dinged at the same time in the same place?

After determining it was not me receiving any text correspondence or notifications, a smile came to my face realizing how very dependent most of us have become on the communication our phones provide.

—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!