



From the Executive Director

Our village is growing - a warm welcome to Clark McSparren, Nancy Youst, Sally Lederer, David Zubatsky, Marie Zubatsky, Laura Rusch and Sam Wyman!

We are also expanding our reach in the community as we host the Fete d'Or on June 13th. This event is a celebratory pitstop for Age-Friendly Lancaster City, an initiative that Downtowners have been supporting along with Landis Communities for the last year.

[You can read more about Age-Friendly Lancaster City and how we got here in this excellent article, which was featured in LNP's March Progress insert.](#)

This event is an awareness raising celebration. Our planning committee made a commitment to keep ticket prices low so that more people can attend. Any proceeds will benefit the Lancaster Downtowners, but the goal is to honor the leadership of the City of Lancaster for their commitment to enroll in the Age-Friendly Network and to kick-off the planning and implementation of Age-Friendly Initiatives to make our community an even better place to live for people of all ages.

The event will feature food by a Downtowner's favorite - the Gypsy Kitchen - including curried cauliflower, stuffed mushrooms, pulled pork sliders, and veggie spring rolls with peanut sauce. Desserts will feature contributions by Wegman's and a custom Fete d'Or ice cream and chocolate treat created and served by Miesses Candies. Hibiscus tea and wine will be served throughout the night!

All evening we will enjoy music by Rue de la Pompe, with a short break for some words of appreciation and vision by our guests of honor - including Mayor Sorace. This is a great event to invite your friends, family, and neighbors to and to show them what a vibrant community we are. Don't forget to wear gold!



Melissa Ressler

From Your Reporter...

Ambassadors and Fete D'Or

I wore my Downtowners t-shirt for the first time as a proud Ambassador on First Friday and something great happened. We joined friends for an early dinner at Quips on New Holland Avenue (another name on the list for a future Foodie Report) before heading downtown.

We were in two cars, and our friends arrived first at our rendezvous point in front of Yorgos. When we arrived they were engaged in a conversation with a couple sitting outside, sipping wine and "people watching."

Light conversation turned a little more personal when I discovered that the woman comes from the next town from where I grew up on Long Island, New York. What are the chances? We both even recalled the same—popular to this day—Italian restaurant in the area.

You know how these conversations go. One thing leads to another and soon you're talking about the Downtowners, because that's what Ambassadors get pleasure in doing. After all, these new folks reside in the city and might be potential new members.

There I am talking to new people proudly wearing my new Downtowners t-shirt, when suddenly I am approached by more Downtowners. Jann and Rob Cayless were on their way to meet family for dinner and stopped briefly to join the conversation.

As we moved on I gave our new acquaintances my Downtowners card with contact information and encouraged them to check out our website and consider what we have to offer.

Halfway down the block towards the square, there is a fundraising table set up for a local canine organization and as I passed the man behind the table says "I know that group" referring to my shirt. He works at the new Imperial at the Holiday Inn, and he was aware the Downtowners were coming in for a tour.

Later our group found ourselves inside a very crowded Pressroom Restaurant for a drink, and after talking to some women seated next to us, it turns out after noticing the Downtowners t-shirt, we learn one of the woman who is a hairdresser has a regular Downtowners customer.

Since my Downtowners t-shirt now becomes part of my regular wardrobe (confession...I have over 40 shirts, but wear only three regularly) I look forward to future encounters with people who I meet to spread the word about the value of membership.



My new Downtowners t-shirt makes my favorite top three. Photo Andy Berfond.

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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Now, a word about Fete D'Or.

I've had the pleasure to sit in on most of the event committee meetings and I have to say, everyone has done an impressive job of creating and coordinating a party we can be proud of.

Our invitations look great, our food menu from Gypsy Kitchen with desserts from Miesse Candies and Wegmans sounds delicious, the band is going to be fantastic and the overall atmosphere in the Ware Center is going to be very festive, testimony to the reason we are celebrating.

Ellen and I are pleased to report we have convinced several of our non Member friends to join us and I am also happy to report I have found my gold tie for the evening.

If you haven't already purchased your tickets, I hope you'll do so if you are available that day, Thursday June 13th from 6 pm until 9 pm.

Looking forward to seeing you at the party.

Upcoming events

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

- Movie afternoon at Zoetropolis, May 12,13,14 at 3 PM
- **CANCELLED:** Recent and Promising Research on Alzheimers, May 14, 6 PM at Community Mennonite Church of Lancaster
- Movie afternoon at Zoetropolis, May 15, 16, 17 at 3 PM
- Books, Coffee, and Conversation, May 20 at 10 AM, Cafe Di Vetro
- Tour of Holiday Inn Lancaster, May 23 4 PM
- Jamaican Jerk at Caribbean Wave, June 4 at 5 PM
- Identity Theft and Ice Cream, June 7, 3 PM at the public Library (see article about the presenter)
- Memory Meeting, June 10 at 2 PM at 402 Atkins Ave
- **Fete D'Or, June 13 at 6 PM at the Ware Center**
- Movie afternoon at Zoetropolis , June 19, 20, 21 at 3
- Annual Summer Picnic, June 23 at 1 PM, Kiwanis Pavilion at Lancaster Co. Park
- Grief Group, June 24 at 3 PM, home of Margot Tomlinson
- Pre-Planning your Funeral, June 26 at 4 PM, Charles F Snyder Funeral Home

YOU'RE INVITED



Fete d'Or

LANCASTER
downtowners

Join us
for a night of *music, food, drink, and celebration* as the City of Lancaster is officially recognized as an Age-Friendly City.

THURSDAY, JUNE 13, 2019
6:00-9:00 PM

WARE CENTER
The Atrium
42 N. Prince Street, Lancaster, PA

Gold Attire Encouraged



TICKETS

\$40 per person

ONLINE
www.lancasterdowntowners.org
OR BY PHONE
717-584-1224

PLEASE PURCHASE TICKETS
BY MONDAY JUNE 11th

With thanks to the
*City of Lancaster, Lancaster Downtowners,
Landis Communities, and Lancaster Area Senior Services,*
for their commitment to making our city a
great place to live for people of all ages.



Around Town

When Will it End?

Look familiar? Simultaneously all around the city and surrounding area, this is not an uncommon sight. Our five-minute trips across town sometimes take much longer thanks in part to the realization that the city's aging infrastructure needs to be updated and also the desire to turn one way streets into two way streets because someone probably did a study for efficiently moving traffic in a growing city.

It's a test of patience for some people, or a chance to just test how good and loud the car horn is. My recent left turn onto Walnut Street allowed me the honor to be the first in what would become a long line behind me of patient and not-so-patient drivers for well over five minutes.

My hope is when all of this is finally over, and every street is smoothly paved, we will see vehicles, bicycles and pedestrians flowing together safely in our continuously growing city.

—ANDY BERFOND

Encounters

Ellen and I recently went to DIPCO with a friend on a Sunday evening for dinner and not surprisingly they were very busy. Since reopening after the fire last year, loyal customers returned while visitors to the market and the theaters continue to find their way over.

Not too long after we arrived, in walked Downtowners Rob and Jann and we spent some time catching up with them. Coincidentally the night before they had contacted us with a spontaneous offer to meet for dinner somewhere, but we were unable to do so. We all know the social component of being Downtowners is one many of us embrace. This evening, Rob and Jann had just finished up volunteering for a performance at the Fulton Theatre.

After Rob and Jann settled into their table to enjoy their dinner, our dinner was served to us sitting at the bar. Then something interesting happened. In walked Downtowners Jim and Ann, choosing DIPCO as their place to dine after attending an event downtown.



Gas main installation on West Walnut Street.



Rob and Jann

While it was good to see everyone that night it got me to thinking of something very important about being members of our Downtowner Community. We are very supportive of the local businesses and look forward to both attending and volunteering at events and performances in many of the local venues.

I always manage to run into fellow Downtowners when I am out and about in town. What I like to do is take advantage of the photo op and then post it on our Downtowners Facebook page. I refer to it as "Downtowners Around Town," so if I see you, please don't be "camera shy."

I look forward to running into you somewhere.

—ANDY BERFOND

Andy's Foodie Report

Sprout

At a recent Downtowners Koffee Klatch hosted by Liliana Z, Rod H had an interesting suggestion. Remembering our groups love of good food, he shared an idea to compile a list of places to eat at different price points. Where can we go to eat for \$5, \$10, \$15 etc and feel we've gotten good food, value and service?

I found myself at Sprout on the corner of Prince and Orange and thought this would be a great start to open up that conversation. The wall in the dining room says it all. Simple and Fresh...what a concept. Once you enter the bright, cheerful and clean dining room and place your order at the counter, you can't help but see into the equally bright and clean kitchen where some very good food is prepared for a very reasonable price.

The Vietnamese-style offerings include soups, vermicelli salad bowls, spring rolls and the popular Banh Mi sandwiches. The portions are ample and nothing on the menu is priced higher than \$10.

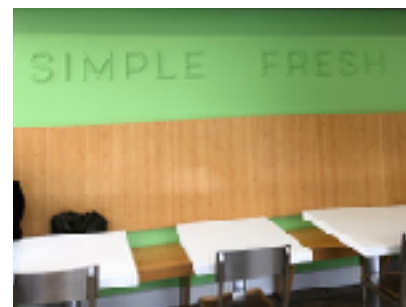
This is one of those places which has identified its niche in the local foodie scene, and they stick to it. They are open six days a week until 7 pm and closed on Sunday.

It is important to note they are also located close to the Columbia Kettle Works Second Gear Taproom in the Zoetropolis complex, where you can enjoy a craft beer and bring in good food from any one of a number of close places including Sprout. Your reporter has already enjoyed an opportunity for a Banh Mi and a Beer at Kettle Works.

—ANDY BERFOND



Jim and Ann



These Banh Mis cost \$5.25 each, one meat...one not.

Health and Wellness

Nature Pill

Looking for an easy way to reduce stress? This new study concluded that only 20 minutes contact with nature can be an effective "nature-pill". You can hike, walk or even sit (phone and any gadgets must be silent!) Take advantage of the Wolf Garden, Buchanan Park, County Park, or even your back yard for a Nature Fix. Tell us about your favorite place.

<https://www.sciencedaily.com/releases/2019/04/190404074915.htm>



Dutchman's Breeches,
Shenk's Ferry.
Photo: Michael Eby-Good

Walking and Thinking

Here is another Australian study on exercise and cognitive health, suggesting an early morning moderate exercise time or walk, and several light intensity walks through the day to break up sitting time, will improve cognitive function throughout the day.

<https://www.sciencedaily.com/releases/2019/04/190429154529.htm>

Landis Communities Support Groups

While Downtowners gather together regularly for Memory Club and our new Grief Group, there are two other monthly groups facilitated by Landis Communities that also welcome Downtowners.

- **Parkinson's Support Group** meets the third Monday of each month from March through November at 2:00 p.m. in the Westview Community Room at Landis Homes. Persons with Parkinson's Disease and their caregivers are welcome to attend for education and support. For more information or call (717) 509-5493.

- **No Longer Alone Family Support Group** provides a place for those who have a loved one living with mental illness, to learn and share their experiences. Meets the 4th Sunday of every month, 3:00-5:00 pm at Rossmere Mennonite Church, 741 Janet Avenue, Lancaster, Pa. For more info, call Landis Communities at 717-381-3500.

Friends Life Care

If you missed out on the Friends Life Care Education session but are still interested in learning about Continuing Care At Home you can join in a webinar. Upcoming Webinars are on May 15 at 1pm and May 23 at 2pm. Register at: <http://bit.ly/LandisFLCwebinar>

Just One Call (JOC)

[\(717\) 584-1248](tel:7175841248)

Take advantage of your member benefits and help a volunteer feel satisfaction by using Just One Call. Ask Pauline Z. about how she is doing since her recent accident that leaves her homebound and mobility-impaired for a few more weeks. She stated, "between my friends and Downtowners I have my needs met. They bring me food, provide transportation, mow my yard, help with housekeeping, and visits."

transportation, tech support for computers and phones, plant/pet care, yard work

- Transportation to an event, appointment, shopping, or even to Harrisburg Airport
- yard cleanup and gardening tasks
- technical support with smart phones, computers, printers
- pet, plant care, managing mail while you are traveling

—JOHN KANAGY

Identity Theft

Each year, more than 10 million Americans have their personal information — including name, social security number, bank account or credit card number — stolen. Often times, thieves use this information to open phony credit card, bank or utility accounts.

As Pennsylvania's top law enforcement officer, the Attorney General is dedicated to protecting the citizens of the Commonwealth from identity thieves through public outreach and by prosecuting to the fullest extent of the law, those who use another's personal information to commit fraud.

Unfortunately, identity theft can have a far reaching and disastrous impact on victims – preventing them from purchasing a home or even getting a job – and those who fall prey often face an uphill battle to restore their good name. For these reasons, the Attorney General's Office has created a comprehensive web-based Identity Theft Toolkit to help the people of the Commonwealth protect themselves from predators and begin the recovery process.



Jerry O. Mitchell is an Outreach Specialist with the Pennsylvania Office of Attorney General. Jerry has been working in state government for eighteen years, specializing in computer application development, cyber-crimes, and fraud. Jerry started his career with the Department of the Auditor General, in March of 1998, in the Office of Management Information Systems as a Telecommunication Specialist.

Today, Jerry has 14 counties under his jurisdiction (pop. 2.1 million) and works with community groups, school districts, law enforcement, legislatures, and senior groups to help educate Pennsylvanians on topics ranging from the latest scams to social media awareness to drug trends and the dangers of illegal drugs.

Come hear him speak on June 7 at the Lancaster Public Library.

Identity Theft and Ice Cream

June 7, 3:00 PM
at the Lancaster
Public Library

One Man's Opinion

What Would James Think? Progress... or too much!

James Buchanan stands in front of the gateway to the park that bears his name on Buchanan Avenue. I wonder what he would think of all the growth in his hometown city today.

Many of my fellow Downtowners have been living in this city or surrounding area for a long time and I'm sure you have seen the cycles of change over the years. Today, wherever you look reaching out in all directions are both new and reuse of space projects that do not seem to be stopping.

Recently a longtime resident told me of their personal discontent for the rate of growth saying they would sooner see less of the progress and more of an effort to retain the small town feeling of years gone by.

But for me, as a relative newcomer since 2015, I think the growth is great and I look forward to even more. Residing on the west side of the city, I have observed the early stages of the rebuild at the Long Home property on West End Avenue as fencing is now going up around the perimeter, and I can't begin to imagine what will become of the now closed former Lancaster Regional Hospital.

I'm sure there are multiple developers sitting at their drawing boards figuring out how to pitch their vision to the city when that opportunity presents itself. Short of having another healthcare company coming in to save the day for those who were upset at the hospital's closing, I envision mixed use space working with the existing "good bones" of the multiple buildings, providing residences, offices and retail including perhaps a restaurant, gourmet grocer and still another coffee cafe.

—ANDY BERFOND



**James Buchanan
statue in Buchanan
Park. Andy Berfond
photo.**

A Long-Term Plan for a Life at Home

Phil and Janet Calhoun enjoy city living—they've been residents of downtown Lancaster for over 30 years. Their beautiful home is within walking distance to shops, galleries, and entertainment. "There must be some 40 restaurants we can walk to," says Janet. "The city just keeps changing," adds Phil. "It keeps rejuvenating. We love our life here."

Lancaster City is a beautiful place to live; it's also a wonderful place to retire, which is why many seniors decide to stay.

Perhaps you are intimately connected to your community and neighborhood, or perhaps your dream home is exactly the way you want it. Whatever the reason, it's imperative to have a solid, trusted plan for the future.

SmartLife VIA Willow Valley is perfect for the Calhouns and others who want to enjoy their own home and their own lifestyle, and still have the assurance that they be cared for in the future.

SmartLife is a Life Plan at Home program in Central PA. This innovative, membership based, long-term care plan offers the security of a continuing care senior-living community—but right in your own home. Enjoy your home and lifestyle knowing that SmartLife will provide you with the support you need, when you need it.

SmartLife provides Lifecare for people age 60 and older. SmartLife offers the full continuum of lifetime care from independent living to the highest level of skilled nursing care, without an increase to your monthly fee because of an increased level of care, safeguarding your assets. Your personal Lifecare coordinator makes all the arrangements for your care including meals during short-term illness, an emergency response system, and transportation, just to name a few.

SmartLife's goal is a simple one – to keep members healthy and independent in their own home and to help them live life to the fullest. Members can also take advantage of on-campus activities at Willow Valley Communities Cultural Center and Clubhouse such as clubs, art classes, lunch-and-learn events, theater events, community trips, as well as the popular Day Spa.

The program offers a complete package of care, while safeguarding assets from rising costs. And, SmartLife shares the same excellence in service as Willow Valley Communities, a reputation that the Calhouns are familiar with. "After we signed with SmartLife VIA Willow Valley, it felt like a weight had been lifted. Now, we can continue to enjoy the city we love."

Learn more about SmartLife. Call 717-299-5673 or visit SmartLife.org.

smartLIFE
VIA WILLOW VALLEY