



From the Board President

Lancaster Downtowners and the City of Lancaster recently celebrated the Fete d'Or - an event to recognize Lancaster's designation as an Age-Friendly community. There is indeed reason to celebrate. Downtowners was a key partner along with Landis Communities, in bringing a proposal to the Mayor for becoming an Age-Friendly community. What will an Age-Friendly community look like in Lancaster? Lancaster Downtowners members can bring our ideas to the table. Thanks to Melissa's efforts, Downtowners is seen as a "go-to" organization when it comes to meeting the needs of older adults in the City of Lancaster. Recently I met with a new Downtowners member who completed a Neighborhood Engagement survey with the city and asked where to find opportunities for social connection as an older adult. Mayor Sorace responded with a suggestion to try Lancaster Downtowners.

I received a report from another Downtowners member recently, saying she had met with Melissa as part of her discernment process as she makes long-term plans for aging in place. She appreciated Melissa's listening, her help in thinking through what aging in place could look like, and her recommendations of resources to help her determine how best to plan for the future. This is a great example of how Downtowners supports our members in navigating the journey of older adulthood.

If you have ideas for how Lancaster can become a friendlier community for older adults, you are welcome to share them with Melissa, in your Neighborhood Group, or with any board or committee member. And don't hesitate to reach out to Downtowners, whether via JOC or to Melissa when you would like to explore resources that may benefit you in a specific situation or in a discernment process.



Kim van Donk
Downtowners
Board President

Please Note: Combined July/August issue

The next issue of this newsletter will cover both July and August. Contributions should be sent to John Kanagy or Andy Berfond by July 5, 2019. Thank you.

From the Executive Director

A warm welcome to Beth Parson, Bill Parson, Nancy Shenk, and Bob Shenk as our newest members.

The Downtowners have explored some different partnerships for programs in recent months. Perhaps you attended the Identity Theft program on June 7th, presented by Jerry Mitchel from the PA Attorney Generals Office and held at the Lancaster Public Library. Holding this event at the library provided a bit of extra promotion and space for this important topic.

Another new development is the monthly movies at Zoetropolis. The staff at Zoetroplis were so pleased with the Downtowners patronage that they have offered private shows for our group. Downtowners Program Committee is able to choose any of the movies that Zoetropolis has available and schedule a special showing for our group.

Lancaster Downtowners have also been showing up in the community at events like Lancaster REC Open Streets, outside Central Market, and at East Side Market throughout the summer.

Perhaps you're involved with another organization or business and have an idea for a joint program or event that aligns with the interests of Downtowners. I am happy to hear your ideas and explore new ways to collaboratively fulfill our mission!



Melissa Ressler
Executive Director



Fete d'Or

Upcoming events

Check the [“Events Calendar” tab](#) on the website for full details, this is an abbreviated summary.

- Movie afternoon at Zoetropolis , June 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
- Books, Coffee, and Conversation, July 18 at 10 AM at Cafe Di Vetro

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 Your Reporter...

Fete D'Or Recap

After months of planning and preparation, on June 13 Fete D'Or, the Downtowners celebration of "Age Friendly City" and "Best City for Retirement," came together at the Ware Center. While the weather was mostly raining and overcast for a good part of the day, the sun came out at approximately the same time the festivities began and for the entire three hours almost 200 Downtowners and guests enjoyed Gypsy Kitchen's delicious hors d'oeuvres while sipping wine and hibiscus tea.



Nancy Shenk and her beautiful flowers.

Spirited conversations took place throughout the beautiful Atrium room about how great it is to be a part of a city that embraces progress, diversity and creativity in a way that encouraged the Downtowners to host this very successful event.

Earlier in the evening, Downtowner Chris Kennedy, representing the group that first proposed making application to become an Age Friendly City, introduced the President of AARP Pennsylvania who presented Lancaster Mayor Danene Sorace with the official designation of Age Friendly City #313 in the United States. That is something to be proud of.



Rue de la Pompe



Mayor Sorace

Later in the evening, Pennsylvania Representative Mike Sturla presented the Downtowners with a citation recognizing the organization's contribution to the City's new designation. Then Downtowners Executive Director Melissa Ressler and Board President Kim van Donk addressed the audience expressing their gratitude for all who attended and to all of our supporters and sponsors.

Mayor Danene Sorace told everyone of remembering when she was first approached with the idea of applying for Age Friendly status, and how it just made sense to proceed with the plan given the ongoing growth in her diverse multigenerational City.

Throughout the evening music was provided by Rue de la Pompe and the night was topped off with delicious sweet treats thanks to Miesse's Candies and Wegmans Market.

Thank you to all of the Fete D'Or Committee Members who worked hard to be assured the celebration would be a memorable one and your reporter thanks you for the honor of serving as Master of Ceremonies for the evening.

—ANDY BERFOND

Lancaster Downtowners



Marshall Snively, Jeremy Young and Ricardo Almodovar from the Lancaster Alliance.

Please support our Downtowners sponsors

Landis Communities - Platinum

SmartLife VIA Willow Valley- Platinum

Friends Life Care - Silver

Snyders Funeral Home - Silver

Meals on Wheels - Bronze

Carole Kirchner, Realtor - Bronze

Around Town

Loan Me A Dime

There used to be a song years ago entitled "Loan Me A Dime" and it recently came to mind one morning while walking downtown. An older guy, maybe my age or a little older was approaching me coming from the other direction and as he passed stopped to say "can I ask you a question?" While I slowed my pace down a bit to give the man the benefit of a quick answer, he asked "have you ever loaned a person a dollar?"

My response as I continued walking was "yes, many years ago I've loaned a person a dollar," while thinking it usually wouldn't have involved a random stranger on the street.

As I walked toward my destination I had to think a little more about my brief encounter because after all, the man was a senior citizen just like me. What if I were the one in that situation? Would I be able to ask a stranger for money for my next cup of coffee or a beer?

Then I thought, what if my goodness as a person moved me to give the man a dollar? The problem is in our rapidly growing cashless society I very rarely carry cash. Would I then have to ask the man if he took Visa or MasterCard?

Finally I thought that song "Loan Me A Dime" was representing the time it was written and a dime would buy that cup of coffee or beer. Today sadly, the dollar the man asked me for doesn't buy either a coffee or a beer, even at happy hour and certainly not at Starbucks.

—ANDY BERFOND

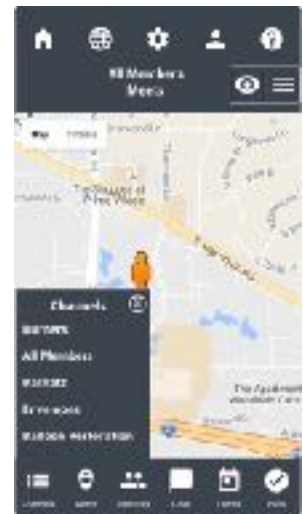
**Community
volunteering with
Meals On Wheels.**



Downtowner App for your Smartphone

If you have a smartphone and use it for accessing the internet, you may want to consider getting the Lancaster Downtowners app which is now available from your app store for a small price of \$1.99. After you get the app installed on your phone and login to your account for the first time, repeat visits to your account are very easy. From the app you can easily access the directory to lookup contact information for other members, view items on the event calendar, make reservations for events and view any of the other menu items on the regular website. Give it a try — I think you will like it.

—KEN NISSLEY



October Bus trip: Stenton Mansion & Pennsbury Manor

On October 16, Susan Leinberger has planned a trip in collaboration with the Conestoga area Historical Society to the Stenton Mansion in historic Germantown (Philadelphia) built by the Quaker Logan family who were agents of William Penn, and friends of John Bartram and Ben Franklin. Lunch will be at the historic King George II Inn, established in 1681, followed by a visit to Pennsbury Manor, Penn's summer home along the Delaware. See the flyer for full details and a reservation form.

Possible bus trip to Washington DC for National Book Festival, August 31

Downtowner Brenda Hayasaka is collecting the names of people who would be interested in taking a bus to the Washington, DC Convention Center for the Library of Congress 19th Annual National Book Festival, Sat., August 31, 2019. The cost will be @\$50, and there will be a pickup in the Lancaster area. Brenda will then forward the list of interested people to her friend in Ephrata who organizes trips. By the way, the list of guest authors comes out in mid-June, so you can check the website to see what luminaries will be there. Brenda needs the following: Name, email address, and phone number. Guest authors will include Justice Ruth Bader Ginsberg, Henry Louis Gates, Jr., Barbara Kingsolver and others. Please email Brenda at bkhayasaka@gmail.com



WEBSITE: [National Book Festival](https://www.nationalbookfestival.org/)

Andy's Foodie Report

Stillhouse at Zoetropolis

In time for the spring and summer season, the Stillhouse at Zoetropolis opened beside the Cinema on Water Street, next door to the Steeple View Lofts and the Downtowners Office.

I took the opportunity to go twice in the same week and found the creative menu both interesting and well-priced. I tried both the pulled pork and the beef sliders which were equally tasty and Ellen reported she had one of the most delicious scallop dishes she's had at a restaurant in a long time.

There was a selection of local beer and spirits and the rum (first choice of spirits to be distilled on the premises) was still distilling and not yet ready to pour, according to our server.

There is outside seating but when the courtyard is in full swing along with the Columbia Kettle Works next door, there is designated seating for each of those businesses and unfortunately you can't drink the beer of one and sit at another's area. I'm told it has to do with licensing of two different establishments serving alcoholic beverages.

Being always in tune to good service, in my opinion management still has some work to do to achieve a rhythm of engaging customers for a positive dining experience. When that happens the Stillhouse at Zoetropolis is going to be on my list of personal favorites.

—ANDY BERFOND



Stillhouse at Zoetropolis, with bowling alley counters and still as part of the decor.

—Andy Berfond photo.

Health and Wellness

Don't Answer It!

For your peace of mind, here is a CALL you do not want to respond to, the "One ring phone call" at midnight! Read about this new scam on the Senior Planet website: [One Ring to Scam Them All](#)

Dental Health/Mental Health

Did you know that good dental hygiene including toothbrushing and flossing may help to prevent Alzheimer's Disease? Follow this link on Science Daily to find out how they may be related. [Click here to read more...](#)

Bike Lanes

While not all Lancastrians are in agreement with the value of Bike Lanes or how they are configured in our fair city, check out this article that says new research shows that bike lanes make the roadways safer for all users, including motorists!

Science Daily article: [Cycling lanes reduce fatalities for all road users, study shows.](#)

Just One Call (JOC)

[\(717\) 584-1248](#)

After a very slow Spring with minimal requests from Downtowners, May brought a surprising change with the highest number of requests, 37 in a single month — the first time for averaging more than 1 per day! Keep the requests coming and take advantage of your JOC benefits. The most frequent requests were for transportation (with several trips to Harrisburg International Airport) and home maintenance, like yard cleanup and placing A/C units in windows.

The June calendar already has 10 days scheduled for "cat care" while the owner is on vacation. If you have a scheduled surgery this summer, call JOC and request the transportation, meals, or other tasks for which you will need assistance. If you think your request is too small, make a list of several tasks you hoped to complete "sometime."

—JOHN KANAGY

One Man's Opinion

Auto Inspections in Pennsylvania

I need to vent. Last week I took my car to be inspected. It's not the first time I've done it since moving to Pennsylvania, but each time I do I can't help but wonder if the inspections here are a bit excessive and to put it bluntly "a cash cow."

I'm from New Jersey, and in that state, every two years you bring your car to an inspection station and have the emissions tested for free. If you happen to be getting a new car, it comes with a five year inspection sticker.

Don't get me wrong, I'm all for driving safe vehicles and certainly vehicles that are not adding to the challenges of maintaining good air quality. When you get a new car however, aren't manufacturers charged with being assured they are selling cars that meet high standards of safety and emissions as they come off of the assembly line?

So last week when I brought my one-year-old vehicle in to be inspected, I foolishly thought it would be as simple as going to my mechanic of choice, leaving the car for an hour or so and picking it up afterwards. But no, the first question from the representative during the early morning was "do you have an appointment?" I thought to myself, "Seriously, it's not a brake job or a tune up; it's an inspection that I'm going to pay for...twice...two stickers...two fees, for less than an hour's worth of work."

I love living here in Pennsylvania, but I have to say the auto inspections here appear to me to be a bit of overkill. In conclusion, we have better inspections in New Jersey. Oh, and have I ever mentioned New Jersey has better pizza also.

Thanks for letting me vent.

—ANDY BERFOND



On the Lighter Side

...with a meaningful message about Telephones and Africa

Imagine being awakened in the middle of the night from a deep sleep at about 3 am to the sound of your phone ringing. For me, having parted with my landline a long time ago, it was my mobile phone next to my bed that was summoning me from my deep sleep. Why do I not turn my phone to the vibrate mode when I am sleeping you might ask? Unfortunately it's because I always want to be connected "just in case." What if it's an emergency call from someone I care about? I was a Boy Scout once and I like to "be prepared."

Thankfully the mobile devices today have the ability to identify callers and in many cases where the call is coming from. I like to stay current on my contact list for this very reason. I never answer calls from numbers or places I don't recognize, believing if it's an important call, a voice message will be left.

I glanced at my phone screen and saw a series of numbers along with the originating location of the call, Sierra Leone. I think to myself a few choice expletives regarding having been awakened by a call which no doubt wanted to scam me out of money, or tell me a loved one was in trouble, or I won a lottery in that country and have to send off fees to collect my winnings.

Now that I was lying awake in bed and unable to return to my dream of sitting on the deck of my oceanside resort sipping a cool refreshing beverage with a little umbrella sticking out of it, I attempted to test my knowledge of geography only to come to the conclusion I had no idea where Sierra Leone was.

I was eventually able to return to sleep, but when I awoke I was inquisitive enough to learn that Sierra Leone is a small country on the western coast of Africa where approximately seventy percent of the population lives in poverty.

It was not surprising to me that there were international scammers operating out of a room somewhere there. Truth is there are scammers probably operating somewhere in our own neighborhoods as well.

It's a good time to remind everyone that we can be a vulnerable population and need to take every precaution to not fall victim to the increasing efforts by others to take advantage of us.

—ANDY BERFOND

TWO MUSEUMS - TWO CAROUSELS

Prairie Village, 2 miles west of Madison, South Dakota, and Landis Valley Farm Museum, 4 miles north-east of Lancaster, Pennsylvania, are living history museums. Both are charitable and educational organizations with much in common.

Prairie Village has historic buildings including a barn, log house, one-room school, country store, agricultural equipment and living history demonstrations. In addition, it has an antique classic carousel, carved by the Herschell Carousel Company.

The Landis Valley Farm Museum - like Prairie Village - has historic buildings including a barn, log house, one-room school, country store, agricultural equipment and living history demonstrations. It does not have a carousel, even though there is a carousel, unused and in storage, in Lancaster County. This is the Rocky Springs Carousel, carved by another immigrant carver, Gustav Dentzel, a contemporary of Allen Herschel.

The Prairie Village Carousel is a 2-row all-horse stationery carousel. The Rocky Springs Carousel is a 3-row carousel with a jumper mechanism. There are 33 horses and 15 menagerie animals - deer, giraffe, mountain goat, zebra, lion, rooster, tiger, 2 dogs, 2 mules and 4 ostriches - plus 2 chariots and the popular "ring game".

It appears that the Rocky Springs carousel is superior in several respects to the Prairie Village Carousel. So why are the horses of the Prairie Village Carousel prancing round and round, while the animals of the Rocky Springs Carousel are in a dark storage shed instead of spinning and jumping at a place like Landis Valley?

-EILEEN GREGG

118 N. Water St. #303, Lancaster PA 17603
Phone 717-394-3119

Rocky Springs Carousel Coverage in LNP News

Oct. 18, 1999 - "It's here. It's really here, said an animated Sweeney...Now the real work has to start to happen...It will be another year to year-and-a-half before the carousel gives its first ride in Lancaster, Sweeney said. (*Carousel home, now real work beginning* by Bernard Harris)

Aug. 25, 2006 - "... the restored carousel will find a home regardless of what the city decides to do with the east side of Lancaster Square. We're looking for a location to put the building up and funds to actually build the building, says Mike Sweeney..." (*Rocky Springs Carousel not connected with other projects* by Jack Brubaker)

Jan. 17, 2008 - "We are definitely in limbo right now," James Corrigan, president of the Rocky Springs Carousel Association, said Tuesday. "We can't really do anything, make any plans or launch any kind of fundraising campaign, until we know where we're going to put it. That's the first thing we need to do, but right now all we can is wait and see." (*Big wheel keeps not turnin'...Rocky Springs Carousel still homeless* by Jennifer Todd)

Oct. 25, 2011 - "Twelve years after backers bought the Rocky Springs Carousel and brought it back to Lancaster, it remains in storage, with no plans for the foreseeable future" (*Still no home for historic carousel* by Bernard Harris.)

Oct. 16, 2012 - "The Rocky Springs Carousel Association...is no longer fundraising." (*After raising \$1.3 million, carousel still collecting dust*, staff reporter)

Nov. 19, 2018 -Earlier this fall, Mayor Danene Sorace made clear it will not be installed on city-owned property under her administration."- (*It's Place in History* by Tim Stuhldreher)

Conestoga Area Historical Society & Lancaster Downtowners

Stenton Mansion & Pennsbury Manor

Wednesday, October 16, 2019

Our first tour begins at the Stenton Mansion, in historic Germantown of Philadelphia. Built by the Logan family in 1742, the Logans were prominent Quakers who involved themselves with local Philadelphia politics, and early on were agents for William Penn, as well as friends of Franklin and John Bartram. As an influential Philadelphian, Logan's Georgian-style home, named for James Logan's father's home town in Scotland, is filled with period furniture and accessories. *****

Lunch will be at the Historic King George II Inn, America's Oldest Operating Inn established in 1681. The group will have a buffet which includes; Fresh Garden Salad, Filet of Sole, Grilled Chicken Breast, Penne Alfredo Pasta, coffee, tea, iced tea, soda and assorted dessert



Following lunch, we tour Pennsbury Manor, a reconstruction of William Penn's summer home along the Delaware River. The reconstruction, based upon archeological finds, written documents, and research of the period, was opened to the public in 1939. Pennsbury sits on 43 acres of peaceful green space in Bucks County, PA. The Manor itself is furnished with an outstanding collection of late 17th-century furniture and objects, while the outbuildings contain demonstrations and hands-on activities.

Itinerary:

7:45 AM	Depart from Lancaster Shopping Center, AC Moore side parking lot
10:00 AM – 11:30 AM	Stenton Mansion
12:15 PM – 1:30 PM	Lunch @ The Historic King George II Inn
2:00 PM – 4:00 PM	Pennsbury Manor
4:00 PM -6:00PM	Travel back to Lancaster

Tour Includes: Motor Coach, Stenton Mansion admission & tour, Lunch @ Historic King George Inn, guided tour and admission of Pennsbury Mansion, driver's gratuity, snacks, water, etc. **Cost: \$126. Pp. Deadline for registration & refunds is Oct. 2**

AA

Yes, please enroll me in the Wed., Oct. 16 trip to Pennsbury & Stenton. **Departing Lancaster Shopping Center .** We will make a rest stop en route both ways. Buffet lunch at the King George II Inn is included. **Price per person: \$126.00.** Package includes: Motorcoach transportation, morning coffee, admission and tours of both sites, lunch, beverages, tips & gratuity, snacks, water and driver's gratuity.

NAME: _____ CELL _____

ADDRESS: _____

EMAIL: Dietary Notes:

Please make checks payable to Susan Leinberger. Complete the form and mail both form & check to me at 136 N. Charlotte St, 17603, or give to me. Questions or concerns? Call Susan 717 682 9724 or sswlhome@gmail.com. A detailed outline will be e mailed with your receipt. One receipt per couple or person registering. **Deadline for registration and refunds: Oct. 02.**

I understand I assume all responsibility and liability for participating in this trip. (Sign)



Friends Life Care and Landis Communities
Invite you to
An Educational Opportunity to Learn About
Continuing Care at Home

July 30, 2019
5:30 pm – 7:30 pm
Lancaster Mennonite Conference Office
2160 Lincoln Highway East #5
Lancaster, PA 17602

Salad & sandwiches will be available

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?

This informational workshop is 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.

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

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