



From the Executive Director

Welcome to our newest members Naomi Storm, Joey Mullineaux, and John Mullineaux. We also welcome two interns who will be supporting the Lancaster Downtowners this year - Beth Thompson and Tyler Cook.

From September 18-20th I will be attending the National Village to Village Network Conference in Chicago. This is an annual gathering that brings villages from across the country (and world!) together to learn and share best practices for fulfilling our missions of connected, vibrant communities at every age. The theme of this year's conference is *Connecting Generations*. Board Member Timi Kirchner will also be attending; we look forward to sharing new ideas and updated information with you all in October!

While we will be surrounded by similarly-interested people at the conference, for the last year and half Downtowners has also been looking to organizations and individuals in Lancaster that support our mission. Part of that outreach has been the development of a Business Sponsor program by our Fundraising Committee. Several of our sponsor organizations will be offering educational programs in the coming months and I would encourage each of you to mark your calendars and attend!

Wednesday, September 25th - SmartLife via Willow Valley, 4-5:30pm

Wednesday, October 9th, - Thriving At Home - by Landis Communities 7-8:30pm

Wednesday, November 6th, Pre-Planning Your Funeral - Charles F. Snyder, 4-5:30pm

Please see the Event Calendar and back page for details, and thank you in advance for participating in the sessions put on by those who support our organization!

—MELISSA RESSLER



Melissa Ressler
Executive Director

From Your Reporter...

Celebrity Bartending at Max's and The Extraordinary Give

I had fun participating in the Celebrity Bartender Event at Max's on King Street last month and was happy to learn we made over \$500 in tips, including the contribution for each of the signature drinks we served. I'm hoping this will become an annual event as we continue to find ways to raise funds for the Downtowners mission of helping people to live happily and safely in their own homes as we navigate our golden years in this Age Friendly City.

The Fundraising Committee is now gearing up to participate in the Extraordinary Give in November for our second year. We will join all of the local non profits organizations reaching out to the community for fund raising and support in this truly unique effort.

This year we have been invited to have a presence at the new Holiday Inn on Chestnut and Queen, where Downtowners will have a table to share our mission with the community. The Holiday Inn looks forward to hosting us at the newest hub in the city to promote the spirit of giving.

This will be a great opportunity for the Downtowners to share who we are and how very connected we are to the City of Lancaster. The Committees are currently working on all the ways we can tell our story that day and I'm hoping everyone will share in the enthusiasm.

I look forward to interviewing some Downtowners who are willing to give their testimony as to why they believe our group is worthy of supporting at the Extraordinary Give in November.

—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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Health and Wellness

Home Safety Check

Landis at Home offers a free Home Safety check to Dntowners as a benefit of our partnership with Landis Communities. Find out how to make your home safer so you can stay longer and reduce the risks of falls or accidents. Contact Just One Call to make the arrangement.

Hearing Aids

Science Daily reported on a recent study from the University of Michigan that [hearing aids](#) have been linked to a lower risk of dementia, depression, and falls. Their study found that using Hearing aids delayed the onset of dementia, depression, and risk of falls for several years. Click on the link to read more.

Downsizing

And from Nextavenue is this convincing article on "[Downsizing](#)." The title states it clearly, "Don't Need to Downsize Yet? Great. Start Now." Ellen Ryan outlines eight reasons to begin before one is forced or unable to do so.

- JOHN KANAGY

Thanks to our sponsors

**Meals on Wheels
—Bronze**

**Carole Kirchner,
Realtor —Bronze**

Just One Call (JOC)

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

Dntowner membership entitles you to benefits that include:

- Transportation to the train station or Harrisburg Airport, or locally
- Support with your smartphones and computers
- Plant or pet care, mail management when you are traveling
- Assist with yard or household tasks

Volunteers are trusted members and non-members who are happy to serve you.

Volunteers who have contributed over 15 hours already this year include: Bettina Heffner, Dale Umble, Debbie Truhan, Kathy OKane, Margaret Patterson, Pat Collier, and Went Miller with 29 hours.

The Dntowners can use more volunteers for Just One Call, on our various committees, or on the board. Complete the Volunteer Application form or contact Melissa if you would like to be more involved.

—JOHN KANAGY

Around Town...

City of Bricks

There was a discussion on local social media lately regarding how some property owners/investors are redoing their homes and how they are handling the brick work. Someone started the conversation by sharing their disappointment with those who opt to paint over the natural red brick.

Others shared the realization regarding the importance of repointing the older brick with attention given to the correct type of mortar required at the particular property.

Not everyone can call themselves an expert in brick repointing. Considering the age of many of our structures, It takes a professional who has complete understanding of the process.

Those investors who weighed in on the conversation said it was a matter of cost effectiveness, as applying a good coat of paint or two is much cheaper than repointing the brick.

Others reminded everyone of our “city of brick” structures and strongly believe historically and aesthetically it should not be changed. As I followed the thread of conversation I was reminded of the owners of those houses years ago who were sold on the idea of putting a “faux stone facade” on top of the brick. Some homes where that was done are beginning to show signs of deterioration, creating even more problems for the potential of water damage between the two layers.

As for me, I love the old brick homes and buildings and appreciate the efforts to restore them.

—ANDY BERFOND



Meet a Downtowner



Laura Rusch

It was a pleasure to meet with Laura recently for breakfast at Goldie's to talk about her willingness and eagerness to become a part of our newsletter committee.

Not too long ago, Laura sold her house outside of Lancaster and made the move into the city, where she loves to walk and take in everything the city has to offer.

Laura's career has taken her from teaching English and drama to spending about twenty years in Information Technology focusing on email and security systems. Then she went to ExxonMobil Corporation doing most of the IT work for the company until her retirement.

Since some of her good friends were already Downtowners, or about to join, she decided to become a member herself. Learning of her background and experience she was asked if she would be willing to share it with our continuously growing newsletter.

We are thrilled to have Laura join us and she looks forward to writing about the art and music scene in the city, as well as meeting other Downtowners to share their profiles. As a regular contributor to our newsletter, I look forward to working with her.

Call for Submissions

We'd love to feature a variety of Downtowner voices in our monthly newsletter. If you would like to submit an article, please follow these guidelines:

- Articles must be submitted typed, in digital format. They can be typed in the text of an email, shared via GoogleDocs, or attached as Word Doc or Pages Doc.
- Articles should be no more than 500 words in length; 300 is ideal!
- Writers must be open to minor edits for clarity, length, or formatting.
- Our newsletter frequently covers the following categories:
 - Restaurant Reviews
 - Around Town (Community events, neighborhood happenings)
 - One Person's Opinion (Musings on current events; no politics or religion)
 - Downtowners Event or Program Highlights
 - Just One Call Highlights

If you have stories you'd like to share, you may send pitches or completed articles to Melissa at director@lancastringdowntowners.org.

One Man's Opinion...

An Observation

I was on my way to a meeting early one evening and stopped briefly at Binns Park to answer a text message. As I sat on the ledge, I observed a woman park her car at the entrance and instruct several children accompanying her to carry coolers and bags towards a table in the middle of the park.

She opened up a cooler and took out something wrapped up, obviously food of some sort, and held it up into the air. Suddenly from all directions people came and took the offerings, walking back to their respective "spots" in the park to have a dinner.

I got the sense this was not the first time for this entourage to come to the park to feed the homeless. I thought about the irony of the location where this was taking place since just across the street is the soon to be occupied 101NQ.

I recently saw the real estate listing for the upscale Condominiums that will occupy the upper floors, some listed for well over one million dollars, with a view of Binns Park. In reality, our little city is not unlike big cities across the country that try to navigate the ongoing issues of homelessness.

I also remember hearing about city officials trying to discourage people from feeding the homeless, however I give that woman kudos for following her heart to feed the less fortunate.

ANDY BERFOND



On the Lighter Side

Just Another Benefit of Downtowners Membership

I go the City YMCA and for years there have been two copies of LNP on the tables just inside the Y's main entrance. It was always well read, particularly by the Y's "social members" (those who do more socializing than exercising) and by seniors who are waiting to be picked up by Red Rose Access.

When for a couple days, there were no newspapers, I asked at the front desk about it. I was told that the YMCA's board of directors had moved the money that the Y had been spending for the newspapers into its maintenance budget.

I decided that this required some activism on my part, so I sent a professionally-worded (or so I thought) email to the Y's executive director, saying that I thought the Y should support our local newspaper. I said that LNP is one of the few papers in the state that still has 7-day publication. I added that the Y has often been given free PR in LNP.

A couple days later, I received a reply that the board of directors would reconsider its decision. I was quite elated when, a week later, I noticed newspapers on the tables. Wow, that was quick, I thought. My activism had paid off.

My elation was quickly dissipated when one of the "regulars" at the tables told me that a member of the Y's staff gets her morning joe on her way to work at a restaurant that has a stack of LNPs available to be picked up by its customers. She brings three copies with her on Monday, Wednesday and Friday - the days she works. So on Tuesday and Thursday, those tables are bare. Feast or famine, one might say.

I was kind of depressed to find out that my email did not make any difference - story of my life, it seems, but as my friends tell me, "at least you tried".

It's nice to have friends.

It occurred to me that this is one of the benefits of membership in Lancaster Downtowners.

—EILEEN GREGG

On the Lighter Side

“Croissant-less” Tuesday

It was the day after Labor Day on a Tuesday, when I went downtown to market looking forward to a cup of Starbarn Coffee from Lancaster County Coffee and an accompanying lite bite.

Sometimes I opt for a bagel at the Smoothie Stand, but I preferred something sweet and the choice for my indulgence that day would be a

chocolate croissant. I knew the same place for a bagel would also have a good croissant but unfortunately for me, they said the croissants were sold out.

Knowing of all the other stands for baked goods, I proceeded to go from one to the next still unable to find my chocolate croissant. Perhaps I would need to exit the market and go across the street to the Bakehouse on King. They'll certainly have a croissant there because I've seen it advertised as one of their proud bakery offerings.

As I get to the door, to my dismay, they were not opened. Ok I thought, Passenger Coffee across the street might have one. No such luck.

I could have kept looking, maybe around the corner at Prince Street Cafe, or in the other direction at Barberet. I knew Goldie's would have them, but they're closed on Tuesday.

The truth is, I was joining some friends to sit outside at the Square and was looking forward to getting back to their good company. I never did get that chocolate croissant, but the coffee and conversation was great.

—ANDY BERFOND

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

- October 22, 2019 November 20, 2019
6:00 pm – 8:00 pm High Learning & Wellness Center Landis Homes 1001 East Oregon Road Lititz, PA 17543

- November 20, 2019 6:00 pm – 8:00 pm
High Learning & Wellness Center Landis Homes 1001 East Oregon Road Lititz, PA 17543 2:00 pm – 4:00 pm
Manheim Township Public Library 595 Granite Run Drive Lancaster, PA 17601

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?

Other Upcoming Events

See the [“Events Calendar” tab](#) on the website or check the Downtowners App for a full list of events scheduled for September and October. Fortunately or unfortunately, the list is too long to print here.

Andy's Foodie Report

The Exchange

Everyone who has been to the Exchange so far has spoken highly of the experience, so on a Saturday afternoon, Ellen and I decided to give it a try. The entrance on King Street is exclusive to the rooftop, where you'll ride on an attended elevator to the Exchange at the top.

The elevator attendant apologetically said that we had to leave the water bottles we were carrying behind. Apparently a rule there is to forbid taking water bottles upstairs for fear you are going to smuggle your own alcoholic beverage. We were told to leave them downstairs at "the podium."

Once upstairs you walk out onto the glass enclosed seating area and immediately observe what is sure to be one of the best views in the entire city. There was no host or greeter at the time so we were eventually steered toward some available seats at a long communal table and a waitress appeared to ask us what we wanted to drink.

We opted for a couple of drinks and a brick oven Margherita pizza. Drinks came rather quickly, but it was close to twenty-five minutes after the server took our order, when she returned to check on us and observed our pizza was still not there.

She hurried away to check on the status and didn't return for at least another fifteen minutes with the pie. I asked her to tell me the truth. Did it usually take that long for a pizza at a time that was not particularly very busy or was it just "forgotten?"

I appreciated her honest response. The kitchen forgot. After eating our pizza we were moved to try a couple more of their dishes with another drink as we savored the view of the city.

This is a venue to drink and to graze on small plates. It is not a full service dinner kind of place. Here's my personal take on the food and the experience at the Exchange. The view is outstanding. The service is marginal and the atmosphere is loud. Our pizza was good, but so is an oven-fired pizza at Federal Taphouse. We also had steamed mussels. They were not as good as the mussels we've had at the Belvedere Inn. And then there were the beef sliders. Good, but just as good as the sliders in any one of a number of other places.

When we got our check, they did comp us for the pizza. At least someone was paying attention. I will go back. It's all about the view.

—ANDY BERFOND



Lancaster Symphony Orchestra **2019–2020 Season Classic Concert Series**

STEPHEN GUNZENHAUSER—MUSIC DIRECTOR

*Contemplations*October 26, 2019, 3 and 8 pm
Fulton TheatreBEETHOVEN Symphony No. 8
FORREST *Requiem for the Living*
LSO Composer's AwardSubscriptions and Tickets: (717) 291-4420 or www.lancassistersymphony.org Monday through Friday, 9 am to 5 pm

Lancaster Symphony Orchestra Unveils 2019-2020 Concert Season!

It's a celebration! The new 2019-2020 concert season marks the 40th anniversary of Music Director, Stephen Gunzenhauser, with the Lancaster Symphony Orchestra!

The LSO season includes five more Classic Concert weekends:

- **Classic Concert #2** – Contemplations (October 26, 2019)
- **Classic Concert #3** – Provocative Passions (January 18, 2020)
- **Classic Concert #4** – Winter Romance (February 15, 2020)
- **Classic Concert #5** – Emperor (March 13 & 14, 2020)
- **Classic Concert #6** – Symphonic Celebration (May 16, 2020)

Times & Locations: The Symphony's #1, #2 & #4 Classic Concert Series concerts will be performed at the historic Fulton Theater at 12 North Prince Street in Downtown Lancaster. Classic Concert #5 will be performed at the Cultural Center at Willow Valley Communities at 900 Willow Valley Lakes Drive in Willow Street. Classic Concerts #3 & #6 will be performed in Clair Performance Hall, located in the Winter Visual and Performing Arts Center on the campus of Millersville University. The Symphony is grateful to these venues who are helping to expand the impact of music on all generations throughout Lancaster!

"I am very excited about the coming season. I have selected works that I know you will love and the works represent a musical profile of my tastes and offerings over the years."

– **Stephen Gunzenhauser**

Avoid Confusion When Planning for Future Care in Retirement

POINTS TO CONSIDER

When discussing retirement plans, the conversation that arises is often about relaxing, traveling, volunteering, and pursuing other joyful activities. It's easy to put off putting a solid plan in place for possible future care needs. And, though it's only natural that long term care is not on top of your retirement plan list, it's easy to re-think that and lock in a trusted plan for your and your loved ones' peace of mind.

1. I'm too young. I'm just not ready yet.

Waiting can limit options and choices. Putting a plan into place for your future care can ease the burden not only financially, but give you and your loved ones peace of mind.

2. I'm healthy. I won't need future care.

Statistics show that after age 65, an American has more than a 70% chance of needing help with Activities of Daily Living, such as dressing, grooming, transferring, and using the bathroom.

3. Medicare will pay for it.

Neither Medicare nor Medicare Supplements cover long term care. Medicare is designed for short-term acute medical needs. Medicare will pay for skilled medical rehabilitation for a limited period of time after a qualifying 3-night hospital stay. The maximum Medicare will cover for a skilled stay is 100 days.

4. It's too costly.

Current long-term care costs can exceed \$150,000 for one year of service. Planning early with a Lifecare plan will help curb future out-of-pocket expenses. Lifecare is a unique, comprehensive promise that entitles members to short- and long-term care, at no additional cost, for their entire lives.

5. My family will care for me.

You want your spouse to remain a spouse, your child to remain a child, your friend to remain a friend—not become your caretaker. Additionally, family caregivers who leave the workforce to care for a loved one lose, on average, over \$300,000 in wages and benefits over their lifetime.

To avoid confusion in future care planning, many individuals have chosen to join SmartLife VIA Willow Valley. SmartLife is Central PA's *true* Life Plan at Home program. Available in Lancaster, Lebanon, Dauphin, and Cumberland counties, SmartLife is an innovative, membership-based, long-term care plan that gives the security of a continuing care senior living community – but right in your own home.

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. Your monthly fee is not increased because of the need for an increased level of care, which helps to safeguard your assets. Your personal Lifecare coordinator makes all the arrangements for your care, not a loved one. These arrangements include meals during short-term illness, an emergency response system, and transportation, just to name a few.

Don't be misled by misconceptions about future care. Find out more about SmartLife and how seniors trust it as a solid, seamless plan for their future. To learn why, call **717-299-5673** or visit www.WVSmartLife.org.

smartLIFE
VIA WILLOW VALLEY