

LANCASTER

downtowners

for urban retirement in your own home

Welcome to our newest Downtowners Nancy Yoder, Claude Lucas, and Anabel Proffitt!

In September I was excited to attend the National Village to Village Network Conference along with board member and PR & Communications Chair Timi Kirchner. Over three days we were able to learn and share experiences with other folks from over 130 different villages.

The conference theme was Connecting Generations, so programs that connect villages to their local elementary school and college campuses were featured, along with a keynote address by author Marc Freedman (*How to Live Forever*). Freedman shared that a key indicator of success in a young person's life is an adult who is irrationally crazy about them. It is that support that builds resiliency in a young person. As people are increasingly driven towards relationships in later life, folks report three times greater happiness when connected across generations. It's a win-win when generations come together - something for all of us to consider.

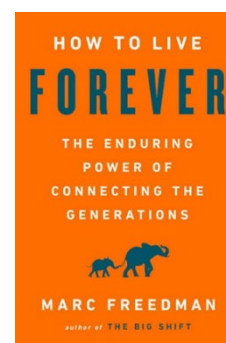
We also heard from Peter Kenyon of Kalamunda Seniors Hub in Australia. Peter stated succinctly what we know to be true - villages are effective and impactful because our benefits are not done to people, they are not done for people, but rather are facilitated of and by people. The village model of self-directed independence through interdependence brings out purpose and connection in a different way than less participatory support.



MELISSA RESSLER
EXECUTIVE DIRECTOR

Other topics on repeat throughout the conference were the risks of social isolation, the necessity of addressing equity and inclusion, the benefits of collaborations and partnerships, the importance of scaling the village model, and the value of our villages in providing the social infrastructure that bridges the gap between what people need and what they can afford. Villages are a life-affirming model of social change ready to grow.

Next year's conference will be in Charlotte, NC - if you'd like more information about the Village to Village Network or presentations at this year's event, I'd be happy to meet with you.



DT News for October 2019

Around Town...Out of the Mouth of the Young Ones

The little girl couldn't have been more than five or six years old and the young man with her, possibly her brother, looked to be about 8 or 9. It was the end of a school day because they were both carrying book bags and they were most probably on their way home.

Now we all know how Lancaster city streets work in our varied neighborhoods. There are many one ways, some narrow ones and then there are the alleyways, many with the ability to have a car drive down and too many that are in disrepair.

So this sweet little girl with a bow in her hair looks up at the young man with a stern reminder and warning. WE DON'T GO DOWN THE ALLEY! Then, she repeats it, and the young man backtracks and heeds the warning of the younger one continuing along the larger and busier street.

I suppose there is a message from this observation and kudos to the folks who are raising this young girl. It is always important to be aware of our surroundings wherever we go, and it's something we should all remember when we are out and about, age notwithstanding. These are changing times we live in today.

I remember my younger days, of going out by myself or with a small group of friends door to door trick- or-treating for handfuls of unwrapped candy or pieces of fruit, along with the former small school milk container that said "trick or treat for unicef" on the outside. Those were great times and memories because we always felt safe.

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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Events for October 2019

October, 2019	
Thursday 3	Koffee Klatch Bonita Reed home 9:00 AM
Saturday 5	New and Potential Member Reception 3:00 PM More Info ✓
Wednesday 9	Thriving at Home Community Mennonite Church of Lancaster 7:00 PM
Thursday 10	Thursday Lunch Bunch and Common Hour at F&M: Stand Up That Mountain F&M Mayser Gymnasium 11:30 AM
Friday 11	LEADS Volunteer Activity LEADS Headquarters on Liberty Street 2:00 PM
Sunday 13	Movie Week at Zoetropolis Zoetropolis 12:30 PM
Wednesday 16	Bus Trip To Stenton Mansion & Pennsbury Manor Lancaster Shopping Center 7:45 AM
Monday 21	Annual Meeting: Lancaster: Becoming an Age-Friendly City Charles F. Snyder Funeral Home 6:30 PM
Thursday 24	Are You Getting What You Pay For? Ware Center 10:00 AM
Tuesday 29	RRTA to Elizabethtown: Young Center for Anabaptist and Pietist Studies RRTA Transit Station 10:00 AM
Thursday 31	Thursday Lunch Bunch and Common Hour at F&M: Optimizing Performance: Using Data to Maximize Student F&M Mayser Gymnasium 11:30 AM

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

With the change in seasons already here, now is the time to consider requesting assistance for those colder weather preparations around the house. Volunteers are available to help with such tasks as:

- ✓ Removing A/C units from windows.
- ✓ Closing or placement of storm windows.
- ✓ Relocating outdoor plants or planters inside or
- ✓ To protected areas.
- ✓ Clearing the yard of leaves or fallen branches.
- ✓ Moving lawn furniture to storage.

Ask Just One Call to help with routine tasks also such as:

- ✓ Simple household repairs that have been deferred.
- ✓ Replacing out of reach light bulbs and batteries.
- ✓ Transportation needs for appointments, shopping, travel to Harrisburg airport or the Amtrak station, or to Downtowner events.
- ✓ Technical assistance with computers, printers, phones, TVs, that torment us when they fail

We don't promise that our volunteers will always be able to resolve the issue you call about, but we will direct you to recommended professionals or vendors who can. Calling at least 24 hours ahead also gives time to find an available volunteer. Please leave a message if the Just One Call coordinator does not immediately answer the call.

John Kanagy

JUST ONE CALL

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DOES NOT IMMEDIATELY
ANSWER THE CALL.**

(717)-584-1248

Downtown ArtWalk & more...

From the Desk of Laura Rusch

During the weekend of October 5-6 Lancaster was alive with activity. ArtWalk was my destination. My first stop was the Demuth Museum at 120 E King Street where an exhibition exploring the life and work of Lancaster County artist, Henry Libhart will continue through November 10.

Mark your calendars! The 21st Annual Auction for Artists and Collectors will be hosted by the Demuth Museum and the Lancaster Museum of Art. Original artworks by renowned local and national artists will be auctioned off at the Imperial Ballroom at the Holiday Inn at 26 E Chestnut Street. Tickets at \$30 and your questions about the event can be answered by the museum staff at 717-299-9940.

Then I headed over to the Lancaster Museum of Art where, through October 26th, the Pennsylvania Watercolor Society's 40th International Juried Exhibition is under way. Work by many local artists are among the pieces exhibited.

Next I headed to the galleries. The annual Harvest Breakfast at Market attracted a lively crowd. I made my way through the Market alleys on my way to several

ArtWalk venues on Prince Street. The Galleries along Gallery Row (the 100 block of North Prince Street) had open doors with newly hung exhibits. Working artists gave talks and, because of the lovely weather, brought their easels out onto the sidewalks. This year there were 37 participants. It is a wonderful way to learn about the shops and alleyways of downtown as you wander and take in the works of local and regional artists.

The ArtWalk occurs twice each year, the first weekends in May and October. For more information about this event and others see the Lancaster City Art Galleries and Museums website: LANCASTERCITYARTS.COM

PCAD Monthly lectures

From the Desk of Laura Rusch

Fridays at noon at the Pennsylvania College of Art and Design will be the venue for ongoing monthly lectures by visiting artists. On Friday, October 4, I attended the talk given by cut paper artist, Antonius Tin Boi, whose work is being exhibited through November at PCA&D. If you are downtown stop in to see Antonius's exhibit as well as that of Cupid Ojala. Both are young and exciting new artists whose works are at the same time whimsical and profound.

The Pennsylvania College of Art and Design is located at 204 N Prince Street (at the corner of Prince and Chestnut).

The next Artist Lecture will be held from noon to 1pm on Friday, November 1. You can also meet the visiting artist, Cupid Ojala, that evening during First Friday at PCA&D from 5-8pm.



DT News for October 2019

Keys...Wallet...Phone

As much as we might hate to admit it, sometimes we become forgetful. It's important to point out there is a big difference between occasionally being forgetful and chronically being forgetful when red flag moments are triggered, possibly requiring some professional follow up.



I like to believe my memory is intact, however I do find myself being forgetful and/or distracted sometimes and have to think "where did I put my(fill in the blank)?

I've come up with a little drill to try to stay on top of my memory game, by asking myself upon leaving home for any reason "keys, wallet, phone?"

To me, those three things do so many important jobs and I can't imagine how we've ever lived without the phone as we know it today back in "the good old days." If we choose to, that phone has endless capabilities, (which could be a little unsettling to some) allowing us to access countless places to carry on the business and routine of our everyday lives.

Those keys represent our humble abode (or our castle) and our chosen method of transportation if we elect to own one. And the wallet? Like that bank commercial always says, "What's in your wallet?"

-Andy Berfond

From Your Reporter

I hope everyone had a great summer and you are transitioning well into the changing seasons and looking forward to the holidays. As time flies by, the carved pumpkin quickly gives way to the turkey with all the trimmings followed by the giving season.

Many of us know about the Extraordinary Give in Lancaster when the public has a one day window of opportunity to contribute to their favorite nonprofit organizations. We also know how many worthwhile organizations there are to give to.

Last year the Downtowners participated for the first time, and raised over two thousand dollars from our members, friends and neighbors.

This year we hope to reach many more people to share our mission, with the hope everyone will once again see the value of giving to our organization.

We are pleased to be given the opportunity to have a presence at the new Holiday Inn, which will serve as one of the hubs where organizations will introduce themselves to the community. At that time fellow Downtowners will represent us by sharing their individual passions of retirement, recognizing we do have some very talented and creative members.

There is also another significant Downtowners event coming up very soon. Hopefully you've all received the invitation to attend our Annual Meeting, this year hosted in the beautiful and tranquil setting of the Charles F. Snyder Funeral Home on East King Street.

At that time you will enjoy good company along with what has come to be known as some delicious heavy hors d'oeuvres, followed by a program including reports from our President Kim van Donk, our Executive Director Melissa Ressler and a spoken-word presentation by Member and Playwright Will Horst.

Also for the second year we will be having a silent auction fundraiser, featuring a very interesting assortment of items and experiences offered up for bid.

I look forward to seeing everyone at the annual meeting.

Andy Berfond



The ExtraOrdinary Give Save the Date November 22, 2019

Join us at the
Holiday Inn
THE EXTRAORDINARY GIVE™
NOVEMBER 22, 2019



10AM to 6PM
26 E. Chestnut Street
Downtown Lancaster
November 22nd

Hear from Lancaster Downtowner members
that will share our mission, our passions and
our talents with the community.

Many of us remember challenges our family
and friends faced while growing older, but
the Lancaster Downtowners are upending
those expectations.

Your donation to Lancaster Downtowners
on November 22nd at www.extragive.org
will:



Keep John safe in the home he's loved
for 60 years



Inspire Maria with new ways to share
her expertise after four decades in the
corporate world



Provide peace of mind for Bernie and
her family, who know caring support is
close by



Assure that in our Age-Friendly City,
all generations can enjoy what city life
has to offer

Thank you for welcoming even more neighbors
into the village by keeping these benefits
affordable and accessible.



Lancasterdowntowners.org