



LANCASTER downtowners

For urban retirement in your own



From the Executive Director

Welcome to our newest Downtowners, Jerry Miller and Susan Miller!

As we close out another year I'm especially reflective and therefore appreciative of the creative ways this community supports and engages one another. A member recently shared that she had put in a Just One Call request for a grocery store trip, but just before her ride was scheduled to arrive a neighbor dropped off the needed supplies. So instead of the member and JOC volunteer doing a full shopping trip, they went to the store and bought candy bars to eat together instead. Those types of connections are difficult to measure, but are truly benefits of the village model.

Thank you for the many unseen, unrecorded acts of kindness that are exchanged within this great collection of people.

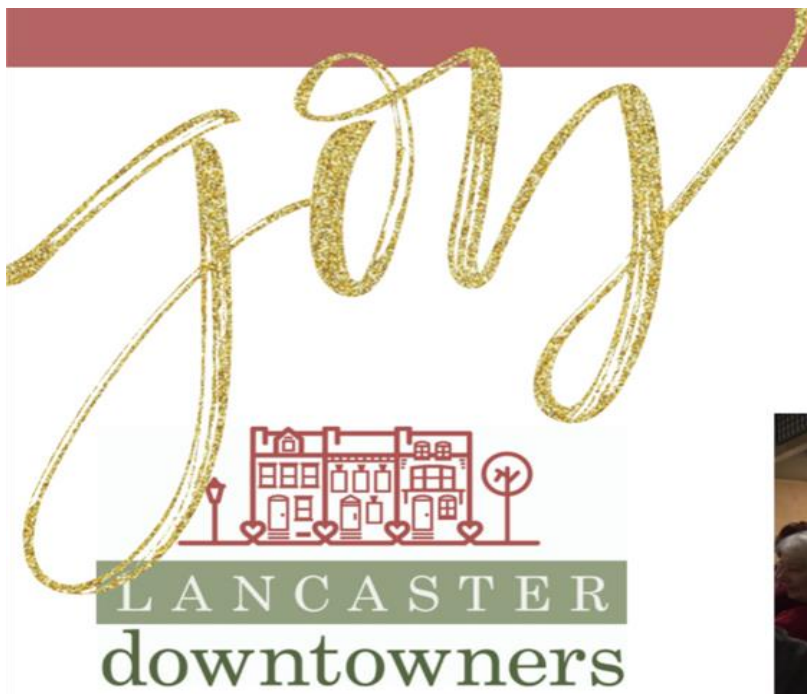
I am also appreciative of our 2019 sponsors, who believe in the mission of the Downtowners and support our vision of independence, social connection, and learning. Their support makes our unique, holistic approach to an engaged city-lifestyle more accessible to more people.

I wish you a very happy holiday season, and look forward to the New Year ahead!

Melissa



Melissa Ressler
Executive Director



Holiday Party & Book Exchange December 2019



On December 9th Downtowners enjoyed a delicious buffet at Issei Noodle to celebrate the holiday season. Owners Andre and Donna were wonderful hosts to our group, serving a variety of Asian fusion dishes. They even packaged up the leftovers for everyone to take home. There were 36 Downtowners in attendance, many of who participated in the book exchange. The titles that were 'stolen' the most in the white elephant style exchange include: Tracks: A Woman's Solo Trek Across 1700 Miles of Australian Outback, Shakespeare Saved my Life, The Friar and the Cipher, and The Found and the Lost.



Resource Round-up

Even as holiday gift lists are highlighted this time of year, some of us may be thinking about what to do with all of the stuff we already have! Here is an excellent article from Next Avenue about methods for handling those special items. An extra tip - taking a picture of an item may be one way to hold on to the memory when you're on the fence about letting something go.

[Click here to read the full article!](#)



"Sentimental clutter is the hardest clutter to part with."

Another article in The Inquirer highlights a couple who invited their community to shop their house instead of sorting everything themselves!

[Click here for Article!](#)

The options for home-delivered and 'instant' services are increasing, but many of those resources are only accessed via a smartphone. If you find yourself looking for grocery delivery but want to order by phone instead of computer or app, **Tele-Grocers** is an option. They work with Giant and are available to process your order over the phone Monday-Friday from 11am-6pm. Call 1-888-902-7467 for options and pricing, or visit telegrocers.com for details.



You can also access Ride Share services without a smartphone. **GoGoGrandparent** will arrange a ride via Uber or Lyft for you. Just One Call is perfect for when you can plan ahead, but if you need a ride right away this is an available option. Call 1-855-464-6872 or visit www.gogograndparent.com/ to register, and then order rides with a phone call instead of using an app.



HOLIDAYS HAVE YOU UNRAVELING?

JUST ONE CALL



TRANSPORTATION TO APPOINTMENTS
OR LOCAL TRAIN/AIRPORT

HOLIDAY DECORATION ASSISTANCE

IN HOME ASSISTANCE

SHOPPING ASSISTANCE

MEALS COOKED OR DELIVERED

PERSONAL VISITS OR PHONE CALLS

HOME MAINTENANCE ASSISTANCE

YARD MAINTENANCE.

LEAF/SNOW REMOVAL

PET CARE/PLANT CARE

MAIL/NEWSPAPER PICK UP

717-584-1248

JOC IS LOOKING FOR VOLUNTEER DRIVERS!

Please contact John by email

jt.kanagy12@gmail.com

Give a Lift!



New Year's project

Meet with the Intern

Happy holiday season! This year I have so much to be grateful for, one of them is being the intern here for Lancaster Downtowner's. I have learned so much working with Melissa and the team of committees. In the next few months I will be continuing to contact members of the downtowners in hopes to have a quick visit with you, whether it is in your home or another arranged meeting place. There are a number of reasons for this short visit and I am listing them below to give you an idea of why I am reaching out to schedule a date.

1. This visit will allow me to get to know you and what skills/ideas you bring to the Downtowners Village.
2. I would like to take a photo of your household which will be made available on the membership website. As the number of members continue to grow, this type of photo directory will allow members to hopefully recognize each other a little easier.
3. It is very essential that Lancaster Downtowner's group continue to be recognized in the city as an important non-profit group. There are a few questions that will allow us to gain a baseline of the community as a whole, and to measure that from year to year. It is just another way to substantiate the need for these types of services moving forward.
4. This time will be also spent, quickly updating any information that may have changed since the time you first filled out your paperwork to join.

I met with Bob a few weeks ago, we discussed a many things. I believe I made it fairly painless, but instead of taking my word for it....here is what Bob has to say.

*Blessings & Peace to you all,
Beth*

Beth,
I like everything you are doing. I must add that a directory with photos will be especially appreciated by members with memory issues.

Bob



Member's connecting

Game night!

Lancaster Downtowners Celica, Pauline, Liliana, Elizabeth, and Mary Cae gather for regular Canasta games! If you would like to host a card game, board game, Mahjong game, or other table top adventure, feel free to reach out to fellow Downtowners for additional players! Use the [Member Directory](#) on our website for individual contact information, be in touch with your Neighbor Contact, or send an invite to everyone by emailing dtcommunity@lancasterdowntowners.org



January Event

Memory Meeting

The bi-monthly memory meeting continues to meet for a relaxed social time to discuss anything about Mild Cognitive Impairment, Alzheimer's and other dementias. All are welcome whether you are experiencing memory loss, a caregiver for someone else who is experience memory loss or just interested in the topic.

WHEN: January 20, 2020 2:00pm until 3:00pm

WHERE: Home of Bob Ibold, 239 Lancaster Ave.

***REGISTRATION IS REQUIRED** [Click here to Register](#)

Another game opportunity: Bill Haynes has shared that Mahjong lessons will be given through the LancasterREC starting 1/8/20 from 1pm-2:30pm.



[Click for Website](#)

About our Sponsors

Meals on Wheels

I had the pleasure of meeting with Kevin Ressler last month to talk about Meals on Wheels' Sponsorship of the Downtowners. It was shortly before the announcement he would be moving on from Director of Meals on Wheels to President and CEO of the United Way of Lancaster.

I sensed his passion about providing delicious and nutritious meals to all who are in need and his pride for the ability to offer not only dishes from the PA Dutch recipe book, but meals for everyone, including gluten-free, vegetarian and attention to therapeutic diets.

Under Kevin's guidance, Meals on Wheels values people's choices to age in place just like the Downtowners, and helps to provide a healthy meal to all of the folks who participate in the program.

But Kevin realizes there's more to it than just good food. It's about engaging the community through social visitation insuring those neighbors who are home bound or recovering are not isolated or left hungry.

He points out that the success of Meals on Wheels is in part due to hundreds of devoted volunteers who prepare food and/or drive and deliver the routes. He is pleased to report the fact that Downtowners have often answered the call for help and he is appreciative of us as an important source of volunteers.

We are grateful for the support of Meals on Wheels by recognizing the Downtowners contributions to our community. We wish Kevin well as he transitions from one very important position to another.

Getting to know Kevin, I'm sure he will be leaving Meals on Wheels in good hands, and helping to transition the organization into its next chapter at a great new location on Columbia Ave. Thanks, Kevin.

Andy Berfond



One Man's Opinion

Around Town

It has been a talking point in the local news and on social media recently and several Downtowners have shared their opinions on the subject thanks to the efforts of Downtowner Eileen Gregg via reaching out to us on DT Connect.

The final stage of the reinvention of the 100 block of North Queen Street is underway, as the space between the Holiday Inn and the Cargas Building is now being demolished to make way for the new library as well as still another parking garage.

Part of this ambitious project includes what is reported to be the biggest public art project the city has ever seen, to the tune of \$600,000. Sounds great for public art and the presence of so many talented artists and craftspeople in our county.

No, not so much.

Why? Because somehow the Lancaster art community wasn't really included or represented in the process of selecting the concept and artist for consideration.

The chosen artist company comes from Miami Florida, and now the artist community and their supporters in our city are wondering why.

The reason given at a public meeting several weeks ago was the specifics to this art project could only be accomplished by certain artists who are knowledgeable about art of its kind. Cylindrical tubing with a contemporary looking multi colored work of art covering the outside would forever look out on the facade of the new Ewell Plaza structure.

Owner of the Mulberry Arts Studio, April Koppenhaver, has been particularly vocal as she has put together meetings of interested persons and signed off on letters to the City regarding many Lancastrians feelings of disappointment and disapproval in how it all happened.

Your Reporter shares the sentiment of the artist community and believes we have not heard the end of this, even though everyone has been told it is a "done deal."

Stay tuned.

Andy Berfond



From Your Reporter

I don't mean to sound like a cliché, but where does the time go? The year flew by, and now it's time to welcome in a new one. While we look forward to what the future has in store for us, it's also a good time for reflection on the past.

We worked hard to put on a very memorable event, Fete D'Or, to celebrate Age Friendly City. We also recognized the opportunity to participate in the annual Extraordinary Give appeal for support and we exceeded our fundraising expectations.

We had a presence at several outdoor events in the City to spread the word about our mission, and participated in a Celebrity Bartender Event as well.

Then we thanked Kim for her years of service as the President and driving force of the Downtowners, and welcomed Judy to take over and provide her leadership.

I also shouldn't forget to mention our ability to have Interns Beth and Tyler contribute their enthusiasm and expertise in helping Melissa to keep our name out there, especially on social media. Of course your humble Reporter has tried to do his part, by finding you in and around the city and taking your picture, with the hope you would be ok with being the Downtowners "social media star of the day."

And in the New Year, what do we have to look forward to? We'll probably continue to occasionally have a scheduled presence at happenings around town and even figure out if there is an opportunity to have another big event. Whatever else is in the Downtowners future will happen as a result of the collective efforts of all of us, as we continue to provide a unique way to live in Lancaster, support one another and appreciate everything the City has to offer.

Happy Holidays and Happy New Year.

Andy Berfond



Health News

Much more than a Positive Attitude

A surprise find was this article from a business blog at INC.COM with the intriguing title of “Neuroscience says your body and mind get stronger when you focus on this 1 thing”. Author Geoffrey James summarizes the research from neuroscientists and lists 6 positive outcomes for general well-being.

What is this thing? Click on the link to discover how this amazingly accessible mind-body “thing” can improve your health and wellbeing.

[Neuroscience Says Your Body and Mind Get Stronger When You Focus on This 1 Thing](#)

When you eat may be more important than what you eat!

ScienceDaily blog and other sources are referring to new research into the timing of eating and how it can help to reduce belly fat, lower blood pressure and cholesterol, and the risk of diabetes. “Eating and drinking (except water) within a consistent 10-hour window allows your body to rest and restore for 14 hours at night.” Says Emily Manoogian, one of the authors of the study. No changes in diet, just timing resulted in improved sleep, a 3-4% reduction in weight and waist circumference, reduction in risk factors for heart disease, and improvement in blood sugar and insulin levels.

Being retired or on a more flexible work schedule makes this lifestyle change more feasible. Click the link to read more on this study from the Salk Institute and the UC San Diego School of Medicine.

[Clinical study finds eating within 10-hour window may help stave off diabetes, heart disease](#)

John Kanagy



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