



# LANCASTER

## downtowners

*Vibrant, Connected, Community*



## From the Executive Director

### Greetings Downtowners!

This month I am pleased that the Downtowners have banded around a new type of volunteer project. Led by Sandy Asher, a group of Downtowners will be creating "plarn" (yarn made of plastic grocery bags) and crocheting sleeping mats that will be transported to the US-Mexican border for use by people seeking asylum. This is a pilot project, to determine effectiveness as a possible larger scale program. If you would like to support our village in assisting our world village in this way, there are two things you can do.



**Melissa Ressler**  
*Executive Director*



Save your white plastic grocery bags and bring them to the Downtowners office before February 3rd.

We will need hundreds of bags per mat, so ask your neighbors and friends to contribute as well!

Join us on Monday, February 3rd 1:00pm at the office, with a sharp pair of scissors and assist in cutting the bags and attaching them into plarn.

This skill will be taught that afternoon, no experience needed!

Thank you to those who have already contributed materials and time. If you have a community project or opportunity that is better done together, I encourage you to reach out to me! Chances are there are other Downtowners excited to support the initiative, and I'm happy to provide guidance on galvanizing those efforts within our village.

- **Melissa**

# From the President

## Strategic Plan Update

Back in 2017, the Downtowners Board adopted a five-year strategic plan and committed to regularly informing members of progress on the implementation of this plan.

The Board embarked on strategic planning to help Downtowners become an organization that could truly support our members as we age, with social contact, volunteer assistance for tasks, and connections to resources. Much of the strategic plan focused on structural changes, and these were front-loaded.

So in the first three years of the strategic plan, we made many changes:

- we developed a database, Club Express, to keep track of membership, Just One Call volunteer work, committees, and policies and documents, supported by a task group.
- we entered into a partnership with Landis Communities that provided some administrative support and an office space in Steeple View Lofts.
- we formed a Personnel Committee, developed a job description for a part-time Executive Director, and recruited and hired Melissa in that role.
- we formed a Fund-Raising Committee, which has pursued grants and sponsorships to support Downtowners.
- we formed a PR/Communications Committee, which has worked on a new logo, brochure, and social media presence and messaging.

As we look forward to this year, the Board realizes that much of the heavy lifting has been done in terms of the structural changes called for in the strategic plan. What we hope to focus on this year is strengthening some of these efforts, and to give special attention to supporting the work of the Membership, Fund-Raising and PR/Communications committees, as they represent the pieces needed to make Downtowners sustainable for many years to come.

- ***Judy Zimmerman***



# Public Art Project

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## Results of the Membership Poll

Many thanks to my fellow Downtowners who participated in my online poll concerning the design firm to construct the Public Art Project for the façade of library-garage building in Ewell Plaza.

After I had received 50 votes sent over a three-day period, I decided that it was a large enough sample to be representative of our entire membership and I ended the poll.

I offered three choices for the voting: (1) the original drawing by Hammel Associates, a local firm; (2) the design by R&R Design of Miami that was approved by City Council, and (3) construct the building and add the art later.

The results are: the choice listed as (#1) Hammel - received 8 votes and the choice listed as (#3) build the building and add the art later - received 42 votes. The choice listed as (#2) - R&R Design of Miami - received 0 votes.

That's right, there were NO votes for R&R Design, the firm chosen by the City to build the art façade for the library-garage building in Ewell Plaza.

Some members who participated in the poll added a comment explaining why they voted as they did. Copied below are some of these comments with the person making the comment identified only by street name:

"I think we all would be better served by a process that was more holistic, including honor for our traditional city, for a concept of art that goes beyond trendy commercialism." - N. Charlotte St.



## *Public Art Project cont'd*

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"It is disturbing that the Hammel option that was approved by the Historical Review Board received no publicity." - E. Orange St.

"I vote for the Hammel design. The designer is local with a prestigious reputation and respect for our historical architecture." – Lime Spring Way

"The Hammel Associates design, conceived by a local architect familiar with historic Lancaster, approved by Lancaster Historical Commission over the non-approved R&R's garish design, is clearly the less expensive and more appropriate choice for the Lancaster community - the present mayor and City Council notwithstanding." - N. Duke St.

"The Miami firm designs what they think will sell." – Lancaster Ave.

"My preference would be the third option, i.e., community supported public art added after the construction." – Atkins Ave.

"I think starting the process transparently and letting more of the community weigh in would be the right thing to do." – Race Ave.

"I would be in favor of #3. It would be useful to have an interval of time that allows observation of the public use that evolves and thus providing for a better choice for the area....so important!!!!" – Washington St.

"WAIT!" – E. Lemon St.

"I much prefer the Hammel concept. It is much more congruent with the rest of the plaza as it has already been built." – N. Charlotte St.

"I vote for the local guy." - E. Hart St.

"With the strong art atmosphere in Lancaster, it is hard to understand why this decision was farmed out to a distant and different art culture." - N. Duke St.

- ***Eileen Gregg***

# Just One Call

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Need your sidewalks cleaned while you are away?

**JUST  
ONE  
CALL**



**717-584-1248**

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

**JOC IS LOOKING FOR VOLUNTEER DRIVERS!**

Please contact John by email

[jt.kanagy12@gmail.com](mailto:jt.kanagy12@gmail.com)

*Give a Lift!*





## Member's connecting

### Koffee Klatch

January 10<sup>th</sup> Koffee Klatch meeting at Nancy Borreman's home! "We had a lot of fun telling a story about ourselves that we assumed no one had heard before!" -Nancy



### Scrabble Fun!

It was a very warm cozy scrabble game with Bonita, Nancy and Tina who drank tea, snacked on crisps and made some discoveries about each other. The mildly interesting scrabble discovery was that om is the actual spelling for "a mantra used in contemplation of ultimate reality" (dictionary definition!) We kept score but that wasn't the main point.

On Feb 12th there will be a second chance for those who missed the first, once again at 2:00 on 102 S. Ann St.

*-Tina Glanzer*



# DT News

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## Meet Maestro Stephen Gunzenhauser!

The Lancaster Symphony Orchestra, one of the Downtowners collaborative nonprofit partners, had an important announcement at the end of last year.

Maestro Stephan Gunzenhauser was to retire after years with the Symphony and we thought it would be a great opportunity if Maestro would grant us an interview, to learn about his journey thru a very accomplished musical career.

I had the pleasure to meet with Maestro at the Prince Street Cafe and learned although he retired from the Symphony, he is far from “kicking back to relax.” He was proud to share about his continued involvement for the past fifteen years at a Music Festival in Wellsboro, Pennsylvania near the New York State border.

Maestro continues to do guest conducting, but also enjoys playing golf, realizing there is now more time to do so. He reports a love of cooking, specializing in Chinese and German cuisine and a love of his dogs, an Australian Mini Labradoodle and a Pug.

On living in the Lancaster area, Maestro says he believes the community looks kindly towards people with intellectual pursuits. He has made good friends here and is supportive of local artists and galleries as well as being appreciative of the variety of restaurants for fine dining. He is also a member of the Hamilton Club and the Smart Life Program. Lancaster he says, is reminiscent of a middle size German City.

Maestro’s past work also includes Music Director of the Delaware Symphony plus he has made 80 CD’s in his career. He reports a commitment to “living music,” and speaking to generations of music lovers, doesn’t necessarily want to be considered classical, but more “symphonic.”

We’re sure he will be missed at the Symphony here, but his passion and continued involvement in music means he will be an “active retiree” for years to come.

- *Andy Berfond*



PHOTO CREDIT: FRINGE FOX STUDIOS

## Resource Roundup

Last month a Downtowner used the DT Community list service to ask fellow members to recommend a dentist. Over a dozen people responded with great recommendations to the request! The Resource Committee doesn't want all of that good information to get lost in someone's email inbox, so we compiled all of the information into an easy to read table. That way the next person in need of a dentist can simply email the office at [director@lanasterdowntowners.org](mailto:director@lanasterdowntowners.org) to receive a ready list of options, including Recommending DT Member, Comments, and the contact information of the provider.

While many provider recommendations can be found [HERE](#) on our website, there are some categories that will be maintained in this format; if a separate table of resources is available (like the dentists) this will be indicated in the directory. As a reminder, all of the providers listed in our directory are recommended by other members and any new relationship formed is solely between the provider and the individual.

The next area we will be exploring for recommendations and experiences is in-home care. This includes skilled care (i.e. wound care, physical therapy, catheter care), non-skilled/custodial care (i.e. laundry, cooking, bathing), and assistive devices to make it all easier (i.e. walkers, wheelchairs, reachers). Stay tuned for conversations in your neighbor groups, koffee klatches, and at the office as we pool our collective knowledge and answer important questions about providers and care in Lancaster.

- **Melissa Ressler**

### Custodial Care vs. Skilled Care

Long-term care (LTC) is for a beneficiary who needs someone to help them with their physical or emotional needs for an extended period of time. There are two types of LTC: custodial care and skilled care. Skilled care refers to skilled nursing or rehabilitation services, provided by licensed health professionals like nurses and physical therapists, ordered by a doctor. Custodial care refers to services ordinarily provided by personnel like nurses' aides.

Custodial Care	Skilled Care
<ul style="list-style-type: none"> <li>Consists of any non-medical care that can reasonably and safely be provided by non-licensed caregivers.</li> <li>Can take place at home or in a nursing home.</li> <li>Involves help with daily activities like bathing and dressing. In some cases where care is received at home, care can also include help with household duties such as cooking and laundry.</li> <li>May be covered by Medicaid if care is provided in a nursing home setting and not at home.</li> </ul>	<ul style="list-style-type: none"> <li>Is medically necessary care that can only be provided by or under the supervision of skilled or licensed medical personnel.</li> <li>Can be more costly than custodial care and can take place at home or in a skilled nursing facility.</li> <li>Examples include physical therapy, wound care, intravenous injections, catheter care, and more.</li> <li>May be covered by Medicaid. State Medicaid programs have different rules that determine when skilled care is medically necessary and payable by Medicaid.</li> </ul>

Follow us on Twitter [@MedicaidIntegrity](#)



# One Man's Opinion

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## Foodie Report

Last year two of my favorite go to places in the city closed. Gypsy Kitchen and Goldie's were each unique restaurants that provided their customers with a tasty culinary experience. I've observed as soon as a place closes though, there are several more start up dining establishments ready to become part of the city scene and hoping to capture a portion of the dining out dollars from local folks and tourism.

Lancaster Cheesesteak Company, Lancaster Downtown Deli, Blazin J's Chicken, Josephine's and C'est La Vie, New Holland Coffee Company are the latest places on my list to try and share the experience in the future. Add to this list a new restaurant and a new craft beer brewery that will be opening at separate locations on the 200 block of North Prince Street.

My past experiences of dining out in the city are worthy of a recap as I look forward to checking out the new places. So here it is in no particular order.

Barbaret....one of the best happy hours in the city, and a good burger.

Sa La Thai...authentic cuisine with attentive service.

Shot and Bottle...very good and different nachos to enjoy with drinks

Zoetropolis Stillhouse...great sliders and creative cocktails.

Max's...retro atmosphere and milk shakes with alcohol, oh my!

Decades...good food and lots of noise.

The Exchange...it's all about the view, less about food and service.

Belvedere Inn...the special occasion place with creative cuisine.

Sprout...authentic cuisine, well priced in a simple & bright atmosphere.

Yorgos...great moussaka one time, not so good the next.

Cabalar Meat...pair a Voodoo Beer with a burger, IF you can get them to make your burger the way you like it.

As always, I look forward to running into my fellow DOWNTOWNERS AROUND TOWN.

- **Andy Berfond**

# Health News

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## How to Effectively Communicate With Your Doctor

With increasing demands on doctors and nurses, getting a word in isn't always easy.... We've all been there. After waiting endlessly for a doctor's appointment, your physician breezes in and out of the exam room, seems rushed and leaves you little time to ask questions. Before you know it, your appointment is over, and you feel like little more than a series of medical tests and health conditions. You don't feel seen or heard.

A link to the complete article can be found below, these are just a few highlights on how you can communicate to your Doctor to avoid being stereotyped, "Communication is a key part of delivering effective care and maximizing quality of life. It allows doctors, nurses and others who work in health care to see the person behind the condition."

1. **Write things Down.** Before your appointment jot down questions and bring it with you. Repeat back what you've heard in your own words. If you are unsure what was said, ask the physician to pause and explain.
2. **Tell your doctor if you have trouble hearing.** Informing the nurse or doctor before you begin can avoid any misunderstandings and confusion.
3. **Share your strengths and preferences.** Fick and Wasserman say it's just as important to share your biggest health concerns and personal concerns related to your condition. Tell your doctor about everything from your work and daily activities to your friends and pets to your spirituality. "It's important for doctors to know the things that really matter to the patient," says Wasserman.
4. **Ask about your medications.** Revisit your medications at every doctor visits. Asking questions like, Why are you on it? Do you still need it? What would happen if you went off?
5. **Tell your doctor about the little things.** "It's important to let doctors know if something that's been normal for you has changed, even if it doesn't seem related to your health. It can be anything like your diet or how much you're walking or socializing," says Wasserman. "Every change in function can be related to an underlying disease or side effect from a medication."
6. **Stick with the same doctor.** If you see a different one every visit, it's hard to feel comfortable with your doctor. "It's fairly critical that people see a consistent health care provider" to build a positive relationship, says Harwood. "Be willing to change doctors if you don't feel comfortable or if you don't see a consistent person."
7. **Involve older adults.** If you're a caregiver, you may find yourself accompanying a parent or family member to the doctor. Your role? Make sure your parent or family member is involved in the conversation and decision-making.

[Click here for the entire article at Nextavenue.org](#)

# Around Town

## A Casual Conversation with a Stranger

I was at Market recently on a busy morning and after getting a cup of coffee, I hoped to find a seat to enjoy it while watching the familiar activity of people going by. I approached a gentleman seated by himself and inquired if the remaining seats were available. He smiled as he motioned for me to join him.

There was no conversation between us at first, but after realizing he was there doing pretty much the same thing as me, I casually mentioned what a great place Market was for people watching. After he agreed, we started chatting about many topics, including what it is like to be a senior citizen living in the city and everything there was to do.

I learned the gentleman was from the east side of the city and active at his church providing counsel to others. At one point he saw a young man pass by who he obviously knew and had some positive words of encouragement for him during that very brief encounter.

The conversation turned to the continued growth in the city and then about the opening of the 101NQ building on Queen Street. I then inquired if he had heard about the controversial public art project at the newly planned library and when he said he was aware of it, I filled him in on some of the details I've learned.

After formally introducing ourselves he asked me if I was a part of "that group of senior citizens" in town. My response of course was "you mean the Downtowners?" Yes he replied, and stated he knew a member but couldn't remember the name. That's when the Ambassador in me kicked into gear and I reminded him what a great organization we are and suggested he check us out online.

After giving him a Downtowners business card with my contact information, I wished him a good day and went on my way. My take away of this encounter was the Downtowners name is beginning to be recognized in the community, and that is a wonderful thing.

- **Andy Berfond**



# From your Reporter

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## Random Acts of Kindness

Holidays are a great time to set into motion a random act of kindness or to pay something forward. This past holiday season, I spontaneously had an opportunity to do something small for someone and it reminded me of past memories pre-retirement, when Ellen and I were still “gainfully employed” and in a financial position where we could be a bit more creative with our giving.

Mika was on line in front of me at the Copper Cup on Columbia Ave one morning, and as she awaited the preparation of her coffee selection, I was staring at the muffin offerings trying to make a decision. I was moved to share with Mika the difficulty my choice of muffin was turning out to be.

Mika shared in our brief “encounter at the counter” that she worked for a local country day school. I said I was a “happy retiree in Lancaster.” I paid for Mika’s coffee as the server was about to tell her how much she owed. It was a “feel good moment” when I decided to do this random act of kindness for someone as it was the holiday season of giving.

Mika smiled as I reminded her that she might now have to pay it forward in some way. My giving memories of the past included fulfilling a young child’s wish from a letter to Santa turned in to our local post office and paying for someone’s layaway at a discount store which included toys days before the holidays.

While the holiday season is now behind us, I’m wondering if random acts of kindness or paying something forward should be happening all the time. Just think how we might be able to make someone’s day with a simple cup of coffee.

Wishing everyone a happy and healthy New Year.

- **Andy Berfond**

if we all do  
one random act of  
kindness daily  
we just might set  
the world in the  
right direction

martin kornfeld



# Upcoming Events

## January, 2020

Wednesday  
**22**

**Coffee and Club Express**  
Downtowners Office at Steeple View Lofts  
10:00 AM  
[More Info](#) ✓

Wednesday  
**22**

**Books, Coffee and Conversation**  
Cafe Di Vetro  
10:00 AM

Wednesday  
**29**

**The Best Countries to Live in When you are Old--  
How Life in U.S. Compares**  
Community Mennonite Church of Lancaster  
7:00 PM

Thursday  
**30**

**Thursday Lunch Bunch and Common Hour:  
Protected Lands: The Paradox of the Cultivated  
Wild**  
F&M Mayser Gymnasium  
11:30 AM

## February, 2020

Wednesday  
**12**

**Scrabble**  
Tina Glanzer Home  
14:00

Thursday  
**13**

**Drawing for Fun**  
Bob Ibold home  
15:00  
[More Info](#) ✓

Friday  
**14**

**Valentine Luncheon**  
Imperial Restaurant  
12:00



**Friends LifeCare<sup>SM</sup>**  
Your Life • Your Independence • Your Home

**Landis Communities**  
Enriching Lives

**Invite you to  
An Educational Opportunity to Learn  
About  
Continuing Care at Home**

**February 5, 2020**

1:30 pm – 3:00 pm

East Petersburg Mennonite Church  
6279 Main Street  
East Petersburg, PA 17520

**March 26, 2020**

1:30 pm – 3:00 pm

High Learning & Wellness Center  
Landis Homes  
1001 East Oregon Road  
Lititz, PA 17543

### 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?

**To reserve a seat please call 1-844- 2LANDIS**

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