



From the Executive Director

A warm welcome to our newest members

Brian Long, Linford Good, and Beth Ann Good!

I am pleased to introduce a new Just One Call (JOC) opportunity. Thanks to the good work of the JOC Committee, members are invited to participate in the Downtowners Health Buddy Program.

The aim of this program is to help a Lancaster Downtowner member navigate a doctor visit by having a volunteer member (a “buddy”) accompany them to their medical appointment. The volunteer helps the member to prepare in advance for the appointment and then serves as an extra listening ear by taking confidential notes at the doctor visit. The volunteer wants to make sure the patient has a good understanding of what the doctor recommends. Following the appointment, the volunteer gives the notes to the requesting member, who may share the notes with children or others.

Click here for the detailed program information: [Health Buddy Program](#) (make sure you are logged into the Downtowners website to see information)

The Just One Call Committee will soon announce training times for those interested in the program. This training was created by Northwest Neighbors Village, a member of the Village to Village Network, and has been adapted to best suit our village community.

A final note, if you have moved please let the office or Tana Woodcock know! Tana is now coordinating the Neighbor Groups and will update as members change locations.

- Melissa Ressler



Melissa Ressler
Executive Director

Upcoming Events

February, 2020


Tuesday
18
Lancaster Rec Center
Lancaster Rec Center
2:30 PM

Thursday
20
Thursday Lunch Bunch and Common Hour at F&M: Protected Lands: The Criminal (In)Justice System: Guilt
F&M Mayser Gymnasium
11:30 AM

Thursday
27
An Evening at Decades
Decades
6:00 PM

March, 2020

Thursday
5
Thursday Lunch Bunch and Common Hour at F&M: How to Spot Disinformation in Today's Media
F&M Mayser Gymnasium
11:30 AM

Saturday
7
JOC Volunteer Jubilee
The Parrot Gallery at Community Mennonite Church of Lancaster
2:00 PM
More Info 

Wednesday
11
Koffee Klatch
Liliana Zancu home
9:00 AM

Tuesday
17
Barney Ewell: A Daughter's Perspective
Community Mennonite Church of Lancaster
7:00 PM

Monday
30
Skin Cancer
Ann B. Barshinger Institute
4:00 PM

News for February

On the Lighter Side ...The Good Old Days

I know its winter time but I wanted to share this story as we look forward to the summer months which will be here before we know it. I recently read a thread on Facebook reminiscing about the good old days and I couldn't help remembering how excited we got as kids when we heard the familiar ringing bells of the Good Humor Man coming down the street in his truck.

We would come running in from playing outside shouting to our parents of the coming of that familiar face in the hopes we would be provided with some loose change to indulge ourselves with a treat, providing of course we had been good, did our chores, homework or whatever else was required to earn that treat.

The truck was always so clean, as was the white crisp uniform of the driver who almost always had a smile on his face and looked like he really enjoyed his job of being one of the most popular guys in the neighborhood. Then there was the fascinating silver change maker he wore on his belt, sort of like the cash register of his profession.



You would stand there surrounded by all of the other kids, patiently waiting your turn to tell the man you wanted a strawberry shortcake on a stick, and he would go to the appropriate door on the truck, open it up and a blast of cloudy dry ice air would come pouring out as he reached in for your special treat.

Not unlike the thrill of hearing the Good Humor Bells was to hear the melodic yet monotonous tune of the Mister Softee Truck coming down the street. Yes there was competition, but everyone had their favorites.

Fast forward to today. Yes, there are still some entrepreneurs who have bought themselves an old ice cream truck and attempt to eke out a living in the season. Here in Lancaster though, our choices for an ice cream treat are many, and while that Strawberry Shortcake pop back in the day was delicious, it doesn't compare to the multiple and tantalizing flavors of ice cream at a place like Penny's or Pine View Dairy, two of the more popular ice cream treat establishments in the neighborhood.



-Andy Berfond

Exclusive to LNP – op-ed on the Façade Art Project

IT'S A GENERATIONAL THING

A three-day membership poll on the Façade Art Project in Ewell Plaza was done recently by the Lancaster Downtowners, a “virtual village” composed largely of city homeowners. Members were offered three choices for the façade art: (1) the original drawing of by Hammel Associates, a local firm; (2) the design by R&R Design of Miami and (3) construct the building and add the art later.

The results were: the Hammel choice received 8 votes. The choice to build the building and add the art later received 42 votes. The choice of R&R Design of Miami received 0 votes. That's right, there were no votes for the façade art design that has been approved by City Council. How did this happen? Last spring, Joanna Davis, Director of Public Art, requested \$5,000 from the Community Planning and Economic Development budget for a “feasibility study” of the library-garage façade art project. This grant, to be added to a \$10,000 private donation, was a legal and legitimate use of funds from that budget and the request was granted. An undated document from the Office of Public Art states that the total budget of \$15,000 “includes cost of artist's time and travel to visit Lancaster, collaborate with the architect and other project partners, and produce feasibility deliverables: concepts, schematic drawing and cost estimates”.

On July 10, an R&R Design associate came to Lancaster, met with the project partners and presented three concepts at a meeting of the Public Art Advisory Board. At its August meeting, the PAAB chose one of these concepts: R&R Design's signature vertical stripes, known in the trade as “tapestry patterns”, “wallpaper art” and “candy-cane stripes”. The concept, still in unfinished form, was approved at the November 12 meeting of City Council. The Council resolution includes a community engagement plan, but R&R Design is given the final say.

So why, in the Lancaster Downtowners' membership poll, were there not any votes for R&R Design of Miami? I decided that it's a generational thing. Many members of the Lancaster Downtowners organization represent the Silent Generation, also known as Traditionalists, whereas many city officials are Millennials. Those of the Silent Generation can be expected to question the idea that money from a community development fund can go to an out-of-state design firm applying for said contract, whose agent might have paid out-of-pocket for a look at said site and to meet with said potential clients.

The Silent Generation believes that there should have been a series of public meetings before R&R Design was selected. We have seen a conceptual drawing of the proposed artwork and many of us are saying we don't like it. On this, the Silent Generation is not being so silent. The Millennials tell us that we have nothing to worry about. They say that our grandchildren and great-grandchildren will love it. Remember the Eiffel Tower.

- ***Eileen Gregg***

Just One Call



When:

Saturday, March 7, 2020, 2:00 PM until 4:00 PM

Where:

The Parrot Gallery at Community Mennonite Church of Lancaster

328 W. Orange Street

Lancaster, PA 17603

Just One Call committee would like to thank you for all you do! Please join us for refreshments, social time, and updates on volunteer opportunities. This is a time for former, current and future volunteers.

People interested in becoming volunteers are also invited. Please join us to celebrate YOU!

REGISTRATION IS REQUIRED

Tana Woodcock

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Member's connecting

Plarn!

On February 3rd a merry group of Downtowners and other community members gathered at the office for a plarn making session. The plarn will be crocheted into 10 sleeping mats and transported to the US-Mexican border for use by people seeking asylum. Thank you to Sandy Asher for organizing and for opening up this passion project to our group. If you have a service project that you think other Downtowners might support, reach out to the office for help coordinating!



The Aging Advantage

On Friday, February 7th **Melissa Ressler**, executive director, and **Martha Harris**, member and CEO/Founder of [Fizika Group](#), co-presented on The Aging Advantage at Leadership Advantage, a conference hosted by Leadership Lancaster. The presentation addressed how the landscape of aging is changing, and explored how to engage this growing resource for the benefit of the community. The session featured insight and best practices to promote the involvement of older people in your organization as staff, volunteers, supporters, and consumers and guided participants in re-imagining "retirement."



Resource Roundup

Transition from Hospital to Rehab

If you have a parent or other loved one who will soon be released from the hospital after an injury or surgery, he or she might not yet be well enough to return home, even with the assistance of in-home care. That likely will mean a transition to a short-term rehabilitation facility or nursing home.

If you've never had this experience, you may not know what to expect. The following are some important tips, and a few cautionary tales, from caregivers and a patient who have been through the hospital-to-rehab transition."

Full article at: [Making safe transition from hospital to rehab](#)



Credit: Adobe Stock

Sponsor Events



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

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

No Longer Alone Series

Calvin G. & Janet C. High Learning & Wellness Center Landis Communities

The 4th Sunday of every month 3:00—5:00 p.m

1001 E. Oregon Road, Lititz, PA

Crossings Meeting Room (2nd floor)

Presentation: 3:00—4:00 p.m.

Share and Care: 4:10—5:00 p.m.

Creative Financial Planning for Loved Ones with Mental Illness

Sunday, February 23, 2020

Ann Martin, Esq. of GKH, and Timothy Jantz, Everence

Minds Renewed

Sunday, March 22, 2020

Cathy Meyers, facilitator of Minds Renewed at Calvary Church

Join Charles F. Snyder for a Lunch and Learn

Tuesday, March 10th, 2020

Iron Hill Brewery

781 Harrisburg Pike, Lancaster, PA 17603

5:30 p.m.

Health News

Loneliness is Powerful

Sitting poolside one afternoon while on my winter vacation, I was enjoying the sunshine and a good book when a man who was relaxing in a lounge chair in the same row as me, got up for a stretch and waved as he looked in my direction. I had to think for a moment if I knew him, as I was at a place where I've wintered for many years, but he did not look familiar.

He strolled over to where I was sitting, stopped in front of me and started to talk about his time relaxing at the pool, and then shared something that was a powerful statement coming from a stranger. "I am lonely," he said with a slight smile on his face.

I learned this man was from Montreal, spoke with an accent and my guess he would be in his eighties. His build was small and he appeared to be in good health. He proudly shared he spoke three languages coming from Canada, Italian, French and English, and apologized for his English even though there was no reason to because I clearly understood him.

We chatted for a while and I learned Vincenzo was a spiritual man who attended a local church group for bible study. I pointed out to him that his church was a great place to be with people, just like sitting poolside, as evidenced by his ability and desire to approach me to initiate a conversation.

After about ten minutes of small talk, Vincenzo said goodbye and returned to his lounge chair where I noticed a couple of woman had just taken a seat nearby and he began talking with them.

It got me to think how powerful loneliness is as we age, and the importance of being assured we maintain a network of people we can count on to be with and talk to when the need arises.

Being a Downtowner provides many of us with that network and it is my hope if any one of our members ever felt like Vincenzo, they would know who they could count on.



-Andy Berfond

Remembering Thanks to Google.

A Little Help with the Little Things

The super bowl ads continue to be as exciting as the game itself. The Corporate World spends a fortune on ad time, and who can blame them. The hype leading up to the game as well as the half time show translates to millions of people tuning in on television, not including the thousands of people paying thousands of dollars to be up close and in person, even in the nose bleed seats of the stadium.

Although I am personally not a big fan of football, I do enjoy the excitement of this important game and I pay particularly close attention to the ads. The ads are for all kinds of well-known products and services, and many are very big productions costing millions to create, besides the cost of running the ad itself.

This year, one ad stood out to me and I've named it my favorite. There was no music, dancing or humor at all, just a simple and powerful message about a brand called Google, being able to provide a little help with the little things.

A gentleman wants to remember his late wife Loretta, and he asks Google to help him do just that. He gets the help he needs, recalling pictures and events of the life he cherished with his dear wife. It was a touching moment.

This ad received much attention after it aired, and we learned it was created based upon a true story, about the father of a Google employee.

Kudos to Google for running an ad which was so meaningful, but yet most probably much cheaper to create than all those other ones competing for our attention during the Super Bowl.

The man remembered his dear wife Loretta, and we learned a favorite movie they watched together was Casablanca.

-Andy Berfond

Foodie Report

C'est La Vie Bistro

Steps away from Central Market in the former Carr's Restaurant location are two new additions to the local culinary scene.

C'est La Vie Bistro is at street level in the Hager Building and Josephine's Restaurant is downstairs. Both places are the latest endeavors of the owners of the popular Belvedere Inn on North Queen Street where they have already proven their expertise in fine dining, good service and ambiance.

After a Matinee at the Fulton Theatre just around the corner, we opted for an early dinner at C'est La Vie, and were not disappointed in the atmosphere or offerings from the well thought out, yet simple menu which I heard will change regularly.

A creative cocktail and a craft beer was followed by a sweet corn béchamel personal pizza and a delicious crab cake sandwich served on a croissant with a basket of fries. A special touch was a mini bottle of Heinz Ketchup served alongside the fries, as opposed to a larger bottle on the table, or an accompanying side cup poured in the kitchen.

While we came in early without a reservation, it was clear they are recommended as the dining room quickly filled up while we were there.

The spacious room included the bar with ample seating with the opened kitchen behind it, and the large doors/windows looking out at Market appeared to have the ability to open in the nicer weather for outdoor seating.

While the service that day could have been a little more attentive, the food was delicious and the presentation on the plate was appealing.

The Bistro is open Tuesday through Saturday for lunch and dinner. I definitely will return but I'm saving my Josephine's experience for a later "special occasion," as their fine dining menu is much pricier.



-Andy Berfond

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