



From the Executive Director

Greetings Downtowners!

A warm welcome to Alyce Barone and Michael Savio, our two newest members.

There has perhaps never been a better time than now to join the Downtowners and get connected into this supportive village. You have heard from the office frequently over these last few weeks, as we have shared updates regarding programs moving to Zoom, Just One Call options, and Resources available to help everyone adjust to the Stay at Home order in place across Pennsylvania. Therefore, I'm happy to fill this newsletter with the stories of how Downtowners are adjusting otherwise.

Melissa



How are you doing?



"Coming into this semester, I thought that this would be an easy semester. Little did I know that I would be experiencing a global Pandemic and would have to learn entirely new ways of learning. Though my generation was raised with technology, it was still an adjustment for a lot of us to shift from face-to-face learning to remote learning. Even more difficult, learning how to use my home, my place of comfort after a long day, as a place to work, intern, study, and learn. I took a lot of things for granted, including the ability to do certain things in certain places.

After a few weeks of adjusting to this "learn-from-home" life, I finally feel confident with my routine. I have learned never to use your bed for anything but sleep. I am not productive working in such an environment. I discovered that a study space is needed for me to get the absolute most out of my education. I learned the importance of checking e-mails at a much more frequent rate. I learned how to use video conferencing in ways that promote my education. This entire experience did teach me that we all need to be flexible, patient, and to adapt. "

-Tyler

How are you doing?

Your stories...

I think the most interesting thing that has happened to me is my reconnection with folks from my past. While sorting through a desk drawer I found a business card of a neighbor from the 1970s who I had not spoken to in more than 40 years. I called his number which was still active, and we spoke for an hour.

Later that week I had a phone call from a student who was a first grader in my first year of teaching in 1971. He is now in his 50s. He called to make sure I was doing ok during this pandemic.

It just reassured me that people who we interact with throughout our lives shape who we become. It is important to stay connected to your past as well as your current circle of friends.

-Iris L

I bought a comfortable and relatively safe bike. I cannot do my thrice weekly aquatic workout and I need something easy on my knees. I also hike at the Lancaster County Central Park - what a gem - and listen to the birds and enjoy the beauty. I'm connecting with others via phone, email and Zoom for Susan's book group. As we all do. I take comfort in knowing this will end.

-Faith D



I find myself fortunate that I am still working (at home). That has been an adjustment, but it gives me a focus each day. I do not dwell on what is happening. No offense, but I am so inundated with email it is making me crazy! 😄

The gym I go to has classes on zoom, so I take one of those each day.

We go for a long walk when the weather is nice. We try to meet up with my son for a walk if we can (not being able to just "hang out" together has been the hardest.)

I feel blessed that I still have income, insurance, can still afford to shop & live with someone who keeps me constantly entertained! – Ellen B

Thank you for taking the time to share this lovely story. I've thought many times since JOC and John Kanegy helped me return home from a difficult trip that I wanted to let Downtowners know how principled and caring our organization is. Your story reminded me to share. -Jane P

From Your Reporter

About Favorite Places, Making Plans and the Future

A little over a month ago, I met my friend Ed Diller from Gypsy Kitchen for lunch. We talked about the exciting plans for the new Gypsy Kitchen at the Columbia Market House down the road in Columbia Borough, and an anticipated date of sometime this summer for the completion of renovations and the grand opening.

Before lunch, we stopped at Columbia Kettle Works 2nd Gear, next door to the Downtowners office at the Steeple View Lofts. The new Gypsy Kitchen will be a neighbor of the Columbia Kettle Works location down the block from the Market House.



I am sharing this with everyone for a couple of reasons. First, when Gypsy Kitchen was still in the Theological Seminary, it was a favorite dining spot for many Downtowners including myself. It was my love and appreciation of Chef Ed's unique style which grew into a friendship and an opportunity to assist in the promotion of Gypsy Kitchen on social media. Of course, having been a former restaurant owner in my younger years, it helped to grow that friendship as there were so many stories and experiences to share.

Columbia Kettle Works has been on my list of favorite go to places since they opened in Columbia, which was about the same time as Ellen and I moved to Lancaster. We found them on one of our many rides throughout the county to learn about our new hometown and surrounding areas. We often take guests who come to visit us there as a stop on what would become "Andy's tour of Lancaster and the beautiful surrounding farmlands."

When Columbia Kettle Works 2nd Gear opened next door to Zoetropolis in Lancaster, I was thrilled to now have an opportunity to go to a favorite place for a good craft beer without having to drive. As a regular fan of Kettle Works over the years, I've had the pleasure to get to know the owners pretty well, and I have often shared an observation about their taproom, conveniently located between two other places preparing food.

Columbia Kettle Works 2nd Gear is just about the only place in Lancaster City where you can bring in any kind of food from anywhere, and pair it with a good craft beer. It occurred to me that my friend Chef Ed was on hiatus as a restaurateur but was still preparing meals for a handful of faithful followers. And it also occurred to me the policy of bringing food into Kettle Works, might be a great place to offer up one or two of Chef Ed's signature dishes.

Then I thought, what a great place to arrange for a Downtowners meet up for socialization and good company. We could get together for a beer and brown bag our choice of food. Coincidentally, I had stopped by to see our Executive Director Melissa next door at the DT office, and she mentioned an idea to have some kind of "happy hour" social somewhere in the neighborhood since the spring was quickly approaching.

I was excited to have a couple of new projects to think about. Linking Chef Ed with Kettle Works and thinking about offering up an idea for Downtowners to get together.

From Your Reporter cont'd

But then, everything changed.

Quickly.

Now we find ourselves in the middle of a global crisis like no one has ever experienced. Even the experts admit to unknown outcomes and we can only hope this “light at the end of the tunnel” many folks are talking about will indeed get brighter quickly.

I’m writing to you today on day 26 of social distancing in our house since we started counting . While we try very hard to maintain some sense of normalcy, on occasion we get a dose of a new reality, especially if and when we tune in to the news to try staying informed.

The world is basically “closed.” It’s like something you might have seen on the Twilight Zone. The best, and unfortunately sometimes the worst in humankind, comes to the forefront as we all try to take care of ourselves and be there for those who we care about, even though remotely.

Here are some key points I have learned from this experience. I’ve learned and practiced, however reluctantly since I’m a social person, the importance of social distancing. I’ve learned about Zoom, and how powerful a tool it has become to be in touch. I’ve learned you can make face masks from things like bandanas, bras and underwear. And I’ve learned that every single surface we touch could be “the new enemy.”

Because I always think of myself as a “glass is half full” kind of guy, I’m going to say when this passes us by, hopefully sooner rather than later, we will come out stronger and more united in common sense causes and goals for ourselves, our children, grandchildren and the future.

And then I will say I look forward to being in touch on DT Connect to invite everyone to a celebratory get together, perhaps at a place like Columbia Kettle Works.

Be safe and stay well.

Andy Berfond



My Self-Isolation Quarantine Diary

Day 1 – I Can Do This!! Got enough food and wine to last a month!

Day 2 – Opening my 8th bottle of Wine. I fear wine supplies might not last!

Day 3 – Strawberries: Some have 210 seeds, some have 235 seeds. Who Knew??

Day 4 – 8:00pm. Removed my Day Pajamas and put on my Night Pajamas.

Day 5 – Today, I tried to make Hand Sanitizer. It came out as Jello Shots!!

Day 6 – I get to take the Garbage out. I'm So excited, I can't decide what to wear.

Day 7 – Laughing way too much at my own jokes!!

Day 8 – Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have No clue how this place is still in business.

Day 9 – I put liquor bottles in every room. Tonight, I'm getting all dressed up and going Bar hopping.

Day 10 – Struck up a conversation with a Spider today. Seems nice. He's a Web Designer.

Day 11 – Isolation is hard. I swear my fridge just said, "What the hell do you want now?"

Day 12 – I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.

Day 13 – If you keep a glass of wine in each hand, you can't accidentally touch your face.

Day 14 – Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3–1.

Day 15 – Anybody else feel like they've cooked dinner about 395 times this month?"

-Unknown

DIY No-Sew Face Mask



This month's budget is complete using last month's expenses!

Dining Out:	\$0
Movies:	\$0
Clothing:	\$0
Groceries:	\$2700.00

That will do it!

News for April

Resource review for Scott Gray, Handyman

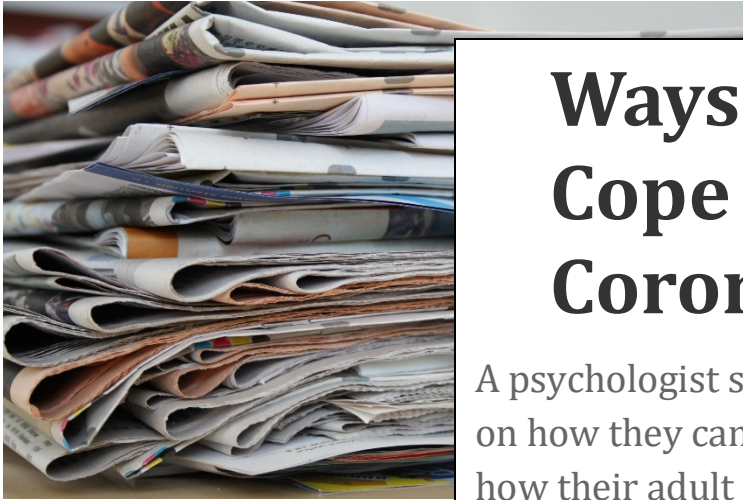
On Saturday morning I headed to my basement with a load of laundry when I discovered the entire basement was flooded with several inches of water. It's a partially finished (tiled floor), well-sealed basement and I have not had a water problem at all in the 18 years I've been here. Apparently, my hot water heater had ruptured during the night & did not have an automatic shut off. UGI came out to verify the water heater problem; determined I needed a new one, which they could do that day. However, I would have to have the water removed before they could install a new water heater and they did not do that. I contacted several plumbers to get the water pumped out, with no availability on their part on a Saturday on a holiday weekend. I then checked the Downtowners' Resource Directory and found Scott Gray, listed as a Handyman, including plumbing services. I didn't know Scott but based on his listing in our directory decided to try him. He was busy planting a tree but said he could be here in 30 minutes. When he arrived, he was wearing a mask (as was I), which I greatly appreciated. He was very courteous and careful about making as little contact as possible in going through the house to the basement. (Until that day, no one, not even family, had been in my house for a month.) Scott was amazed at how much water was in the basement. The only way to drain water out of my basement is to run it through the washing machine, so Scott starting water vacuuming, dumping, running thru the washer; vacuuming, dumping, running for about 2 hours. When he was finished it was apparent that the water had severely damaged the tile floor and it was going to take quite a while for the basement to dry out, so he went back to his house and returned with an industrial floor fan to speed up the drying process (the fan is still here continuing to aid in the drying process).

After he was done for the day, I asked him if I could give him a check then or did, he need to calculate and get back to me with the bill. He stopped for a moment with a thoughtful look on his face and said, "Why don't we just call this my good deed of the day." I was floored, so appreciative and knew I needed to share this story - which I've done with quite a few people verbally. I've been meaning to write a review for the directory, because anyone with the kind of character Scott displayed during his entire time here helping me, deserves all the business we can give him.

An aside: as I mentioned, I really appreciated Scott's (a young man very possibly not in a vulnerable group re COVID19) care in coming here masked and not touching more than necessary while here. Also, as I mentioned, my first call of the day was to UGI since my UGI Service Agreement covers the hot water heater. The very courteous dispatcher on the phone asked me several questions that were mandated by CDC, questions relating to COVID19 to determine if my house was safe for UGI workmen to enter. It was and I was happy for the questions, indicating to me that UGI was taking the required precautions seriously; however, during the course of the day 3 different workmen from UGI came and not one of them wore masks, gloves or took any other precautions! Needless to say, I was not pleased about that.

Bottom line for me is that Scott will be my go-to person when I need work done at my house. Several of my neighbors have already booked him for work at their places.

-Lois Zell (Quillen)



Ways Older Adults Can Cope with the Stress of Coronavirus

A psychologist specializing in older people gives advice on how they can handle the threat and uncertainty—and how their adult children and others can help....

[Click here for a great story from the Wall Street Journal!](#)

How to Help Older Adults Fight Loneliness During COVID-19

Social isolation can be dangerous for older adults. Here's how to help.

"We are a social species. Our social networks (families, tribes, communities, etc.) enabled us to survive and thrive."

—Clifford Singer (2018)

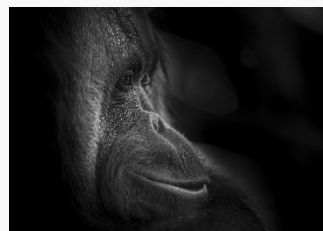
[Click here for the complete article by Psychology Today](#)

Education while Social Distancing

13 zoos that offer live streams - see giraffes, koalas, pandas, tigers, penguins & more
-thank you to Peggy Harbison for the link below!

[13 Zoo Live Stream Connections](#)

[13 Museums Live Stream Connections](#)



Adjusting Daily Routines During the Pandemic

Retirees, cut off from activities and friends, are finding creative ways to cope

By [Carol Hymowitz](#)
Workplace and Longevity Writer
April 7, 2020

[Click to read what nextavue.org has to say!](#)



PA office of aging Covid 19 guide

Click on logo



Here's another quick survey that the Pennsylvania Council on Aging has asked for broad distribution assistance.

The survey deals with older person, social isolation and coping during the these trying

times: <https://form.jotform.com/200854578445059>

Please share this with older persons you know and encourage them to respond to the survey.

The Pandemic Crisis: Faith D'Urbano answers

“How are you connecting with loved ones?”

with layers of connection.

“Rick has boarded the plane for the U.S. I guess I have been trying to be brave but when I went to text someone that he was on the plane I wept tears of relief.”

“You could pass on to Mary's husband the sentiments of 1 very thankful mom”

I copied the above texts to Mary's husband, Neal, my brother-in-law. Neal works for Eastern Airlines, coordinating missions - old jets bringing thousands of Americans stranded in Central and South America home.

I wrote:

The above texts are from my dear friend Beth whose husband's pancreatic cancer significantly and progressively weakens him.

Their son Rick - in the wee hours of today, returned to the US, got to Coatesville - slid into a cushioned and plumped-with-pillows car Beth'd prepared for him. Relief, gratitude, and sleep this side of return from Ecuador.

Daylight, and distance - driveway to the front door - that's as close as parents and son get! And, it's as GOOD as it gets!

**Neal, the family thanks the repatriation team
from the bottom of their hearts!**



**A Wayne-based airline is rescuing
Americans stranded by the
coronavirus**
by Frank Fitzpatrick Philadelphia
Inquirer, April 5, 2020
<https://www.inquirer.com/news/eastern-airlines-coronavirus-20200405.html>

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