



## Village to Village Network Update

By Melissa Ressler

As we respond to the shifting needs of our community, I'm grateful for the ready feedback provided by our board, committees, and members, as well as connections to other partners and organizations. One of our most valued resources has been the Village to Village Network (VTV).

VTV provides easy access to ideas and solutions that other villages have implemented, and supports communication with others across the country who are engaged in the same grassroots work that Downtowners was founded on and continues to rely upon. Though we are unique in Lancaster, we must remember there are over 280 villages striving to support vibrant communities.



One way we have stayed connected to best practices and innovative ideas for villages over the years is by regularly attending the National Village to Village Conference. Any board member who has attended will share what an energizing, inspiring experience this three day gathering is! This year, of course, *things are different*.

The [conference](#) is going virtual over the course of the first three Tuesdays in October. Check the above link for the agenda and details. The theme for this year is **20/20: Clear Vision for the Future**. COVID-19 has applied an interesting lens upon the future, and the opportunity to explore and learn from others across the country and world who share our vision and mission at this time is irreplaceable!

Stay tuned for more information about how the Lancaster Downtowners will support your participation in this year's conference. And let me know if you would like to attend!

Of added interest, Board President Judy Zimmerman Herr and I will be joining colleagues from AARP and Swampscott, MA to share about our experiences with the Network of Age-Friendly Communities during the October 20<sup>th</sup> sessions.

## Program Highlights

### New Member Welcome Reception

Saturday, September 18<sup>th</sup>

Wolf Museum Lawn (423 W. Chestnut Street)

We will greet and welcome folks who have joined Downtowners within the last year, and also welcome people who are considering joining but want to learn more about our mission. Refreshments and good company will be provided! Contact Melissa or Bill Parson, Membership Committee Chair, with any questions.

Bring your own picnic blanket or chairs. DO WEAR YOUR MASK PARTICULARLY DURING OUR GATHERING TIME.



*Picture: Downtowners enjoy the Annual Picnic at the Wolf Museum on August 8th.*

Check the [Event Calendar](#) for Walking Group, Book Clubs, Afternoon Teas, and Koffee Klatch gatherings throughout September.

**Mark your calendar for three special Zoom presentations by our sponsors:**

8/19: [Shared Housing and Home Safety](#) by Landis Communities

9/16: [Affording Quality Care](#) by Friends Life Care

9/28: [What to Consider When Planning to Stay in your Home during Retirement](#) by Gibbel Kraybill & Hess

Our generous sponsors demonstrate their commitment to maintaining Lancaster City as a safe and welcoming environment for people of all ages and assure that the support provided by Lancaster Downtowners remains affordable for members.

We partner with businesses and organizations that provide high quality services that align with our mission.

## Foodie Report

-Andy Berfond

Restaurant service is not going to be the same. I'm going to conservatively say "not for a long time, if ever." Having once been in the restaurant business myself, that is a powerful thought.

Regardless of its size, food service establishments of all kinds and all cuisines and ethnicities, from diners to fine dining, will find innovative ways to reinvent themselves in order to survive. The flip side is places are going to sadly close, unable to deal with the lack of business in those empty seats, due to mandatory social distancing guidelines.

The take out food business is literally "taking off." It was even before the Pandemic due to the growing popularity of apps like Doordash & Grubhub. At a recent stop at the Prince Street Cafe, I ordered my coffee and breakfast sandwich and took a seat outside at one of their small tables. I watched with interest the number of take out bags going to cars stopping at curbside. I also enjoyed the view of the Fulton Theatre across the street and a plaque next to a tree dedicated to local icon Steve Murray.

I've observed places that are not surviving. On Prince Street, Senior Hoagie appears to be closed, as is the Federal Taphouse on Queen Street. There doesn't seem to be any activity at the recently opened Lancaster Cheese Steak on King Street. And I don't hear anyone talking about places like Amorette, newly opened about a year ago at the corner of Prince Street and Lemon.

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*Prince Street Cafe, take-out only*

*Encouragement from Fulton Theatre*



*Steve Murray*



In spite of it all there are some new places appearing on the scene, or working hard to get opened and adapt to the new rules and regulations.

On Harrisburg Pike, La Petite Patisserie quietly opened their new location across from F&M after closing their Prince Street location before the Pandemic hit. Down the road, Lombardos Italian Restaurant continues to get a complete makeover.

Progress is also being made at the Our Town Brewery on Prince Street, and New Holland Coffee Company on King Street opened their second location as soon as the regulations allowed.

Because I continue to love the local foodie scene, I've been making an effort to get back to some of my favorite places. Sitting in the courtyard of Zoetropolis and Columbia Kettle Works 2nd Gear, they have figured out how to work collaboratively for you to enjoy both a 2nd Gear beer along with Zoetropolis' creative cuisine.

I am hoping my friends and fellow Downtowners will continue to support the local culinary scene, whether it be dining in or taking out. They need us more than ever now.

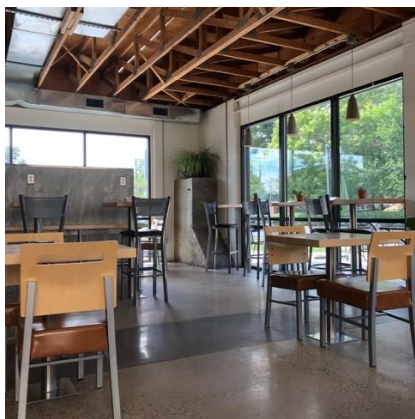
Enjoy...Bon Appetit.



*DipCo, indoor seating at 25% capacity; outdoor seating open.*



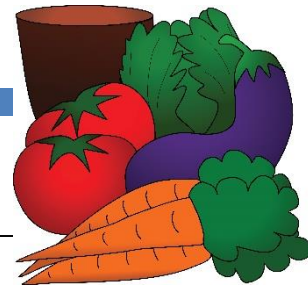
*Dining outdoors at Shot & Bottle, running into Downtowner Kim.*



*Inside Copper Cup*



*Collaboration between Zoetropolis & Columbia Kettle Works 2nd Gear*



## Resource Committee Corner

### MEMBER RECOMMENDED: [LANCASTER LOCAL PROVISIONS](#)

Downtown Pauline met Chef Diana and Gabriel on the Warwick-Lititz trail and they told her about their desire to get local food and deliver it to people's homes.

*"Low and behold I got a box of fresh vegetables with recipes and a pan for making eggs. The vegetables were fresh and tasty."*

[Lancaster Local Provisions](#) combines seasonal produce with other local grains, dairy, meat, and extras to provide fresh, weekly groceries. Delivery is free for folks over the age of 65, and they include new recipes relevant to every box.

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**Have you been impressed with service completed by one of the recommended providers in our [Resource Directory](#)? Let other Downtowners know and share the kudos!**

### How to Leave a Review:

1. Go to [this page on the Downtowners website](#).
2. There is a button at the bottom that says "Add your Review/Feedback Here".
3. Complete that 3 question form and your notes will get entered into the directory.

**Do you know a great painter, house cleaner, or auto mechanic? New providers can also be recommended via the Review Form described above, or call the office at 717-584-1224 and share your experience.**

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**Washington, D.C. and many states are requiring or suggesting that travelers quarantine when they arrive. Here's what we know so far.**

[Click for full article from AARP.](#)



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### ***Some Good News on the Health Front....***

This article from Senior Planet share progress on research related to diabetes, hearing loss, and cancer. [Click here for article.](#)

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**MY LITTLE BLUE CAR** – By Eileen Gregg

It was sunny and not too hot, so I decided to go for a walk. I went out the back door of Steeple View Lofts, where I live, and cut through the SVL parking lot. There they were: Ten little cars, all in two rows. Mine is the little blue one, everybody knows.

After walking a few blocks on Orange Street, I retraced my steps. As I returned to the parking lot, I heard a high, shrill sound. It was too high-pitched to be a stuck horn in one of the cars in the lot. It sounded like a fire alarm in the school across the street.

No smoke was visible and I knew that no one was in the building. Besides, my son – a retired City Fire Chief – had told me that fire alarms in schools connect directly with the Fire Department. A fireman will come to the school and disable the alarm, I thought. I went back to my apartment.

Fifteen minutes later, the phone rings. I pick up the phone and say “hello”. A man’s voice asks, “Do you own a blue Kia in the parking lot behind Steeple View Lofts?” I said that I have a blue Dodge Omni. “You have a stuck horn,” the man said. I replied. “My car is 30 years old and this has never happened before, and I have no idea what to do to get it to stop.”

“Sometimes it stops when you open the car door, or put your key in the ignition, or raise the hood”, the officer said. “Okay, I’ll be right out”, I said. I went out to the parking lot and saw a uniformed police officer standing across the street. I noticed his shiny badge and wondered if I could be given a citation for my car’s stuck horn, maybe for disturbing the peace.

I did as the officer had said. I opened the car door. I put my key in the ignition. I started the motor. I popped open the car hood. The horn kept blaring.

The officer crossed the street. He peeked under the hood. He walked over to the driver’s side and said, “Let me get into the car.” I got out and he got in. He looked big in the driver’s seat and his head touched the ceiling. He gave the horn a really hard thump. Suddenly, silence. Wonderful, glorious silence.

“What made this happen?” I asked. “I haven’t driven my car in three days.” He said, “I have no idea. Sometimes these things just happen.”

Mulling this over later. I thought how strange it was that this happened at a time when I am not using my car very much. Could it be that my car was lonely and calling out for attention?

Several weeks later, I was on the treadmill in the exercise room when a resident, Donna, walked in. “There’s a really loud sound coming from your car,” she said. “It’s a shrill sound and it is really, really loud.” I told her I knew just what to do.

We went out to the parking lot. I got into the driver’s seat and gave the horn a really hard thump. The siren sound stopped.

I sat there a minute, savoring the moment. I remembered that, after buying the car, I had driven it for two years before I knew it had a horn.

I looked at the steering wheel and there, right in the middle of the wheel, was the raised silhouette of a bugle. I had never seen this before.

Maybe I should have read the owner’s manual. I’ll do that with my next one. Problem is, I promised my son there wouldn’t be a next one.

## Lancaster Downtowners Annual Auction

By Dolores Parsil

**This year things are different!** Our silent auction, an important fundraiser for Downtowners, is going virtual. You may have seen the e-mail announcing the auction. Members were also alerted about the new format by phone and were asked to donate auction items. If you didn't get a call, please text or leave a voice mail for Dolores Parsil, 717-309-0339.

**This year the wine pull is new!** So, what's a wine pull? It's for those among us who like wine *and* taking a chance. Here's how it works: bottles of wine of varying values will be offered at \$20. Some will exceed \$20; others will be below that amount. Bottles will be inside paper bags, so you can bid on the bag you like (not the label), and you'll receive a mystery wine!

**This year the bidding window and audience are expanded!** The auction will be available on-line ([www.bidding.owl.com](http://www.bidding.owl.com)), from October 1<sup>st</sup> to the 22<sup>nd</sup>, so you can keep tabs on how your bids are doing and look over all the other great items again! Also, by being on-line, our auction is open to non-members as well, so we hope you'll invite family and friends to check it out. We've got edibles, view-ables, do-ables, walk-ables, wear-ables, and many other -ables!

**This year Just-One-Call is available to help!** Just-One-Call will help with using Bidding Owl, picking up donated items, and delivering items to winning bidders when the auction is over.

We'll provide more information in the September newsletter, but in the meantime, if you have questions or if you want to donate an item for bidding or provide a cash donation, please call the Downtowners office.

**This year things are different! But mark your calendars for October 22<sup>nd</sup>, when we will gather in a new way.**



*Kathleen welcomes Downtowners at a previous Annual Meeting.*



# Have you learned anything new during the pandemic? Downtowners Respond

*I've become an opera aficionado! – Tina G.*

*I have learned the new skill of.....patience. Does that count? - Judd M.*

*I love foreign languages, and I use several languages in my current profession as a translator (English, French and German into Hungarian). Last October, I started the process of brushing up my Russian language skills, on my own. But I also had some secret dreams... for later when I would have more time.*

*I planned someday to take up a new language, the Hebrew. **When the “staying at home” period started, I decided I could easily double the time I spent practicing Russian to two hours per day. Then, I would still have time to work on Hebrew.** So, in June I started learning Hebrew, with the same method I used for Russian (Duolingo). Slowly but surely, I have been making progress with it, and I enjoy the process tremendously. I do not forget about practicing my Russian, either.*

*I find that using the Duolingo software on my computer or the application on my cellphone is much fun! I was surprised that its playfulness seemed to generate a serious competitive spirit in me. A nice discovery! Every morning, I would know that, going to bed, I would be a bit smarter than when I got up.*

-Eva H.

## Books, Coffee, and Conversation

Looking for some titles to add to your library list? Here are some books discussed at the recent Downtowners book gathering. Join via Zoom on September 21<sup>st</sup> for more recommendations.

### The Moonraker's Bride

By Madeleine Brent

Read by Pauline Zimmerman

### The Good Neighborhood

By Terese Anne Fowler

Read by Brenda Hayasaka

### So You Want to Talk about Race?

By Ijeoma Oluo

Read by Nancy Borremans

### Bloodchild and Other Short Stories

By Octavia Butler

Read by Melissa Ressler

### The Hate U Give

By Angie Thomas

Discussed by the Group

Check next month's newsletter for more new skills!  
Do you have a story, opinion, or article to share? Email your contribution to [director@lanasterdowntowners.org](mailto:director@lanasterdowntowners.org) by the 15<sup>th</sup> of each month!





## Have you responded to the Census 2020?

If not, you may receive a door-to-door visit soon. It is important that every Downtowner and city resident is counted! If you would like assistance registering your census information online or by phone, contact the Downtowners Office or Just One Call for support!

[Click here for the Census website.](#)

### Election day is Tuesday, November 3, 2020.

Pennsylvania allows any voter to request a ballot by mail. You can also vote in person.

#### Dates and deadlines

- The deadline to **register** online, in person, or by mail (postmarked by) to vote is **Monday, October 19, 2020.**
- The deadline to **request a ballot** by mail is (received by) **Tuesday, October 27, 2020.**
- **8 pm November 3 - VOTED BALLOTS must be RECEIVED** by your county election office - postmarks are not enough!

Visit [Lancaster Votes](#) for quick links to all your voting needs.

### No Longer Alone Family Support Group

Offering support for those who have a loved one experiencing mental illness.

Due to the COVID-19 pandemic, the upcoming **No Longer Alone Family Support Group** (FSG) session will be held via Zoom from 3-5pm on Sunday, August 23rd.

Click the [Join Zoom Meeting link here.](#)

- **Topic:** "Psychiatric Care and Genetic Testing for Medications"
- **Presenter:** Dr. John Shand, Psychiatrist at Wellspan Ephrata Hospital

# You've always been independent.

*Stay that way as you age in the comfort of your home.*



If staying in your home as you age is your goal, join us to learn how Care Coordination through Friends LifeCare can help.

## You are invited to attend an Online Live Seminar on Continuing Care at Home.

Landis Communities and Friends Life Care have collaborated to offer flexible and comprehensive long-term care plans, including expert care coordination and financial benefit, for those aged 40-85, living in Lancaster and Lebanon Counties.

### 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?



***"We knew we wanted to stay in our home as long as we could. We have been helped so much through this program." – Lois Good***

Read Lois & Carl Good's Story at [landiscommunities.org/friends-life-care/](https://landiscommunities.org/friends-life-care/)

### Online Live Webinars

**Thur., August 13, 2020**  
1:00 pm – 2:00 pm

**Wed., September 23, 2020**  
1:00 pm – 2:00 pm

**Tues., October 13, 2020**  
10:00 am – 11:00 am

RSVP to Joy Albright at  
717-381-3500 or reserve at  
[FriendsLifeCare.org/Landis/](https://FriendsLifeCare.org/Landis/)

Online pre-recorded webinars  
are also available.

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