



Lancaster Downtowners Update

By Melissa Ressler

A warm welcome to the new members who have joined us recently! Welcome to Miriam Beiler, Erika Flood, Tanis Garber-Shaw, Rachel Gawn, Janet Gibbon, Roger Gibbon, Jeffrey Hogrefe, Susan Weller, Gene Shaw, David Simpson, Sharon Stephan and William Stephan.



I am also pleased to recognize the good and steady work from other Downtowners. Thank you to Janice Stork, Kim van Donk, Ezetta Walter, and especially Dolores Parsil for heading up the ongoing online auction. Thanks to their coordination, generous donations from Downtowners and the community are propelling us towards a very successful fundraiser!

The auction fun isn't over yet. You have until October 22nd at 11:59pm to get in your bids for anything from fresh baked bread to Olympic posters! [Click here to explore.](#)

October and November are energizing times in the village calendar! I am grateful to Judy Zimmerman Herr, Ken Nissley, Kathy OKane, Tana Woodcock, Chris Kennedy, Susan Leinberger, and Henry Biedryzcki for attending the virtual Village to Village Conference this month. Everyone is invited to join our 9:30am chat on Wednesday 10/21 to share ideas and inspiration gleaned from other villages across the country.

We also look forward to spending time learning together at our Annual Meeting on October 22nd. (More details on the next page.)

All of that October energy will usher us right into November, and two civic dates that should already be on your calendar: November 3rd (Election Day) and November 20th (The ExtraOrdinary Give)! Join fellow Lancastrian's in giving just a bit extra during this annual event, which has defined our community as the most generous per capita in the country. There are hundreds of organizations doing good work and I hope you'll be inspired to donate as you're able.

Program Highlights

Annual Meeting Thursday, October 22nd

6:30pm-8:30pm

Via Zoom, and in your home!

We will hear some brief updates from the Lancaster Downtowners and enjoy learning more about Dr. Leroy Hopkins, President of the African American Historical Society of South Central PA. Appetizers will be delivered to members who registered by October 14th. Social time before and after the presentation will happen in small breakout rooms. Look for a Downtowner volunteer to deliver your appetizers before the meeting starts!



Picture: Downtowners enjoy the New Member Welcome Reception at the Wolf Garden on September .

Check the [Event Calendar](#) for Walking Group, Book Clubs, Afternoon Teas, and Koffee Klatch gatherings through the end of the year.

Mark your calendar for two special Zoom presentations by our sponsors:

10/15: [Make Medicare an Easy Step](#)

Presented by Bill Parson of Everence

11/10: [SmartLIFE via Willow Valley](#)

Presented by Andrew Solodky and Jennifer Egizi

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.

An Important Factor to Consider When Choosing Real Estate

You may think location is the most important factor when considering your next home. While location surely matters, having a trusted plan for your future should also play a major role in your decision. For individuals nearing retirement, having a secure plan for future health considerations is especially imperative. Costs for supportive care can easily wipe out your hard-earned saved assets in a short period of time.



Consider Timi Kirchner. She has a full, rich life. Semi-retired, Timi is a former teacher and county administrator. She does some consulting with county government and is also on the board of the Lancaster Downtowners. However, despite the love she holds for downtown Lancaster, she recently moved out of the city to Landisville to be close to her son and his family. Timi loves seeing her three granddaughters routinely and regularly takes care of the youngest, four-year-old, Olivia.

Though Timi's first consideration for her move was location, she was also wise enough to know that she needed a secure plan for her future. Timi remembers when her mother had a massive stroke, requiring daughter Timi to take care of her father. "It was an awful experience for myself and my siblings," Timi recalls. "And I don't want to be that memory for my granddaughters," she states. Instead, she says, "I wanted a plan."

Timi met with her financial advisor to discuss her options when planning for her future long term care needs. The advisor recommended Timi speak with someone from SmartLife VIA Willow Valley.

SmartLife is an innovative, membership-based plan that gives the security of a continuing care senior living community, but in the member's own home. SmartLife enables the member to continue their current lifestyle in their home, with the security of knowing they are covered if additional care is ever needed. Families' assets are protected with Lifecare, as monthly fees are not increased due to a member's need for an increased level of care.

SmartLife utilizes Lifecare Coordinators who advocate for the program's members and arrange for care when needed. Having a personal lifecare coordinator takes the burden off of spouses or other family members who would typically have to assist with arranging for that care. This was especially meaningful to Timi who said, "I just want my son to be my son, not my caregiver." Timi also said her son remembers when his grandparents were ill and the tremendous burden that put on his mother and his aunts and uncles. When Timi joined SmartLife, he told his mother, "I can't thank you enough." Timi explains, "SmartLife is a gift for him, as well as me."

Timi reflected on what her membership to SmartLife means to her. "I can really live life without having to worry. I have tremendous peace of mind," Then she added, "I feel like my parents are looking down on me saying, 'Good for you.'"

For more information about how **SmartLife VIA Willow Valley** can provide future security and peace of mind visit smartlife.org, or call 717.299.5673.

From Your Foodie Reporter – In Search of a Special Treat

I recently found myself home alone on a Fall Saturday afternoon, so I decided to take a walk downtown to find a place to go where I could relax by myself, perhaps with an accompanying beer, coffee beverage or ice cream.

The question was...where?

My usual regimented “stick to what you’re familiar with” mentality told me to head to one of my favorite places for a beer, the Columbia Kettle Works 2nd Gear nextdoor to Zoetropolis. That means, beer won out from my three choices.

I remembered they would be opened in the early afternoon on a Saturday because I had been there several times before at that time of day.

My brisk paced walk took me east on West Orange and as I rounded the corner onto Water Street, the sandwich board for Kettle Works appeared bearing a taped sign over the hours stating they would be opened at 4 pm that afternoon.

But...why!!! I now needed a Plan B.

Ok I thought, as I headed in the direction of Market. I’ll swing by there and grab a Lancaster Coffee Roasters Starbarn Blend Coffee and perhaps a “discounted on Saturday afternoon” donut at the recently reopened Shady Maple Stand.

As I approached the intersection to head into the market I saw a line of eager market goers all the way to the corner by the Spring House Taproom. I thought, no way...not for a coffee and maybe a donut.

Soooo....I head in the direction of the Taproom and think once again...ok...a beer. But...I realize in these times, if I order a beer that means I would have to order something to eat. Those are the rules. At Kettle Works, it would have been a one dollar hot dog they offer to abide by that rule.

I looked at a plexiglass covered food menu on one of the outdoor tables and stared at it for a few minutes. I wondered what kind of light bite I might get with a beer so I don’t ruin a planned dinner for later that evening.

My choice would be a soft pretzel with beer cheese dip. I head inside to place my order, only to be confronted with a very crowded by “covid standards” indoor space and two young ladies behind the bar looking very frazzled with the number of potential customers in front of them. I walked out.

Ok...maybe that wasn’t a good idea after all. Perhaps a “quiet table for one” outside of Shot & Bottle? There was a line out the door to be seated, so there was no chance that was happening either.

I thought for a moment. The City is so busy and filled with people everywhere. Had the Pandemic passed? Are we back to normal in the City of Lancaster? That would be a good thing, right?

Reality check! No!

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So I walk in to a big empty dining room and when someone came to meet and greet this enthusiastic potential senior citizen customer, I inquired about the brew pub. The response went something like this.

Oh, well, you know, because of what's happening...you know...the virus and that stuff...we are selling the beer to take out, or with the food if you eat here. After once again looking around at the empty space, I decided to be on my way.

I continued north on Queen Street and passed the now closed Starbucks and then I noticed the area that once had a short lived and now closed Italian Deli whose name I can't remember, hidden by the currently active library construction.

As I rounded the corner on Chestnut Street heading west, I passed by the County Building where I couldn't help but notice the Scratch Bakes Cafe across the street which opened not too long before the Pandemic happened and still remains closed.

It is at this time I'm ready to head west towards home, remembering I'll be passing the Chestnut Hill Cafe, and with a little luck, maybe they will be opened with an outdoor seat available for a lone senior citizen in search of a special Saturday afternoon indulgence.

At the intersection of Chestnut and Prince, I remember Penny's Ice Cream Shop is a few short steps down the block, so I headed in that direction, imagining the choice of flavors and the ability to perhaps sit outdoors with an ice cream on a beautiful afternoon.

The sign on the door said they would be opening at 3 pm and it's too early. Rule out the ice cream al fresco.

I look down the block towards Walnut Street and see some activity going in and out of the new Our Town Brewery. I thought, "maybe this would be it!"

Sure enough, not only were they opened, but they were very busy. I took a chance and walked inside, only to be greeted by a gentleman who told me it would be a while to get a small table. Others had come in after me, and many turned around and left after determining they did not want to wait. I stood alone by the entrance contemplating my options. Wait for a small table or give up and go home.

The gentleman returned and told me if it was ok, he would seat me upstairs on their balcony level overlooking the big dining room and the brew pub vats below. It looked like I was going to get my beer after all.

As he accompanied me upstairs I was given a choice of either sitting at a high top table, or along the wall looking down on the big room. I chose the seat with a view. There weren't many other people sitting up there at that time, so I felt it was a pretty safe environment, again given the Covid concerns and decisions we are faced with every day.

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After ordering my beer, a smooth tasting IPA named “Belly up to the Bar,” I stared at the food menu which I downloaded onto my phone via the QR Code provided. My dilemma now, knowing I had to order something, was it was getting closer to dinner time and I certainly didn’t want to eat too much.

My accompanying choice with my beer turned out to be a very unconventional one. The description on the menu called out my name and would allow me to check off two things I was yearning for when my quest began earlier.

A homemade waffle sundae with a scoop of Penny’s creamy, rich vanilla ice cream and topped off with macerated strawberries.

It was a deliciously outstanding choice and I’ll definitely go back for one of those again. Perhaps even more than once.

My mission was finally accomplished. This lone senior man finally found his place to go on a busy Saturday afternoon in Lancaster.

-Andy Berfond



Do you have a story to share about life in Lancaster? Submit your thoughts and observations to be included in the newsletter by the 10th of each month! Email to downtownersoffice@gmail.com

Resource Committee Corner

We know that masks are here to stay, for awhile at least. Now that they are widely available, which one will you choose?

Duke University conducted a study on effectiveness. See image below for rankings in **RED**, and [click here to read the details](#) about which traits are most important!



7 Daily Habits that Fight Off Viruses

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

Including, Six Things You Should Never Do Again

Pass a sink without washing your hands.

Leave home without a pen in your pocket.

Wake up to an alarm clock.

Drive when you could walk.

Smoke a cigarette.

Eat buffet style.

What are you doing for the holidays?

As the holiday season approaches, many families will have conversations about if they will gather and how traditions may be altered. Start conversations early and be open about your comfort level with various risk factors. The CDC provides guidance [here](#).

CDC Recommendations for Voters

- *Bring your own black ink pen.
- *Do not disinfect voting equipment yourself.
- *Consider voting alternatives.
- *Wash your hands, wear a mask, keep your **distance!**

Do you have a plan to vote?

You can drop off your mail-in ballot at 150 N. Queen Street before Election Day.

Need a ride? Request a Just One Call transport to drop off your ballot early or drive you safely to your polling place on Election Day.
(717) 584-1248

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!

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

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, October 25th.
Click the [Join Zoom Meeting link here.](#)

- **Topic:** "Treating Anxiety and Depression"
- **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/

Online Live Webinars

Tues., October 13, 2020
10:00 am - 11:00 am

Thur., November 19, 2020
6:00 pm - 7:00 pm

Wed., December 16, 2020
2:00 pm - 3:00 pm

RSVP to Joy Albright at
717-381-3500 or reserve at
FriendsLifeCare.org/Landis/

Online pre-recorded webinars
are also available.

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