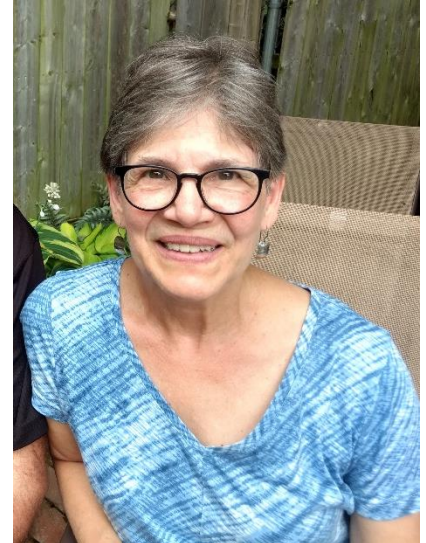




## State of the Village Report

By Judy Zimmerman Herr, Board President

It's a ritual we see every year – the “state of ...” reports. Of course, the most well-known is the President's “State of the Union” report given to Congress. But other officials also give them: the “State of the State,” the “State of the City.” So since it's the beginning of a new year, I thought it might be useful to give you a “State of the Village” report. I'll do this by summarizing some of the information from the committee year-end reports that we looked at in Monday's Board meeting.



1. **Finances:** Our Fundraising Committee went all out in 2020. Despite not being able to pursue additional corporate sponsorships as they had hoped, they mounted successful Silent Auction and ExtraGive campaigns, which together with additional year-end contributions brought in over \$17,700. Downtowners begins 2021 with strong fund balances.
2. **Membership:** As is always the case, we lost some members this year, for various reasons. At the same time, 15 new members joined us, even in a year when the Membership Committee was hampered by not being able to mount the kind of public presence they had hoped to. Our total membership at this point stands at 170, which is about where it was last year at this time.
3. **Just One Call:** This is a central benefit of joining Lancaster Downtowners, and is probably the one effort that was really constrained by the pandemic. JOC requests were down considerably from the previous year, as most of us stayed home and did not welcome others to come into our homes to help us. But the committee remains dedicated to finding ways to support members.
4. **Communications:** I hope everyone has had a chance to view the video these folks facilitated – a great resource that will be useful for years to come, starring Bob Ibold with a strong supporting cast. They also developed various other communication tools and messages.
5. **Resourcing:** The Resource Committee continued to build information and reviews on the database for access to vendors of various services, and are working on a series of programs to cover all aspects of aging in place, to be rolled out in 2021.
6. **Program:** They didn't miss a beat! When we had to move away from in-person programs, the Program Committee creatively put together all kinds of new activities to do virtually. Between June and the end of December, they sponsored 47 different events, with a total attendance of 525. And, by installing a link to YouTube on the members-only portal, they made it possible for us to watch programs we might have otherwise missed.

Lancaster Downtowners in 2020, despite the challenges, remained a Vibrant, Connected Community!

# Program Highlights

[Developing Personal Health Literacy](#): 1/15 @ 1pm

[Memories of a Special Place I/We Lived](#): 1/19 @ 7pm

[Carlisle Indian Industrial School](#): 1/28 @ 7pm



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

[You can now view videos of previous presentations on the website.](#)

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.

**Pathways Institute for Lifelong Learning®** invites you to join the **Spring 2021 term** which will run from **March 3 - June 14, 2021**. Most of the courses will be offered virtually. Later in the spring, we are also looking forward to a selection of in-person classes.

To kick-off the Spring term, please join us for a joint Capital Region/Lancaster County **Virtual Spring Kick-off** event! It will take place through a secure Zoom virtual conferencing link on **Tuesday, January 26, 2021 from 1:00 pm - 2:15 pm**. Please RSVP by January 20th by calling 717.591.7213 or emailing [info@thepathwaysinstitute.org](mailto:info@thepathwaysinstitute.org).

## VigR Virtual Financial Symposium

Hosted by Friends Life Care, nine unique sessions over two days explore a variety of financial wellness topics including: Financial Planning Strategies for Single Women, Do I need an Estate Lawyer or an Elder Lawyer?, and Covid-19's Financial Impact & Long-Term Care.

[Register HERE - Free to Lancaster Downtowners.](#)

## No Longer Alone Family Support Group

Sunday, January 24

3-5pm

"Experiences of Caring for a person experiencing a Mental Health breakdown during COVID-19" by Brenda Long, MSW

[Join Zoom Meeting Here](#)

## Stay Safe in Your Home: Fall Prevention Tips

With 2020 in the rearview, most of us have a renewed focus for 2021. While we all look for light at the end of the tunnel as we navigate the ongoing pandemic, many individuals continue to social-distance, thus spending an increased amount of time in their home. With this in mind, it may be a good time to review your home to aid in mitigating potential fall risks.

Fall risk prevention means making the home or living environment as safe as possible. Fall risk hazards found in the common home, result in thousands of hospitalizations every year. Many seniors who fall never go home again and are placed in care facilities. Look at every object as a potential hazard to safety and do what you can to adapt the home to make it more walkable and fall-proof.

Fall prevention research finds that most falls occur in the bathroom and the kitchen area of the home. Home modifications in these rooms may help to reduce the risk of accidents:

- Shower grab bar installation – provide bathroom grab bars in and around the shower or bathtub as well as near the toilet.
- When necessary, install a raised toilet seat to make getting on and off the toilet much easier.
- Place non-skid mats in front of and in the tub and shower area.
- Non-skid stickers should be placed on the floor of shower stalls or on the bottom of the bathtub.

Fall prevention programs initiated by many health departments offer information on how to make the most popular room in the house – the kitchen – safer for homeowners:

- Ensure that everything is within easy reach. There should not be a need to stand on step stools or benches to reach food, appliances or utensils.
- Remove throw rugs or mats that may cause trip and fall hazards.
- Ensure that floors are kept clean and free of spills or grease.
- Move tables, chairs, wastebaskets, cords or other objects that may cause trips and spills to the edges of the room and away from typical pathways.

Remove clutter from every room in the house, especially the living room. Remove furniture impeding main walkways. Old newspapers, books and magazines are often difficult to see and cause potential falls and accidents. Home fall prevention can save money, as well as reduce accidents and fall risks.

SmartLife VIA Willow Valley, a Life Plan at Home program, is designed for individuals who prefer to remain in their own home. The program offers members the security of a senior-living community, without having to move. One of the many benefits included is a home safety assessment conducted by a licensed occupational therapist. This benefit allows members to navigate their homes more safely as they continue to age in place.

Now more than ever it is important to be proactive with creating a long term plan for future care needs. As you start to plan, consider a plan which allows you the comfort of remaining in your own home, even as healthcare needs change. Contact us today to learn about our New Years' Membership Incentive.

**smartLIFE**  
VIA WILLOW VALLEY

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## Foodie Report

Happy New Year Downtowners. I hope you all had a blessed holiday season and continue to be well.

Something amazing happened at the end of 2020 and it has to do with the Foodie connection to our community. When state government officials decided once again to shut down indoor dining over the holidays, the folks who are a part of that industry became justifiably very upset, and it left locals saddened they would not be able to continue getting back to supporting their favorite places.

The business owners were attempting to figure it all out. They invested in outdoor propane heaters and fire pits and simplified the menus to be assured they could handle a new way of doing business. They reinvented the logistics of takeout and curbside pickup and they were gearing up for a holiday season unlike any other in the past.

However once again, many were left with increased food inventories in preparation of anticipated holiday business, and the heart breaking task of having to tell their waitstaff and bartenders they would once again be out of work.

Out of that big dilemma came something truly amazing. Three local women with an interest in assisting the local Foodie scene decided to create a Facebook page to lend a hand. Lancaster PA Adopt a Server quickly gained the support of the community to rally behind the out of work servers and help them to get through the holiday season.

Supermarket gift cards, toys, gas cards, prepared meals and clothing items were just a sampling of what kind hearted members of the community came forward to give. Some were even willing to pay rent for the adoptees they committed to assist.

Is it a surprise this was so successful in a time of need? Not here in Lancaster, as we can recall the record breaking ExtraOrdinary Give we experienced just a short time ago. This year more than ever, we learned how to not take for granted the blessings we have in our own lives and to share with others if and when we can.

This is the same kind of feel good moment I shared in the December Newsletter when I was a recipient of a “pay it forward” cup of coffee. It only proves that in the chaotic times we find ourselves in, we rise to the occasion to lend a helping hand to others whenever we can.

My friend Chef Ed from Gypsy Kitchen wanted to help, as he has had much gratitude for the community’s support of his own curbside pickup effort. He chose four currently out of work servers and cooked multiple meals for them and their families. The accompanying photo shows Ed giving Lauren (who agreed to the photo op) her gift.

It was truly a “feel good moment.”

**-Andy Berfond**

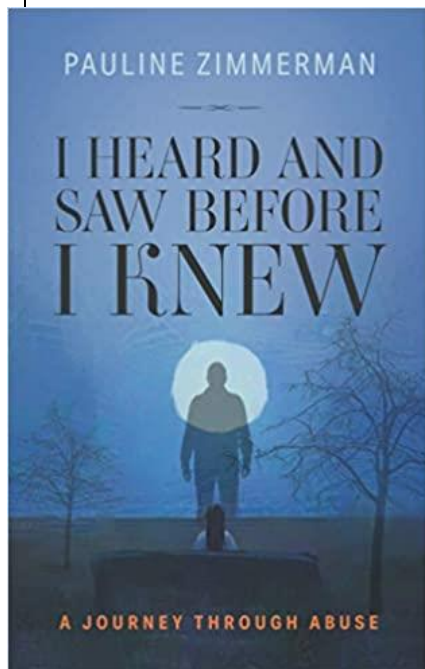




## Downtowner Pauline Zimmerman has just published book: I Heard and Saw Before I Knew: A Journey through Abuse

As a young woman, Pauline Zimmerman embarked on a journey to make sense of a childhood dominated by a cruel, controlling father, clouded by parental conflict and haunted, for her and her four siblings, by physical, mental, sexual and emotional abuse which went unacknowledged and unchallenged for years. Understanding how abuse within the family happens and why, and how to help sufferers deal with it, has been her life's work; she became a respected specialist in adult psychiatric and mental health nursing. If you want to understand domestic abuse, this book is for you.

[Available for purchase at amazon.com.](https://www.amazon.com/I-Heard-Saw-Before-I-Knew-Pauline-Zimmerman/dp/1526750000)



### Schedules These Days

These days, with so little going on, it is not necessary for me to check my appointment book every day. Once a week will do. Most events I am interested in are regularly scheduled events and most are online. For example: my church, St. James, streams a live service on Sundays at 10:30. But, last Sunday I couldn't get the service to come on. *There must be a problem with the streaming, I thought. This happens sometimes...* But there would still be Evening Prayer at 7:00. I could watch that.

So, at 7:00, I was seated in front of my laptop, But the service didn't come on. *Now there really is a problem,* I thought to myself. (I try not to talk out loud when no one is here.) I'll report this to the church office tomorrow.

Since there was no service to watch, I went back to working on my book, to be titled "Lancaster's Hidden Treasure". (It really is a hidden treasure - as in the parable about the treasure buried in a field - because it is about an antique carousel being stored in a secret location in Lancaster County.).

A couple hours later, near midnight, I remembered that I had not yet picked up my newspaper. I am a seven-day print subscriber and a kind neighbor delivers it outside my door every morning. So I picked up the paper and the first thing I saw on it was the date. It read: Saturday, Jan. 2.

So, it wasn't Sunday at all! It was Saturday and that's why I couldn't download the church services! I hadn't missed anything!

Now I know how Scrooge felt when he discovered he hadn't missed Christmas Day after all.

--- **Eileen Gregg**

### Hygge and the Pandemic

-submitted by John Kanagy

The Danish concept of Hygge (pronounced HOO' GUH) has been a great aid in getting through cold, dark winters. Enjoy this short article from Psychology Today on how it can help us survive the pandemic lockdown with its isolation, severe reduction in social activity and increased susceptibility to depression.

[Click Here for Article](#)

## [Resource Directory](#)

Many Downtowners have been holding off on all but urgent indoor repairs, while the outsidew of our homes have gotten extra use this year.

Did you use a service provider with excellent COVID-19 protocols when working in or around your home? If so, we want to know!

[Click HERE](#) to make a recommendation for a business that serves the community well.

If you found a provider on our directory, [click HERE](#) to leave a short (3 answer) review!

### **Lancaster County Office of Aging - Virtual Connections**

There is now a Virtual Senior Center in Lancaster County! [See the calendar](#) for a full schedule -- of note are Ukulele Lessons, Art classes, a number of exercise classes and a Technology Series in February.

Call Lancaster County Office of Aging to enroll-- Debbie Groff 717-299-7979.

**Free for Lancaster County Residents Age 55+**

United Way of Lancaster County is launching Project S.O.S., "**Share OUR Stimulus**," a fund for stimulus check donations to be distributed to individuals who have experienced setbacks due to COVID-19. Inspired by the national campaign 'Share the Stimulus,' UWLC will facilitate donations from those who would like to donate to help those who apply for assistance here as a one-time gift.

[Click here to learn more, donate your stimulus, or apply for assistance.](#)

## **Resource Committee Corner**

### **For an Exercise 'Snack,' Try the New Standing 7-Minute Workout**

During pandemic lockdowns, many of us learned the importance of short home workouts. Take the 7-Day Well Challenge for a new exercise video and more ways to keep moving in 2021.

[Click Here for Full Article](#)

### **Is It a Cold, the Flu or COVID-19?**

With flu season approaching it's easy to worry that every cough and sniffle could be coronavirus. Doctors help differentiate between the infections.

[Click Here for Full Article](#)

[Click Here for Symptom Chart](#)

### **Quarantine or Isolation? An updated glossary for the next phase of the pandemic**

Penn Today revisits the lexicon of new definitions and phrases to help make sense of news headlines, public health measures, and everyday discussions about COVID-19.

[Click Here for Full Article](#)

## Just One Call for all your Appointment Needs

As chairman of the Just One Call (JOC) Committee, I would like to thank committees for their good work and support: John Kanagy (JOC Coordinator), Janet Townsend, Mary Cae Williams, Kathy O'Kane, Henry Biedrzycki, and former members David Kurzman, and Peggy Harbison. Peggy drew up the protocols for the Health Buddy Program.

John Kanagy as the JOC Coordinator and all the JOC volunteers work hard to help Downtowners with various tasks.

The Health Buddy Program was initiated last spring. The purpose of the program is to supply support for members when they want to make sure they get the optimal value from a medical appointment. The Health Buddies help a member to focus to prepare for an appointment, then accompany the member to the appointment to take notes on the medical professionals advice and directions. The notes are then reviewed and given to the member.

Kathy O'Kane conducted the Health Buddy training. The trained volunteers are John Kanagy, Elizabeth Nissley, Pauline Zimmerman, Judy (Zimmerman) and Bob Herr, John Mullineaux, Marty Barber, and Tom Santosusso. Please consider using a Health Buddy for a health appointment. A Buddy would be able to help with telemedicine also.

The JOC Committee would like to remind Downtowners to keep us with their medical appointments and to keep up with their health during the continued COVID pandemic.

--Tana Woodcock

## [Top Ten Checklist for Better Health & Aging in 2021](#)

Shared by Faith Drummond

1. Get the COVID-19 vaccine once it's available
2. Make sure you're doing exercises that challenge leg strength and balance, for fall prevention
3. Walk more
4. Protect your brain – and your balance – by avoiding medications known to dampen brain function
5. Review all medications with your physician
6. Start – or update – your personal health record
7. If you are on medication for high blood pressure, get a home blood pressure monitor
8. Address or review your advance planning for health care
9. Address or review your advance planning for finances
10. Socialize (safely!), contribute, and nourish your soul.

Click the link in the title for details about these practical steps!

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