



Downtowners: ReOpening?

By Melissa Ressler, Executive Director



Over 90% of our village has voluntarily reported to me that they are fully vaccinated against COVID-19 and on April 17th the two-week 'waiting period' will be over for the last group of Downtowners.

This is cause for celebration! As part of the fully-vaccinated-crowd, I have been grateful to have in-person meetings with some longtime and some new members recently, and the office has gotten a little bit more lively with drop-ins.

After halting operations last spring, we conscientiously created new patterns and procedures; that conscientiousness is echoed in our approach to joining together again. While we anticipate continued changes in CDC recommendations, here is what guides decisions about our village and what we're doing right now.

Members and volunteers of Lancaster Downtowners are not required to get the vaccination or show proof of their vaccination; we do not retain identifiable written records of members status'. We will continue to help new members get access if necessary and are grateful to have surpassed herd immunity within this small community.

However, the Lancaster community in general has not reached herd immunity, and the positivity rate for our county is 9% this week – which is high. [At this time the CDC still recommends that fully vaccinated folks avoid "medium and large gatherings" and "visiting indoors without a mask with people at increased risk for severe illness from COVID-19".](#)

We will continue to require masks and distancing at events, schedule events outdoors, and offer a variety of virtual programs. As always, you are in control of your individual, 1:1 interactions with one another and can determine how you prefer to meet-up outside of formal gatherings.

Just One Call is getting more calls and we are glad to provide this supportive network! Requesting members and volunteers are not required to disclose their vaccination status, but may do so with one another if they choose. We are still requiring masks during transportation, for in-home support, and in the community.

CDC recommendations, the greater community vaccination rate, and the community spread rate will continue to guide our protocols. It will remain our practice as an organization to err on the side of caution.

If you have questions or desire further conversation you can find me on the phone, via email or Zoom, or set-up a 1:1 meeting.

Program Highlights

[Around the World: Tigmandru, Romania](#); 4/19 @ 10AM (zoom)

[Just One Call Volunteer Jubilee](#): 4/24 @ 2pm (Wolf Garden)

Benevolent Living and Giving with Attorney Jeff Bellomo: Coming in May



Did you miss a presentation, like our fascinating conversation with Stephen Campbell, the city's Director of Public Works? [Find past recording on our website – members only!](#)

Estate Planning with Benevolent Giving: What You Need to Know for Long Term Living and Giving

Learn about the importance and power of:

- *Last Will and Testaments*
- *Powers of Attorney (Medical and Financial)*
- *Living Wills*
- *Trusts*
- *Endowments*

Learn how to protect your family and your wishes all while you remain in control of:

- *Your assets until death*
- *All income from your assets*
- *Receiving favorable income and estate tax treatment*
- *How your assets are disbursed after death*



VigR Session: Meeting the Challenge of the Psychological Consequences of COVID-19

May 18th @2pm

Friends Life Care presents Dr. Cherian Verghese on this important topic, including resilience.

[Register Here - Free to Downtowners](#)

Landis Communities in conjunction with **Friends LifeCare** invites you to an in-person seminar titled; "How to Plan for Aging in Place." It will help answer questions including:

- If you want to stay in your home for the rest of your life, what options are available?
- What is the difference between long-term care insurance and membership in a Friends LifeCare and Landis Communities plan?
- How do Medicare, Medicaid, and your current healthcare insurance fit in?

The seminar will be held **Thu, May 13, 2021 from 3:00 PM – 4:00 PM** in the High Foundation Auditorium on the campus of Landis Homes at 1001 East Oregon Road, Lititz PA. [Attendance will be limited to the first 30 persons that register so that we maintain recommended social distancing practices. Masks will also be required.](#)

Downtowner Wayne Parsil at the Shreiner Cemetary

Just a short walk from the Downtowners Office at the Steeple View on Water Street is the Shreiner Cemetery at the intersection of Chestnut and Mulberry Streets. For local folks, passing by this historically significant site is routine, but tourists also find their way there since it is the final resting place for Statesman and Lancaster resident Thaddeus Stevens. Maintained by a Foundation created to preserve this gem of the City's history, there is also an interesting Downtowners connection.

When the benches besides Steven's gravesite were showing signs of weather and wear, Downtowner Wayne Parsil took on a project to refinish them. Wayne is known to love taking on restoration projects of all kinds, including I'm told, rebuilding and restoring an old and neglected 1967 motorcycle in his spare time at the garage of his home tucked away in the woods north of Lancaster.

Restoring the benches meant detaching each board, transporting it to the closest workbench and carefully bringing it back to its natural beauty. Wayne did a beautiful job.

Another Downtowner with a connection to the Cemetery is Randy Harris who offers tours of Lancaster points of interest relating to the Underground Railroad back in Steven's time, and the Cemetery is always included.

Both Wayne and Randy are part of a group of volunteers who faithfully maintain the grounds, including a seasonal clean up every spring. Perhaps there are other Downtowners who might be interested in a new way to lend a hand, as the Foundation is always looking for others to join them.

By Andy Berfond



Left: Wayne Parsil and a newly restored bench.

Right: Former Intern Beth Thompson and Executive Director Melissa Ressler enjoy a picnic on the "new" seating



Did You Know???



The Lancaster Downtowners website is where we can register for events, search for phone numbers and addresses of fellow members, and find recommendations for home repairs.

You may not know that there is a Lancaster Downtowners app available for both iPhone and Android phones. This app makes all those website tasks even easier to complete from your smartphone.

Just search "Lancaster Downtowners" in your preferred app store. If you need help, Just One Call volunteers can help you out.

Join Downtowner **Mimi Shapiro** on April 18th for "Poetry & the Violin" at 5pm on Zoom. You'll hear poetry performances from Mimi, Frances Veri, Dominique Jordan, Krystal Folkestad and Tabitha Weeks, accompanied by Michael Jamanis on violin and Matthew Woodson on percussion. There will be a special segment highlighting the work of Crispus Attucks Community Center. [Register Here!](#)

Are you getting outdoors more? [This article discusses how the pandemic helped people into the outdoors, and now they want to continue!](#) Downtowner **Reena Kazmann** shares: "Years ago, the University of Maryland's Dept. of Aging (maybe Physical Therapy specializing in aging) offered a camp for folks over 50. I think you went to cabins and had out of doors activities throughout the day. They held it for a week. Don't think it was a day only (go home for dinner) camp but it could be. I never attended but thought it was a great idea!"

Maybe Downtowners Camp is in our future!

Submitted by Downtowner **Faith Drummond**, co-planner of the Health and Wellness Committee:

Have you ever wondered just what kinds of changes to memory are considered "normal" for the aging brain? [This article covers how our brains change and what are the practical implications](#) in regards to Processing Speed, Memory, Attention, Language Skills, Executive Functioning, and Emotional Processing!

Villages in the news! [This New York Times article reports](#) on how COVID-19 has driven down Americans' demand for senior care facilities. Building support for more elders to remain at home requires systemic changes. The Village to Village Network is considered as one of those supports.

If you want to improve your life immediately, clean out a closet. Often, it's what we hold on to that holds us back.

Cheryl Richardson

Overwhelmed and unsure where to start with your closet and/or home organization? Contact Graceful Transitions; a concierge service of **Landis at Home**. We would love to help you improve the quality of your life; whether it be clean out of a closet, storage space, garage, etc. Let us help you "let go" of the things that are holding you back! Contact us at 717.333.5583.

Kim Dyer
Graceful Transitions Coordinator



Happy Birthday to these Downtowners in May!

Nancy Shenk
John Kanagy
Janet Gibbon
Tom Santosusso
Eva Hochberg
Cheryl DeMarco
Jon Walker
Monica Tuininga
Alyce Barone
Marga L.
Anne McGrann
William Stephan

One Man's Opinion

By Andy Berfond

One day I had the need to change the ink cartridge for my printer at home, and struggled to get the package opened. I briefly thought about the invention of child proofed caps, and similar ways of preventing harm to our children, but here I am, a grown man, who couldn't get a package opened.

What a good job the manufacturers do to protect their products, but does opening it up need to be so frustrating? Or is it really very easy and I can't figure it out, perhaps because my nimble fingers are not as skilled as they used to be?

Then I thought about the safety issue regarding getting certain packages opened. I'm positive someone has at least once or twice cut themselves on the sharp plastic edge of a package that was difficult to open.

I finally did get the printer ink out of its packaging, and it required the use of a serious sized scissors that would have the ability to grasp the edge of the plastic to make a clean cut, or in my case, two cuts in opposite directions to expose the (still wrapped in a second layer of packaging) printer ink.

But that's really not what I wanted to write about. I wanted to share about our choice for dinner on this same particular weekday night. It consisted of a colorful and crisp salad, a baked potato with an ample amount of butter and sour cream, and salmon filets with a teriyaki glaze. Admittedly though, the salmon came from the supermarket in the frozen section by the seafood department. They are really very good, come in multiple seasonings, and are an easy heat and eat for a quick dinner at the end of a busy day.

Of course when you're flash freezing already prepared salmon you need to be assured it is packaged well. So I think you might know what happened next, right?

I needed that same pair of heavy duty scissors used on the printer ink packaging just that morning to get the package of salmon opened in order to heat and eat our main course for dinner.

Dinner was good, and the printer is printing.

[Resource Directory](#)

There have been some new additions to the Lancaster Downtowners Resource Directory! If you are looking to rent a knee scooter, have your bricks repointed, or get your car tuned up you will now find [Life Solutions Plus](#), [A+ Restoration](#), and [Mike's Auto Body Shop](#) with recent, strong recommendations from members!

If you found a provider on our directory, [click HERE](#) to leave a short (3 answer) review! Downtowner Ellen Berfond shared of a great experience with [Spencer Law Firm](#).

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 is the Technology Series every Friday.

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

Free for Lancaster County Residents Age 55+

Downtowner Judy Neidig shares:

"I was so pleased to learn about the free technology series which offers a wide variety of useful topics. The presenter Andrew is a real professional. All the classes are well organized, visuals are easy to follow, and handouts offer a wealth of take home information. Andrew also follows up with articles that address participant questions.

I attended the meals and groceries online session and the session on best practices for buying a new smart device and choosing the right plan. I would highly recommend any of his presentations to fellow Downtowners."

And Downtowner Peggy Harbison agrees!

"To summarize, the process of joining the virtual classes was straightforward. Andrew was an excellent, knowledgeable, and pleasant teacher, and his experience and empathy teaching older adults was obvious and a plus. The classes were booked for 2 hours, and the last half hour was open for questions and discussions. Andrew incorporated a brief break after the first hour. The content of the classes was comprehensive and well-organized. It seems to me that other Downtowners, depending on their specific interests, would benefit from and enjoy the Technology classes."

Resource Committee Corner

Allergies and Masks?

Research compiled by the NIH indicates a decrease in allergic rhinitis symptoms with mask usage – will you keep your masks handy for next spring?

[Click Here for Full Article](#)

After You're Vaccinated: Domestic Travel

Are you ready to get out of town? Fully vaccinated travelers do not need to get tested before or after travel (unless the destination requires it) and do not need to self-quarantine. Still plan to wear a mask, social distance, and wash your hands frequently – but consider booking that flight if you're ready!

[Click here for full CDC recommendations.](#)

Scam Alert!

We all think it won't happen to us – but what to do when it does?

Visit the Federal Trade Commission website [IdentityTheft.gov](https://www.identitytheft.gov) and get an individualized recovery plan for your circumstances.

(Be prepared to make phone call about your credit cards & reports, change your online passwords, and contact a professional to clean and protect your computer.)

[Click here for IdentityTheft.gov](https://www.identitytheft.gov)

For Meals on Wheels of Lancaster, April 2021 marks 54 years of home-delivered meals in Lancaster County. Since the beginning, we have faithfully provided nutritious, freshly prepared meals for free or at a low cost to our neighbors who cannot reasonably provide meals for themselves.

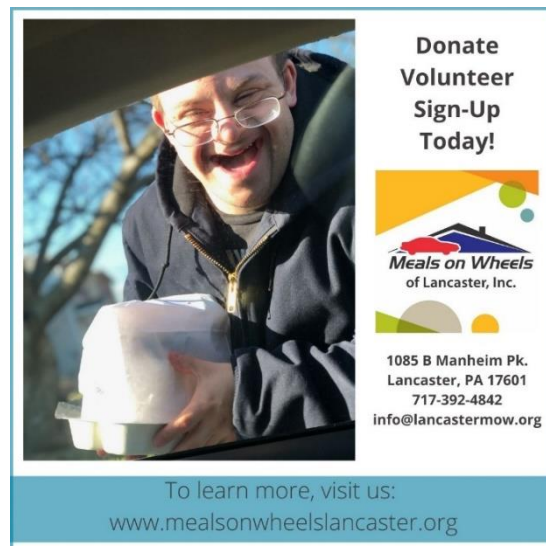
Some folks rely on our services temporarily, perhaps while they are recovering from surgery or short-term disability. Others utilize the service as a long-term plan to aide their management of chronic illness and maintain independence in their homes.

Due to the generosity of our volunteers and donors, we have been able to meet the increasing and diversifying needs of our client base. In 2020 alone, we saw more growth and change than we would have ever anticipated. Over 850 volunteers put in the time and mileage to deliver 200,000 meals to nearly 1,000 individual neighbors around Lancaster. These numbers are showing us staggering growth, but we aren't stopping there. We serve clients who are especially vulnerable to COVID-19. As the pandemic continues to evolve, the significance of a freshly prepared home-delivered meal and the impact on the health & wellbeing of the individuals we serve has become more apparent with each passing day.

While we continue to look for opportunities for new growth, we are excited about our new facility at 1411 Columbia Avenue. We have experienced many delays in the renovations process as a result of the COVID-19 pandemic but the work is nearly complete. We just have a few more inspections before we can operate out of the new kitchens, but we can already envision ourselves working in the new space. Two kitchens will allow us to expand capacity and prepare more meals to meet increased demand. The move will also allow us to expand capacity and develop new programs to better help our homebound clients maintain their independence.

Right now, we're on the lookout for more volunteer support: Every Wednesday afternoon, we host volunteer orientations from 1:00pm and 3:00pm. In addition to kitchen and delivery volunteer opportunities, we're also looking for volunteers to help in the office in administrative support roles at least once a week. Email volunteer@lancastermow.org if you are interested.

To learn more about what we do and how to get involved, please visit our website: www.mealsonwheelsoflancaster.org or give us a call: 717-392-4842.



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