



Introducing Tech Thursday

Technology: Can't live with it, can't live without it!

- I got this new Smartphone and all it does is confuse me. People tell me about their cool apps and I'm too embarrassed to tell them I have no idea what they are talking about.
- I'd like to add pictures or graphics to my word processing documents but have no idea how to do it.
- My computer is only ten years old but I'm told it's too old. What's wrong with an old computer? There are thousands of computers out there. Which one is best for me?
- I compose documents and save them but have no idea where they went.
- My document folder is a mess. I can't find anything.
- How can I make a simple Power Point that includes pictures?
- I have super high-Tech Anxiety but can't afford expensive psychotherapy.
- I'd like to purchase stuff on Amazon but am afraid to put my credit card information on the internet.
- Online banking sounds like a good idea but how do I know that someone won't be able to get into my account and drain all my assets.
- Is it really possible to go online and see all my credit card transactions? Can other people see them?
- What is Roku?

Let's be honest. Technology is changing rapidly and it's hard to keep up. People may say it is easy, but it is NOT easy. Going from a flip phone to a smartphone IS hard to do.

But like it or not, technology is here to stay and as time goes on, more and more of our daily activities will depend on technology applications.

Do you find yourself in situations like this and asking these or similar questions? Do you want a book to help you out? Or are you wishing you could sign up for a class but are afraid the instructor will go too fast and only confuse you more? (This happens more frequently than not!)

*Voila! DT Technology Thursday, a new Just One Call initiative, is here **FOR YOU!***

Better than a book and better than a class. Just One Call is now scheduling one on one tech consultation for you based on ***your specific needs with instruction tailored to your specific skill level.*** Time slots are available every Thursday, 9 am through 4 pm. We will meet you in your home or at another downtown office location.

Here's how it works. Contact our Just One Call coordinator. Describe your question, problem, frustration as best you can. You'll be connected with a consultant who will assess your issues and set up a time for an initial session. We'll go from there depending on your specific needs.

Schedule your time today by calling Just One Call, 717-584-1248.

Program Highlights

Victoria's Secrets

At the Ware Center, March 25th & 26th

With sold-out performances of Mary Lincoln and Sarah Bernhardt under her belt, local favorite Candace O'Donnell returns to the stage with a fresh perspective on the former ruler of the UK. Though Her Majesty is remembered as "haughty", "scowling" and "prudish" throughout her 64-year reign, Candace, (joined on stage by her granddaughter Keeghan McLane as Beatrice,) reveals a woman of surprising wit, girlish charm and one passionately obsessed with her husband, Prince Albert. Purchase tickets online for this event and make arrangements on your own to attend. We hope to arrange a discussion the following week with Cande for conversation about her show. Stay tuned for more information.



[Register Here for all Events.](#)

Coming up in March

Ongoing:

Walking Group, Koffee Klatch, Book Club, and Mystery Book Club

In-Person

White Out Dinner

Meet & Greet with City Councilor Lochard Calixte

Happy Hour at the Imperial

Recycle Used/Obsolete Electronics

Tour of Meals on Wheels

Rescheduled for March 31st

Meals on Wheels of Lancaster provides nutritious, freshly prepared meals at a reasonable cost to those who cannot reasonably provide meals for themselves. They recently moved to a new location and have welcomed us for a tour. This tour will also include information on how you can become a volunteer and how in the future if/when the need arises, you can make use of their services.



COMING MARCH 24, 2022—BUS TRIP

Join the Lancaster Downtowners trip to Michener Art Museum & Bryn Athyn Cathedral; contact Susan Leinberger with questions or pick up a flyer in the office.

DT News for February 2022: The Gift of Gab...Making up for an Introverted Childhood... ...and a Personal Thank You.

I was reminded lately of my “Gift of Gab” and reflected for a moment of how an introverted young man from Long Island, New York would grow up to be someone associated with that honor, if in fact it is something to be proud of and worthy of sharing like I’m doing now.

I vaguely remember back in my earlier childhood school days, when I would be summoned down to the school psychologist’s office to be interviewed and “tested” on multiple occasions, with the purpose of trying to learn why this “very quiet young man” was extremely shy and difficult to engage.

I eventually grew out of that stage and never really learned much about any results of the testing. At least it’s nothing my parents ever shared with me. It took moving away from their home in the suburbs to go off to college, where a whole new world was waiting to be discovered and contributing to the person I would become today.

The shyness, I learned much later in my adulthood, was due largely to my upbringing. My mother, may she Rest In Peace, was a very anxious and nervous woman who repeatedly told us “never tell anyone your business.”

To hear this message countless times during my earlier years translated in my young mind to never talk to anyone about anything. Don’t share about where you live, what your father did for a living, who you know, what you like, and what gives you satisfaction and joy. Today things are different though, and we have to continuously advise our children at their vulnerable young ages to be very conscious of who they are talking to and what they might be innocently disclosing.

I share this with you because not only am I a person with that kind of history who now likes to talk, (as evidenced by being told by others that I have a gift of gab) but I also like to write. And while I never formally studied the fine art of writing, I get by trying to capture my reality of writing with the same words that would probably come out of my mouth while talking about whatever the topic might be at the time.

Whenever I go into the folders on my tablet, currently containing several hundred mostly brief writings, I realize many of them were written to share with the Downtowners.

So I’d like to take this opportunity to thank you for the honor of writing for you in our newsletter on topics which I find interesting. Also, thanks for the opportunity to gently share my opinion if it’s a topic of concern.

From your once very shy fellow Downtowner.

Andy Berfond

Look for Andy and a few other friendly Downtowners faces in the Spring edition of Fig magazine!



Electronics Recycling

The Just One Call Committee has organized another recycling event for Downtowners to clear out used or obsolete electronics. At the same time keeping these things out of the trash stream and recycling as much of it as possible. This includes items like, cords, chargers, printers, computers and tablets, routers, phones. The event will be March 23, 2022 between the hours of 10 AM-12 noon. We can use the parking space at CMCL, 328 W Orange St for the drop off.

The items will be loaded into a vehicle and transported to Free Geek Penn in Ephrata for recycling.



Prior to recycling drop-off, a representative from Alpha and Omega Community Center will determine reuse of any smartphones, tablets or computers in their community outreach programs.

Happy Birthday to these Downtowners in March!

Leonard Williams
Gene Shaw
Lewis Waltman
June Lang
Jeff Hoogeveen
Timi Kirchner
Patricia Coulson
Naomi Storm



Senior Servant Bookkeeping Concierge Service

**Bank account
management**

**Payment
of bills**

**Financial
reporting**

All staff working in this role are experienced in bookkeeping. They are insured through Landis Communities liability Insurance, and have gone through a Criminal History Background check.

Overwhelmed with paying your bills and managing your bank account? Do you want your children to spend time with you when they visit rather than going through your mail to make sure all of your bills are paid?

Are you trying to assist your aging parents with their bookkeeping? Worried that their bills are not getting paid on time or that they are not paying attention to the right items that come in the mail?

Our Bookkeeping service can give you and your family the peace of mind that your paperwork is taken care of by assisting with bill paying, budgeting, reviewing paperwork, tax reporting and organizing records.



**For more information
or to schedule a
FREE CONSULTATION
contact Dot Hartman
at 717-381-3562 or
dhartman@landis.org**

Landis
at HOME
1001 E. Oregon Road,
Lititz, PA 17534
LandisAtHome.org

There will be a Continuing Care at Home **In-Person Seminar** held at the Calvin G and Janet C High Learning and Wellness Center at Landis Homes on Thursday, March 24 at 2:00 pm. Registration is required and can be completed by contacting Joy at 717-381-3599 or FriendsLifeCare.org/Landis/

The **No Longer Alone Family Support Group** will meet via Zoom on Sunday, February 27, 2022 at 3:00-5:00 pm. The guest speaker for February will be Dr. John Shand, Psychiatrist at WellSpan Ephrata. His presentation on "Abuse and Its Effect upon Mental Health" will be followed by a time of sharing. Contact Joy at 717-381-3599 to register.

STORIES BEHIND THE BOOK: Roy Reese

Appearing at the top of the information page in my book is a line that reads: "Cover and book design by babelmania.com." So who or what is babelmania? The short answer is that this is the website of a book design and translation service in Spain that prepared my book for publication in the United States.

The long answer is this: Roy W. Reese, trained in anthropology, conducted applied social science research (program evaluations, surveys) prior to moving to Spain in 2004. There he taught English to adults until recently and works as a Spanish-to-English translator. Since the death of his wife, Elva Franco Cabrero, he has continued her work, devoting most of his time to book design and an independent publishing business.

How I learned about Mr. Reese is perhaps the most unusual story about how my book came to be. I had sent an email to the Lancaster Downtowners community, saying that I was writing a book and was looking for someone to format it.

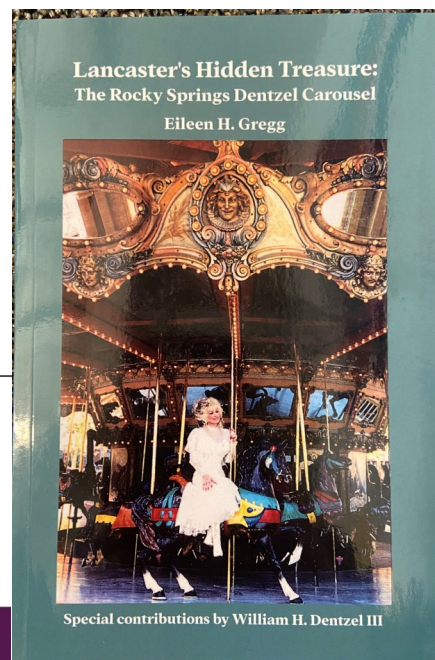
I received a reply from a Downtowner, Debbie Truhan, who suggested that I contact a long-time friend, Roy Reese, who does "all sorts of computer-related stuff." She wrote that he "likes cats, plays the sax" and added that he was "literate."

Anyone who likes cats is a friend of mine. (Being literate was assumed.) I immediately sent him an email, saying "I have written a book and I need someone to format it, on their computer or mine." The next day I received a reply that read, "I have to let you know that I live in Spain."

So that is how my book came to be designed and formatted across the pond.

—Eileen Gregg

Beginning Mar. 1, the price of Eileen Gregg's book, *Lancaster's Hidden Treasure: The Rocky Springs Dentzel Carousel*, will be \$32.00 plus \$.1.92 PA sales tax. It is going into its second printing as the first printing is sold out.



Registration
is Now Open!



Members of Lancaster Downtowners received a discount on all Pathway Institute courses. The offerings this spring include courses taught by two of our members! You can practice the art of collage with Mimi Shapiro, or dive into the destruction and restoration of Penn's Woods with Dolores Parsil! Click picture above to visit registration website.

Resource Committee Corner

Resource Directory

Visit the [Resource Directory](#) to find Downtowners best recommendations.

If you have a review or recommendation, let us [know by completing the form here!](#)

Have you received a surprise medical bill? There are new protections with the No Surprises Act

What are surprise medical bills?

If you have health insurance and get care from an out-of-network provider or at an out-of-network facility, your health plan may not cover the entire out-of-network cost. This can leave you with higher costs than if you got care from an in-network provider or facility. In the past, in addition to any out-of-network cost sharing you might owe, the out-of-network provider or facility could bill you for the difference between the billed charge and the amount your health plan paid, unless banned by state law. This is called “balance billing.” An unexpected balance bill from an out-of-network provider is also called a surprise medical bill.

What are the new protections if I have health insurance?

If you get health coverage through your employer, the Health Insurance Marketplace®, or an individual health insurance plan you purchase directly from an insurance company, these new rules will:

- Ban surprise bills for emergency services, even if you get them out-of-network and without approval beforehand (prior authorization).
- Ban out-of-network cost-sharing (like out-of-network coinsurance or copayments) for all emergency and some non-emergency services. You can't be charged more than in-network cost-sharing for these services.
- Ban out-of-network charges and balance bills for supplemental care (like anesthesiology or radiology) by out-of-network providers who work at an in-network facility.
- Require that health care providers and facilities give you an easy-to-understand notice explaining that getting care out-of-network could be more expensive and options to avoid balance bills. You're not required to sign this notice or get care out-of-network.

What if I don't have health insurance or choose to pay for care on my own without using my health insurance?

If you don't have insurance or you choose to pay for care without using your insurance (also known as “self-paying” for care), these new rules make sure you can get a “good faith estimate” of how much your care will cost, before you get care.

[Here is a link to the consumer Fact Sheet from Centers for Medicare & Medicaid Services.](#)

[Listen Here](#) to an interview with Jackie Fox, who has been fighting insurance companies for 30 years—and winning.

Good Reads from AARP and Next Avenue

Reversing Hearing Loss with a Cochlear Implant

[How I went from being almost completely deaf to being able to hear again.](#)

At This Affordable Senior Living Community, **Volunteering Will Be Required**

[Click Here](#)

Steven Petrow's **Advice On Stupid Things Not to Do When You Get Older**

The author's new book gives ideas on [how to age better than the generations before us](#)

Looking to support the Fulton Theatre?

Do you have a **detached/separate apartment that they would donate the use of to the Fulton**? The Fulton is looking for some periodic housing for actors and traveling artists and wanted to reach out to our ambassador team to see if anyone would be able to support our needs. Generally they are looking for housing for 1-3 weeks, within walking distance (but we can provide transportation), non-smoking, wifi included, with some sort of kitchen facility. Please reach out to Andrea Wright, Front of House Manager, Office: 717-394-7133 x 130 if you are interested.



DEMENTIA FRIENDLY
Lancaster County



Teepa Snow is an Occupational Therapist with more than forty years of rich and varied clinical and academic experience. Her philosophy is reflective of her education, work experience, medical research, and first-hand caregiving experiences. Her advocacy efforts led her to the development of the GEMS® State Model for understanding the progression of dementia and changes in abilities. She also created the Positive Approach to Care® training strategies, which are effective techniques for anyone seeking to optimize care and support for those living with brain change. As the Education Director of Eastern North Carolina's Alzheimer's Association, she also helped to create the nation's award-winning DVD entitled Accepting the Challenge: Providing the Best Care for People with Dementia. Her user-friendly approaches provide guidance and leadership to national efforts to promote best practices in care.

Building a Dementia Friendly Community

Wed, April 13, 2022, 8-11:30am, Garden Spot Village Chapel

\$20, Continuing Ed Credits available for \$50

People living with dementia experience confusion, disorientation, and memory impairment on a daily basis—and often at the places they visit and activities they attend. *Teepa will lead a session to teach community leaders, business people, organizations and religious groups how to make your location and personal presence more comfortable, manageable, and enjoyable for individuals with dementia and those accompanying them.*

In this session, participants will learn the following:

1. How to feel more confident and prepared to serve people who are experiencing cognitive changes and memory loss.
2. How to handle conversations and answer questions from people with memory loss as well as family members.
3. How to make your organization or business more accessible and welcoming for people with dementia.

Making Moments of Joy for Those Living with Dementia

Wed, April 13, 2022, 12:30-4pm, Garden Spot Village Chapel

\$10, Continuing Ed Credits available for \$50

Teepa will lead a session to teach care partners—family members and friends, senior residential direct care staff, home care providers, church visitors, visiting nurses—how to care for people with a dementia diagnosis. Too often, dementia is connected to images of struggle and anxiety, but it doesn't have to be! Teepa will show how to take common moments and turn them into pleasant, enjoyable experiences. Plus, you'll learn how to take challenging situations and transform them into times of peace and warm human connection.

In this session, participants will learn the following:

1. How to create time together that you will both enjoy.
2. How to balance the struggle of the disease with the desire to create happy moments together.
3. How to care for yourself so that you can bring your best self to time spent with a person who is living with dementia

Pre-registration required. Seating is limited. [Register online](#) to participate in this in-person training.



**Join the Lancaster Downtowners' trip to:
Michener Art Museum & Bryn Athyn Cathedral
Thursday, March 24, 2022**

Our day begins with a visit to the James A. Michener Art Museum, home to a world-class collection of Pennsylvania Impressionism. The Museum has evolved from a modest facility with a locally derived mission to an accredited world class-facility with a broad vision. Additional highlights include the Nakashima Reading Room, the Daniel Garber mural, James Michener's office, and art outdoors. There will be a docent-led tour plus time to examine other exhibits.

Lunch will be on your own while in Doylestown. Time for lunch is 1:30 min. Choose from a variety of local eateries. (there IS a list)

This afternoon we visit the Bryn Athyn Cathedral for a tour of this majestic place of worship. Industrialist John Pitcairn (1841-1916) provided funding for the project, and his son Raymond (1885-1966) oversaw the design and construction of this unique Gothic and Romanesque-style complex.

Departing Lancaster Shopping Center at 9:00 AM and returning approximately 5:30 PM

Downtowner price per person: \$90.00 Nonmember: \$95.00

Package includes: Motorcoach transportation, driver's gratuity, admission & tour of Michener Art Museum, tour at the Bryn Athyn Cathedral, coffee in the am, & water and snacks on the way home.

Reservation form - Michener Museum & Bryn Athyn Cathedral – Thurs., March 24, 2022

9 am to 5:30 pm

Name:

_____ Phone _____

Address:

_____ Email: _____

Enclosed is \$ _____ for _____ person(s). Please make checks payable to Susan Leinberger

Give or mail to Susan Leinberger; 136 N. Charlotte St., 17603 Questions? Call Susan 717 682 9724

No refunds after MARCH 15, 2022

COVID protocols (such as masking, etc.) will be followed based on the current conditions and state/local regulations AT THAT TIME.

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