



In case you missed it, the Lancaster Downtowners have soared beyond being one of our city's best kept secrets, and have now entered the permanent record of the **New York Times**. [On Sunday, March 13th Vice President and Just One Call Committee Chair Kathy O'Kane was featured in an article about the Village to Village Network, and in particular how Generation X is supporting the village movement.](#)

One particular Downtowner service highlighted in the article is the **Health Buddies** program, an initiative of the JOC Committee.

Heath Buddies offer support in helping you prepare for your medical visit, listen and take notes during the visit, and follow up afterward to summarize. They are there with you during a medical appointment so they can serve as a second set of ears, as well as offer good company! Health Buddy volunteers are trained prior to being matched with a requesting member. All Health Buddies are trained to uphold members' confidentiality under the guidance of HIPAA – Health Insurance Portability and Accountability Act.

The program offers the following:

- Focus on what information you need from the physician before and after the appointment
- Provide you support in a medical setting
- Make certain you receive and clarify the information provided by the physician
- Complete a Pre-Visit Checklist- in person or over the phone.
- Identify questions and concerns the member wants to relay or have answered by the physician
- Take notes, and ensure that questions and concerns identified by member are answered during visit
- Focus on what information you need from the physician before and after the appointment

Please note: Health Buddies offer support, only, and are NOT medical advocates.

Your participation in the village—whether you are roasting hot dogs, talking with City Councilors, or chairing a committee — is what makes Health Buddies and other creative, supportive programs available for all members of the village. And what a village we are! With a Gen Z Intern, Millennial Executive Director, and members & volunteers in Gen X, Boomers, and the Silent Generation, intergenerational connection is second nature, whether it makes the national news or not!

A pdf copy of the article, as well as other articles about Lancaster Downtowners and/or the village movement, are available [here in the Documents section of our website.](#)

If you would like to stay on top of Lancaster Downtowners and Village to Village Network news, you can follow both organizations on Facebook.

[Follow the Downtowners](#)

[Follow the Village to Village Network](#)

Program Highlights



Hot Dog Roast

32 Downtowners took advantage of the above 60 degree weather Wednesday, February 23rd to gather at the Wolf Museum Garden for a mid-winter hot dog roast.

Happy Hour

The festivities continued indoors on March 15th, when 23 Downtowners gathered at the Imperial for drinks, apps, and—most importantly—some laughs.

Don't forget your tickets to Victoria's Secrets at the Ware Center! AND register for the upcoming tour of Meals on Wheels Lancaster.

Visit the calendar link below!

[Register Here for all Events.](#)



Coming up in April & May

Ongoing:

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

In-Person

Health & Wellness: Palliative Care

Pedacycle Rides

Cones & Coffee Crawl

City of Lancaster's "Vision Zero" Plan

Rocky Springs Carousel Book Talk

New(ish) Member Coffee & Chocolates

Have you joined Downtowners since the start of the pandemic? Then you are "newish"! You're invited to meet with Executive Director Melissa Ressler and other newish members at the office for coffee & Miesse chocolates on Wednesday, March 31 @ 1pm. Space is limited, so register on the event calendar.

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!](#)

CDC has updated COVID Recommendations

Search for Lancaster County's "Community Level" (or the Community Level of any county you may be visiting in the US) here: [Click here for website](#)

Then follow the relevant recommendations.

Low	Medium	High
Stay up to date with COVID-19 vaccines Get tested if you have symptoms	If you are at high risk for severe illness , talk to your healthcare provider about whether you need to wear a mask and take other precautions Stay up to date with COVID-19 vaccines Get tested if you have symptoms	Wear a mask indoors in public Stay up to date with COVID-19 vaccines Get tested if you have symptoms Additional precautions may be needed for people at high risk for severe illness

People may choose to mask at any time. People with [symptoms, a positive test, or exposure](#) to someone with COVID-19 should wear a mask. Masks are required on [public transportation](#) and may be required in other places by local or state authorities.

Villages in the News

[People want to Age in Place, but Village remain a Boutique Option](#)

Why only 286 open villages? This article in the Sacramento Bee discusses the need to scale the movement.

[Celebrating the Opening of Seaglass Village in MA](#)

In 2020, Downtowners and Seaglass co-presented at the national Village to Village Network Conference.

[Advisory Board Briefing](#)

Why collaboration and funding are imperative to sustainability of villages and programs that support 'aging in place'

DT News: SOUTHERN MARKET

When the Downtowners were invited to tour the Southern Market during its construction stages, we put on our hard hats and navigated a path through contractors working hard to complete a very ambitious project, and it was clear at the time that the end result would be a great one.

On the opening night, my son Dan and I waited in line to enter before the doors opened, and we were excited to get a seat at the bar to enjoy a cocktail while being a part of the magic of the moment.

The Market filled up fast that night, and I've had the chance to return quite a few times to enjoy a bite to eat and a beer or wine. Each time I was there, I ran into either a Downtowner or someone I knew from the community. Everyone was in agreement that the Southern Market is still another example of the ongoing growth in the city, especially when an old historic structure is repurposed into something new and different.



The concept of the Southern Market is to assist aspiring new chefs to find out if they have what it takes to be in the restaurant industry. This incubator style of training offers the chefs a captive audience to appreciate their menu and skills, paired with working alongside the other chefs in a large commercial kitchen space.

The offerings include a variety of ethnic cuisines, along with artistically created cupcakes and pies, specialty coffee drinks and a soon to be opened restaurant fronting Queen and Vine Streets.

The huge dining hall with its centerpiece Bar 1888 is a great place to meet up for morning coffee, a lunch or dinner with a libation, or just for a casual drink. The variety of seating is conducive to meeting up with a small group of people to take care of business or to socialize.



The Southern Market is a foodie experience within an intentionally created urban meeting space. It is the first part of a larger effort by Willow Valley Communities, as across the street construction will be starting soon for the Mosaic Residences.

Now if we are asked to meet at Market, we will need to be a little bit more specific. It's another thing that makes Lancaster a great place to live.

See you around town.

Andy Berfond

Check out page 6 for a first hand account of the market's transformation in the 1980s from Downtowner Nancy Frankhouser!

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 April!

Sam Wyman
Carol L Eby-Good
Linda Esbenshade
Angie D Piel
Beth Ann Good
Judson McCune
Kathleen Waltman
Kim van Donk
Moirajeanne FitzGerald
Charles Lane
Judith C Rushworth
Jim Sauder
Erna Goelz-Rueck



A group of Downtowners met Lochard Calixte, City of Lancaster Councilperson, for conversation in the Parrot Gallery on March 9, 2022.

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 Tuesday, May 10 at 11:00 am. Registration is required and can be completed by contacting me at 717-381-3599 or [FriendsLifeCare.org/Landis/](https://www.friendslifecare.org/landis/) Pre-recorded webinars are also available by registering at <https://www.friendslifecare.org/landis/>

The **No Longer Alone Family Support Group** will meet via Zoom on Sunday, April 24, 2022 at 3:00-5:00 pm. The guest speaker for April will be Loice Byler, Pastor, inspirational speaker and former NLAM board member. Her presentation on "My Story and Ministry to Others" will be followed by a time of sharing. Contact Joy at 717-381-3599 to register.

Memories of the 1986 Transformation of Southern Market

Closing the existing Southern Market was controversial and City Council supported the transition on a 4-3 vote. The City then commissioned Tom DePaul to carry out the feasibility study that, ultimately, made partnership with the Chamber possible. Lancaster City made many decisions to make it happen and was responsible for completion of the entire building exterior and much of the inside space.

As a Board member of the Lancaster Chamber of Commerce, I was involved in planning and executing the grand opening of the project, which was the dream of Richard Blouse, then President of the Lancaster Chamber of Commerce. It was quite a big day—a few speeches, a parade, of course a food festival, tours of the building, and the dramatic unrolling of a huge American flag from the roof of the building. One personal touch, my husband Bob had the honor of driving a local beauty queen on the back of our 1953 MGTD sports car in the parade, rather than the usual large convertible.

The project combined a public/private endeavor: City Council Chamber and offices plus the Chamber of Commerce offices and a visitors center with a tour presentation. It was an extraordinary project for Lancaster in terms of adaptive reuse. It also had social implications by bringing many parts of city life together at a central location.

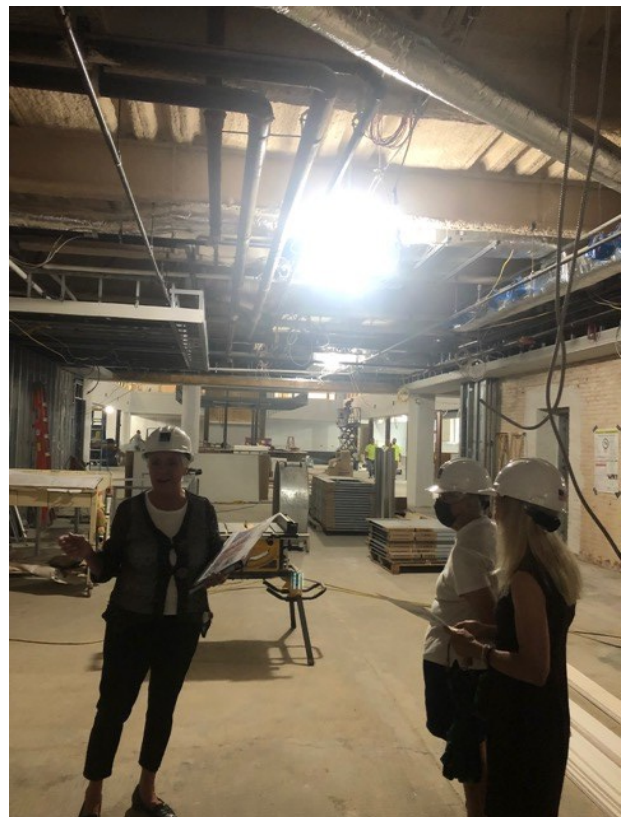
The design and engineering in both iterations, 1986 and current, were quite extensive and both concepts admirable in projecting the past into Lancaster's future. Early after the 1986 opening there was even a City Council meeting with Mayor Art Morris and council in original period dress. Artist David Brumbaugh completed a wonderful painting of the building and the Chamber arranged the sale of prints as a fund-raiser.

When Bob and I went on the Downtowners tour of the recent project some months ago, it was exciting to see that so much of the original building and many of the changes in that first renovation remain – a second major adaptive reuse!

By Nancy Frankhouser



Southern Market circa 1950: [click photo for link to LNP article](#)



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