



Age-Friendly Lancaster City

Age-Friendly Lancaster City connects generations, organizations, and resources to enhance the lives of older adults and ensures an inclusive community where all ages can flourish.

In 2018 Lancaster Downtowners teamed up with Landis Communities and the City of Lancaster to join the WHO Global Network of Age-Friendly Cities and Communities. Since then many local organizations and residents have contributed to our mission by taking part in the work of our Action Plan.

Through a 3-year Action Plan we are collaborating to create better options for housing, pedestrian safety, communication & information, and intergenerational connections.

Check out the 2022 Annual Report to learn how the Age-Friendly Action Teams have supported residents' abilities to age where and how we choose.

[View the 2022 Annual Report](#)

Save the Dates! The **Age-Friendly Lancaster Summit** will be held **Thursday, October 12th** on the **100 Block of North Queen Street!** Join us for a time of learning about **Age-Friendly Housing options.**

An **Age-Friendly Volunteer Fair** will be **Thursday, September 7th** from **11am-2pm** at the **Lancaster Public Library.** Join us to learn about **intergenerational opportunities** to support our community **through volunteer engagement.** All ages of volunteers are welcome!

Thank you to our Age-Friendly Action Team Lead Organizations



and Leadership Team



UPCOMING EVENTS

7/20 - Zoetroplis: Her

7/25 - BIC Independent Writing

7/26 - Electric Bikes Happy Hour

7/27 - Downtown Gardeners

7/28 - Warehouse District Beer Garden

8/12 - Community Meal Volunteer

8/16 - Take Me Out to the Ballgame

Go to our [Event Calendar](#) for details and to register.

Downtowners Around Town

BY MARY CAE WILLIAMS

A Tale of Three Gardens

This June, the Lancaster Recreation Commission hosted three pop-up beer gardens. The first one took place in Buchanan Park. People of all ages came to the fenced off area to enjoy food, drink, and just being part of our Lancaster community.

Naturally, Downtowners joined the party with about a dozen of us gathering in a circle of Adirondack chairs to enjoy the evening. We chatted about this and that and shared opinions on the food of the food trucks parked onsite. All around us families and couples relaxed enjoying the summer evening. It was fun to see children exploring the games and activities that were provided.

On June 16th, a somewhat smaller Downtowner group met in Ewell Plaza, the second beer garden location. Once again, families, couples, and groups of friends gathered to enjoy the evening. Since Mother Nature had asserted herself earlier in the day we did not have the variety of food selections we had anticipated given that the day was supposed to Celebrate Lancaster.



Above: Andy and Carole Kirchener (Sponsor of LancasterREC and a Downtowners' member and Sponsor)

Pictured below clockwise are Downtowners Carole, Nancy, Tana, Kathleen, Ellen, Judy, Janet, Leonard, & Mary Cae at Buchanan Park



Alas, a pounding rain in late morning, accompanied by lightning, caused Celebrate Lancaster to be cancelled. The weather was fine by evening and we treated ourselves to a delicious pizza from House of Pizza. We also told stories around the circle.

On June 30th, Downtowners gathered for the final stop in the June moveable feast of beer gardens at Musser Park. We were at least 20 strong at one point with friends coming and going and a tiny contingent staying until almost 9:30. When the evening began at 5:00, the sun was bright and it was hot. By about 6:00 a thick cloud cover calmed the light and cooled the air making it quite pleasant.

And, there was a photo op with Downtowner Carole Kirchener and her sign...something a little special as you can see. We can thank Carole and her company, Berkshire Hathaway, as sponsors for the beer garden events. Proceeds from the project benefit the Lancaster Recreation Commission, an important part of our thriving community.

LancasterREC plans to host the beer gardens again in the fall...check their for dates. You can find other interesting activities at <https://www.lancasterrec.org>.

Resource Committee Corner

News to Note

Member-recommended articles from a variety of sources.

AARP Fraud Watch Network

Report an attempted or completed scam and see what scams are trending in your local area.

AARP's Fraud Watch Network Helpline is a free resource for getting guidance you can trust, free of judgment. Call 1-877-908-3360 M-F 8 a.m. – 8 p. m. ET

[Learn more](#)

Tips for Aging at Home: Doing what matter to you

Out of Johns Hopkins and Drexel, this book provides simple tips identified in research and clinical practice that can be tried at home. These straightforward suggestions may help you do what matters to you. This book has made it onto several Downtowners' shelves lately!

[Learn more](#)

Do you need an escort?

A [NYTimes piece](#) considers the necessity of an escort for some medical procedures, as some people struggle to find support. Did you know that **Just One Call volunteers** are available for transportation and as an escort for routine outpatient procedures, like colonoscopies?

Health Buddies are also trained to take notes during appointments upon members' requests.

[Learn more](#)

Free Community Shredding Event:

August 12th: 9am-12pm

At Elizabeth R. Martin School:
2000 Wabank Road, Lancaster, PA 17602

Registration is required by emailing your name and address to

Repsmithwadeel@pahouse.net or calling our district office at 717-283-4218.

Let Rep. Ismail Smith-Wade-El's office help you get organized and give you a greener sense of security!

Three banker's boxes (dimensions of 10" x 12" x 15") are allowed per person (businesses excluded). Any paper can be shredded, and staples or paper clips do not need to be removed.

Need a ride?

Call Just One Call at 717-584-1248

DIRECTORY UPDATES

Your reviews and feedback help keep our Resource Directory up to date and relevant! If you have a resource to recommend, [use the online form here](#) or send an email to director@lanasterdowntowners.org and our Resource Committee will update the directory.

Parks, Recreation and Open Space

A new Comprehensive Plan for Parks, Recreation and Open Space will make it easier for people to access things like parks, playgrounds, and nature areas and focus on areas that aren't used much right now, like the Conestoga River and certain neighborhood streets and alleys. It will connect neighborhoods together in a way that helps the environment and is fair to everyone, especially those who haven't had as many opportunities in the past.

The following ideas guide how this plan will rethink the City's parks, public areas, and natural resources as one integrated system:

- Incorporate **environmental sustainability**, green infrastructure, and climate resilience into parks and open spaces.
- Ensure that all residents are within a **safe 10-minute walk** of a "high quality" park.
- Increase connectivity of parks and open spaces to **enhance accessibility** and safety for active transportation mobility.
- Prioritize park and open space projects that improve accessibility for people of all ages and abilities and **emphasize inclusivity** and equity.
- **Increase adaptability** of parks and open spaces to accommodate current and future needs.
- Establish a plan for **long-term sustainability** of the City's public spaces to address resiliency, maintenance, programming, funding, and upgrades.



YOUR INPUT NEEDED

Take the survey on [Engage Lancaster](#) to share your thoughts and ideas with decision-makers as they begin the planning process.

Welcome to Downtowners' Newest Members

Nina Brown, Milicent Cranor, Marcia Dickerson, Rhonda Kleiman, Dena Mitchell, and Gail Shane

Happy Birthday to these Downtowners in August!

Nancy L, Jeffrey K, Bridget H, Ross G, Rebecca D, Victoria K, Deb N, Joanne S, Mary Lou WH, Gail S, Kate S, and Susan L

BELOW: Downtowners enjoy Musser Park on Friday, June 26, 2023.



Landis at Home Helps Seniors Live Safely and Comfortably at Home

BY LANDIS COMMUNITIES, DIAMOND SPONSOR

Committed to helping seniors and people with disabilities live safely and comfortably at home, Landis at Home offers a variety of services, including personal care, housekeeping, transportation, and companionship.

"Our goal is to provide our clients with the support they need to live their lives to the fullest, even as their needs change," says Michele Sipel, Director of InHome Services for Landis Communities. The team of experienced and compassionate caregivers is dedicated to providing quality care tailored to the individual needs of each client. We know you want to live at home as long as possible. There are many benefits to living at home with the help of Landis at Home.

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- Services are designed to help you maintain your independence and dignity. Our caregivers will work with you to identify your needs and develop a care plan that meets your individual needs.
- Help you continue to participate in your favorite activities and hobbies. Our caregivers can provide transportation, companionship, and assistance with activities of daily living.
- Our caregivers can provide companionship and social interaction, adding to your ability to thrive where you choose to live.
- Home care is often more affordable than long-term care in a nursing home or personal care location. Landis at Home can help you find ways to save money on your home care costs, such as through government programs or private insurance.

Landis at Home offers a discount for Lancaster Downtowners. Call 717-844-9653 for more information. <https://www.landiscommunities.org/downtowners/>

Upcoming Support Group: No Longer Alone

August 27 from 3:00-5:00pm

Presenter Mia Carbaugh will speak on "Living Life to the Fullest with Brain (Mental Health) in the **Crossings Meeting Room** of the Calvin G. and Janet C. High Learning and Wellness Center at **Landis Communities**, 1001 East Oregon Road, Lititz, PA.

Registration is required and can be completed by calling 717-381-3599 or email JAlbright@landis.org.



Above: Landis at Home Caregiver and client

Happy Hour at 401 Prime with Chef Ed

BY ANDY BERFOND

As new restaurants continue to open in Lancaster, some are moved to provide a memorable dining experience that stands out from the rest. 401 Prime on the ground level of the Press Building at the corner of Prince & Lemon Streets, is one of those places. It is the latest venture of an already successful and popular local restaurant group, that includes the Belvedere Inn, Josephine's and C'est La Vie.

The atmosphere is tastefully elegant, the service is attentive and professional, and the menu is carefully planned to include prime steaks with a la carte accompaniments, and more. It is important to note that 401 Prime is expensive, and it is not hard to spend well over one hundred dollars per person for your dinner, making it a great place to dine for a special occasion.

Pictured below (left to right) are Downtowner Andy with Chef Ed Diller at 401 Prime



Your foodie reporter has discovered that the happy hour menu includes some delicious offerings and well crafted cocktails, available in the lounge area from 4 pm until 6 pm, Tuesday thru Saturday. It includes a 401 Prime Burger, Oysters on the Half Shell, French Dip, Lobster Roll, Pork Spare Ribs and a Prime Beef Hot Dog topped with Chili and Cheese.

The Happy Hour Libations menu is equally appealing, including a Chopin Dry Martini, a Makers Manhattan, and an Espresso Martini, along with a selection of local beers and featured wine pours. I thoroughly enjoyed the hot dog paired with a dry martini and look forward to trying the French Dip and Lobster Roll when I return.

Many Downtowners fondly remember Chef Ed Diller from Gypsy Kitchen at the Refectory of the Lancaster Theological Seminary, where often times we got together for lunch or enjoyed a dinner in the beautiful setting. We also remember Chef Ed and his staff catering our successful Fete D'Or event at the Ware Center when we gathered to celebrate Lancaster becoming an official age friendly city.

Ed and I get together monthly at different local restaurants to talk about our common interests of good food and local real estate activity. We also talk about retirement, and Ed states he has no desire to stop cooking, so today you can find him as part of the team in the kitchen of the Log Cabin Restaurant in Leola.

This month, we looked forward to meeting at 401 Prime and I'm glad we did. I look forward to returning to the happy hour sometime soon.

See you around town.

Downtowners Around Town

The Wolf Museum and Garden

After eleven years of developing the maturing native plant botanical garden, Downtowner Mary Lou Weaver Houser, along with many Downtowner garden volunteers, face the imminent sale of the Wolf Museum of Music and Art property. The museum board has shifted estate trust monies from maintaining the museum to offering music scholarships for young Lancaster students.

The future of the garden is uncertain. There are three conservation easement options for the would-be property owner to consider in regards to the ongoing care of the garden. The garden volunteers will maintain its beauty until a sale transaction and further notification.

This community garden has been an oasis and outdoor living room for the neighborhood all throughout the pandemic. Frisbee, picnics, lawn concerts, garden tours, outdoor classrooms, and numerous Downtowner events are part of its history.

Since its installation in 2012, the pollinator and bird populations are thriving with all the food sources and places to raise young. The rain gardens collect stormwater to address the city's overflow challenge. And countless backyard gardens have benefitted from plant giveaways and native plant education.

A self-guiding garden brochure offers visitors a brief history of the unique estate property and the phases of garden design. The list of volunteer gardeners on the brochure includes many familiar names. Listed right, members of Downtowners are in **bold**.

WORDS AND PHOTOS PROVIDED BY
MARY LOU WEAVER HOUSE



Above: Phase One in 2012; Below: Two Years Later...



MARY LOU WEAVER HOUSER,
DESIGNER/VOLUNTEER COORDINATOR

VOLUNTEER GARDENERS: **ALLAN EUSTIS,**
MARSHA DIBONAVENTURO, FAITH
DURBANO, GLORIA HAWKES, JUDY
ZIMMERMAN HERR, ROD HOUSER, JOHN
KANAGY, RUTH KANAGY, SUSAN KING,
NANCY LANDIS, CARMEN NAPOLITAN,
WAYNE AND DOLORES PARSIL, BARBARA
AND TOM REGAN, SHARON POLANSKY, NANCY
YOUST

SPECIAL THANKS TO GUY MARTIN, **PHIL AND**
JANET CALHOUN FOR GENEROUS DONATION
OF BORDER TREES AND SHRUBS.

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Upcoming Seminar: Life at a Life Plan Community Q&A and panel

July 27 at 10:00 a.m.

Dig deeper into Life Plan Community Living including details about the application process, entrance fees, contracts, and more!

Join residents and leadership of **Homestead Village** at the **Bachman Center** at Homestead Village, 633 Community Way, Lancaster PA 17603

Woman-to-Woman Money Talks

Ongoing throughout the summer

Join **Beth Vulopas** for a Woman-to-Woman Money Talk on our Chestnut Street patio. This casual conversation will cover budgeting basics, investing strategies, and more. You'll have the opportunity to ask Beth all your burning questions in a relaxed setting.

Come join us at 114 E. Chestnut Street for fresh air, great company, and valuable financial advice.

Schedule your talk today.