



ITS YOUR VILLAGE

As a village our organization is member-directed and member-operated - involvement means everything from attending an event to being a JOC volunteer to making a JOC request to serving on the board.

Thank you to the many Downtowners who completed this year's Annual Involvement Forecast. If you indicated interest in a specific volunteer or committee opportunity, you can expect to hear from that point person to learn more about the role.

If you are still considering joining a committee before responding to the survey, consider these additional benefits!

Service – You contribute to the growth and future success of the Lancaster Downtowners! Yes, YOU!

Pay it Forward – As Downtowners, we understand the importance of giving back to the Downtowners so it can continue to help us when we need it. Committee participation is an inexpensive way to give your support!

You Shine! Downtowner Committees provide a chance for people to see you in action – to show people how good you are!

Build Community – Downtowners is made up of a wonderful community of knowledgeable and helpful members and affiliates.

Insider Sneak Peaks! You'll know what's happening in Downtowners' events before everyone else!

UPCOMING EVENTS

2/18 - People's Shakespeare Project

2/20 - Progressive Education in Lancaster

2/21 - Behind the stands: Central Market

2/22 - Gallery Gro: Sip Mint Tea

2/24 - Strasburg Spring Consignment

2/27 - BIC Writing Session

2/29 - Happy Hour at the Imperial

3/04 - Morning Walks

3/06 - Trivia at Southern Market Lancaster

3/09 - Community Meal Program

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

Tax /Rent Rebate Program Opens

You may be one of the 5700 additional Lancaster County residents to qualify for the rebate under its expanded access. Find out more here:

revenue.pa.gov/prr or call 888- 222-9190 for assistance.

Behind the Stands

BY JEFF LAWRENCE

Did you know that one of Lancaster's most famous landmarks is approaching its 300th birthday? Or that it's venerated Romanesque Revival building was erected in 1888? Or that its floors slant downward to allow for water drainage, dating back to the days when ice was the main refrigerant? Or that it has 13 sets of double doors? These and many other interesting tidbits were discovered on the Downtowner's recent trip to the Lancaster Central Market. We enjoyed a special after hours guided tour, led by Lancaster Central Market Trust board chair Bruce Martin and Downtowner (and market trust board member) John Mullineaux.

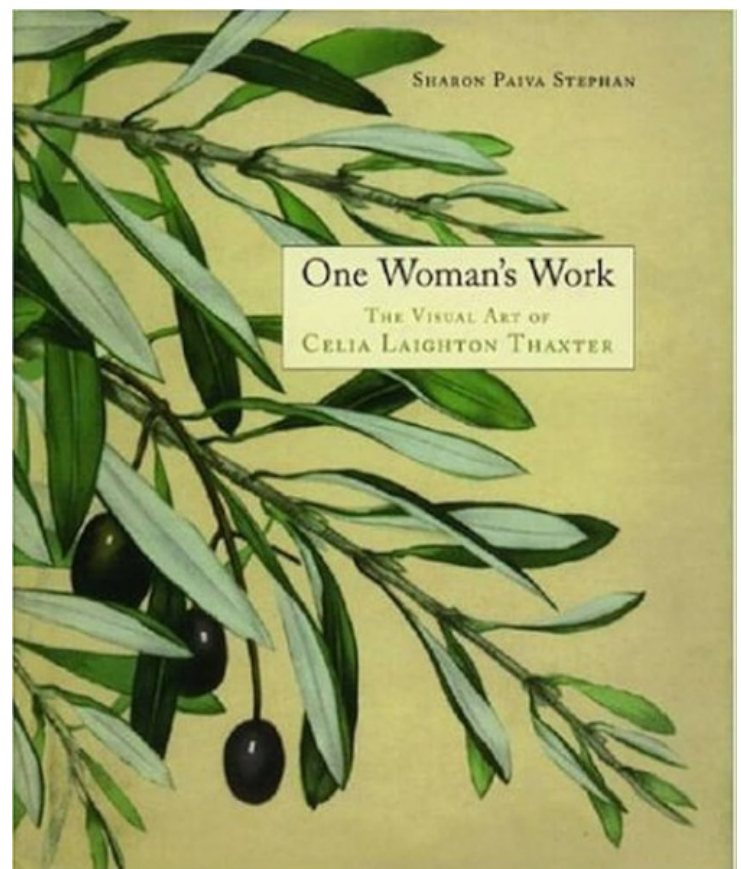
Just as the Downtowners embrace the community spirit in their village model, so does the Central Market. The iconic market strives to be a thriving and welcoming place to nourish the community and provide support for local businesses that celebrate the best of Lancaster. Since opening in 1730, the market has had a variety of configurations - open field, open-air structures, curbside markets - before the current building was erected in 1888.

Intended as a public market for everyone, the present iteration, with its 70+ vendors, has stayed true to its original intention, outlasting many other similar markets that once occupied downtown Lancaster. A building of this vintage eventually needed some TLC, so in 2005, the trust was formed to provide for the preservation, maintenance and development of its identity as a showcase for the area around Penn Square. This has led to such innovations as the development of a SNAP program, a special after-market service that provides donations of excess food to those in need, and the planned rollout of an on-line ordering system. These are just a few of the ways that Lancaster Central Market enriches the community, just like the Downtowners

Garden Group

BY MARY HINKLE

The Downtowners Garden Group met on January 18 for a fascinating talk by Sharon Stephan on her book *One Woman's Work* and its subject, Celia Loughton Thaxter. Thaxter was noted in the late 1900s as a prominent gardener, artist, writer, and hostess of a salon frequented by painter Childe Hassam; authors Emerson, Hawthorne, Longfellow, Whittier, and Jewett; and other literary and artistic notables. Stephan's book focuses on Thaxter's visual art, particularly botanic drawings and paintings. In that vein, after the presentation, attendees created their own botanical pieces in watercolors. For details of the next Garden Group event at Gallery Grow on February 22, see the Events Calendar on the DT website.



Resource Committee Corner

Your Medicare

BY MARY DOYLE

In Medicare, timing is key. There are specific times to enroll or to change plans.

As you know, the Annual Enrollment Period ended December 7th. However, for those who are enrolled in Medicare Advantage, there is another opportunity to change plans.

You can change plans during the **Medicare Advantage Open Enrollment Period** that runs from **January 1st through March 31st**.

Everyone who is enrolled in a Medicare Advantage plan can make one change during the Medicare Advantage Open Enrollment.

They can change to a different Medicare Advantage plan or switch to Original Medicare and have a Special Enrollment Period to enroll in a Drug Plan.

However, for most people who are enrolled in Medicare Advantage, they will be subject to medical underwriting to enroll in a Medicare Supplement plan. More details on Medicare Supplement Plans can be found at www.medicare.gov or by scheduling an appointment with PA MEDI.

All changes are effective the 1st of the month. For example, if you elect to make a change in February, your new plan effective date is March 1st.

If you are considering changing your Medicare Advantage plan, there are a lot of details to consider as you compare plans. PA MEDI can help you review your options to ensure that you get the coverage which you need.

Call PA MEDI at the Lancaster County Office of Aging at 717 299-7979.

But if you chose to do this unassisted, it is our recommendation that you call Medicare to ensure a smooth transition as you change plans. The Medicare phone number is 800-MEDICARE or 800-633-4227.

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.

Favorite Things & Magic Things

BY MIMI SHAPIRO

AI love my mittens ! I got them when we first moved here 22 years ago. The yarn is soft – they have been stitched over and mended every single year. Last week I lost them. Oh No! I I was really sad. Retraced my walks and went back to all my usual places. I spent days, looking at the sidewalks as I walked all over Lancaster. I walk for exercise, but this was futile.

I decided if they were going to be found, the universe had to provide. Days went by – all my good thoughts but nothing. Oh well, this is not the most important thing in the world - so I decided I had to let them go. First Friday, was a whole long week I went to Curio for the opening. (If you have not been to Curio - the little art supply store on Chestnut Street - GO, you do not have to be an artist to love this store!) Nicole, asked me if I had lost my gloves. Yes...She said, I think I saw them at the post office.

I was thrilled but afraid that they might not be mine. Magic thinking - I googled what time does the Post Office open on Saturday...9am...February 3rd is my 5 month birthday, and ice cream for breakfast...surely these events were a good omen.

The line was 6 people long, Finally, it was my turn. Refredo, the super nice man at the Chestnut Street post office had put them aside, because he recognized them!! It's a small city, actually a village, and kindness is what makes living in Lancaster so special!



Welcome to Downtowners' Newest Members

Frank A, Claire G, Ron G, Bill H, Dorothy H, Sheryl L, Wayne L, and Elizabeth S

Happy Birthday to these Downtowners in March!

Leonard W, Gene S, Rhonda K, Lewis W, June L, Jeff H, Patricia C, Timothea K, Diann H, Naomi S, Julie P, Rod H, Pamela T, Karen S

Downtowners Around Town: DIYO Fusion & The Himalayan Curry and Grill

BY ANDY BERFOND

When word got out to the Lancaster Foodie Community that the owners of the popular Himalayan Curry and Grill on East Orange Street were opening a second place in town, the public reaction was amazing. I know this because a simple post about it on one of Facebook's local food related pages created a lot of buzz.

Thanks to their reputation for preparing delicious traditional Nepalese dishes and their strong following, they qualified to receive Lancaster City Revitalization and Improvement Zone (CRIZ) funding for their new small business located next to the library in the 101NQ building on North Queen Street.

Reservations have always been recommended to get into the Himalayan Grill's cozy dining room, but at DIYO service is cafeteria style, so when you arrive you'll check out the selection and decide what to try. I went there opening week, and ordered the Butter Chicken, which came with a choice of two sides and a great value for only \$12. It was even a big enough portion to take some home to enjoy another time. You can also check out the Himalayan Grill's lunch buffet if you want to try a sampling of their delicious cuisine.

DIYO Fusion and the Himalayan Grill are examples of the ethnic food choices that we already have to enjoy, as more places continue to open in and around the city. Look for the red Lancaster City Alliance signs in the front windows of all the new restaurants coming soon.

See you around town.



Above: Butter Chicken and 2 Sides



Above: Himalayan Food

Spotlight on a Memeber

BY MARY CAE WILLIAMS

Sue Heilman lives in one of the apartments at Landis Place on King. She was born and raised in Pittsburgh. In fact, during the Covid-19 pandemic, she moved back to Pittsburgh to be with her mother. She has lived in a variety of places in Lancaster since 1988. Prior to moving into LPoK, she lived with a friend, waiting for her apartment to be ready for her. Sue is fond of several of the opportunities that living in Lancaster makes possible. She enjoys riding on the Rail Trails that have been developed over the years. She is happy to explore the many, diverse restaurant offerings. And she takes pleasure in visiting the art museums and galleries that are found throughout the city. When asked what she would do if there were absolutely no limits, Sue, at first said she wasn't "much of a visionary." However, as she thought about it a bit more, she said that she would "love to create a tiny house village for people who need to live more frugally." Welcome, Sue, to Downtowners, we might take issue with your sense of not being a visionary.

Stone Visit

On February 25, a baker's dozen of curious Downtowners joined Head of School, Mike Simpson, for a talk and tour of The Stone Independent School. Stone, as its friends and familiars call it, is a progressive, non-public school that serves students in grades 7-12. Mike told us that there are 115 students currently enrolled. He gave us the history of how the school was created. He described the ways that standard educational models are still nearly the same as the earliest models on which public education was founded. Those ideas were designed to create a workforce to make the transition from a rural/independent craftsman economy to one that was powered by factories, industry, and large-scale commerce. Today, as most of us can testify from personal experience, the rate of change in our society and its economies is lightning fast compared with changes in the 19th Century. And, yet, so much of our education continues to be rooted in the ways and means of that time. Stone aims to think carefully about what students may need to successfully launch themselves into the future and to be productive members of a world we cannot fully imagine now. Teachers at Stone are deeply committed to grappling with the big ideas of what it means to empower today's students to mature into tomorrow's makers, shakers, and problem-solvers. They have even thought about the fact that students who may be best suited to take full advantage of this progressive environment might not come from families that have the money needed to support such a school. Many students at Stone receive some financial aid and some receive significant amounts of aid. The school strives to be "need blind" which means that they are interested in finding students who will thrive in the environment regardless of whether their families can afford the tuition.

I know I was very impressed with everything I saw and heard. I heard other visitors saying they wished they could have had a school experience like this one. The Stone Independent School is just one more example of the many ways people in Lancaster, young, old, and in-between, are working to build and maintain a thriving and exciting community. If you are interested in learning more about Stone, I suggest that you check out their website...it makes for some fascinating reading and some really excellent chances to "watch (them) in action."
<https://www.stoneindependent.org>

You Don't Have To Park A Bus

BY ROBERTA STRICKLER AND ROD HOUSER

Step 1: Get your free senior citizen RRTA bus pass.

- Go to the Queen Street Transit Center at 225 North Queen St.
- Show your ID to prove you are over 65.

Step 2: Join Downtowners forum "Bus Buddies" and be part of an online email conversation.

- Look for an email invite to join the forum.
- Read posts, updates and news about getting to bus routes.
- Ask other forum members for help.

Step 3: If you are new to RRTA, recruit a friend and take a bus somewhere for lunch or a meeting.

Step 4: Keep a bus ride journal and record

- Where you went
- What you learned
- Different bus routes you try
- Names of friends you introduce to Lancaster Red Rose Transit system

Step 5: Register for upcoming special Downtowner bus promotion workshops and trips. (See online program calendar.)

- Reading RRTA bus schedules
- Downloading and learning smart phone apps to find bus routes and see actual locations of buses in real time on the routes
- Traveling to outlying communities by bus: Luncheonette and thrift store at White Horse; Homefields farm and lunch at Koshary Station in Millersville; Cherry blossoms and lunch in Marietta.



Above: Nancy Youst at the Queen Street Transit Center

- Get on a bus.
- Go someplace fun.
- Explore Lancaster County.
- Make new friends.
- Try lunch at an exotic location like Lititz or Manheim.
- Get on the bandwagon of the Red Rose Transit System and go places.

Remember: You don't have to park a bus.

Say goodbye to annoying meters, kiosks and traffic tickets.
Watch the Lancaster Downtowners Facebook page for tips and trips.

The wheels on the bus are rollin', rollin', rollin', so don't be left behind!

EMPOWERING WOMEN TO
ACHIEVE FINANCIAL
CONFIDENCE AND WEALTH
LITERACY.

01/19/2024

PRESS RELEASE

New Book

Introducing "A Woman's Wealth: Designing Financial Confidence" – the debut book by Beth Vulopas, Managing Principal and Owner of Chestnut Street Investment Counsel. In collaboration with Carol Emerson, LCSW, this financial book goes beyond conventional monetary practices to explore the deeper meaning behind our personal experiences with money.

For immediate release

Beth Vulopas, a finance industry veteran with more than 30 years of experience, is committed to helping women understand money and finance.

"It's a fact that 80-90% of women will be solely responsible for their financial well-being at some point in their lives" says Vulopas. "While women today have more financial opportunities than ever, they still tend to shy away from money talks, even with close family and friends. We need to change this narrative."

Working with a Lancaster psychotherapist, Carol Emerson, Vulopas has co-authored a book that tackles the emotional aspects of money. The book allows readers to delve deeper into their own money story and gain a better understanding of their financial behavior. This is a crucial first step towards achieving financial confidence.

A study conducted by a Boston Consulting Group published in Harvard Business Review made a startling discovery: financial services is the least

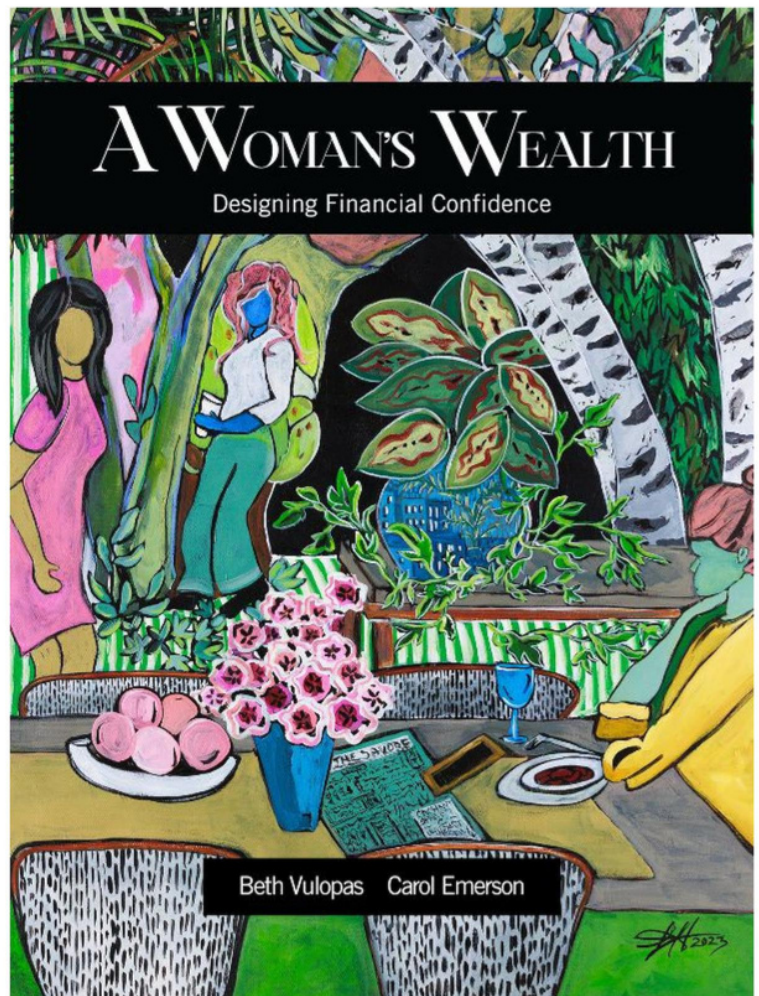
compassionate industry towards women. Many women feel undervalued and marginalized in the financial industry.

This timely resource for women is a beautiful combination of compelling stories, artistic elements, and practical worksheets. *A Woman's Wealth* provides readers with tools to cultivate financial confidence for both today and the future.

For additional information or to set up an interview with Beth and Carol contact:

**Linda Husted, Business
Development/Marketing
Linda@Chestnutstreetic.com
717-947-3850**

**To order the book go to:
Chestnutstreetwoman.com**





Are you or your loved one in the early to middle stages of memory loss? If so, sign up to...

Sing for the Moment

Eight week choir program for those living with memory loss and their care partners.

Wednesdays, 10:00 - 11:00 am

March 13 - May 1, 2024

Concert is Sunday, May 5, 2:00pm

Landis Homes, West Bethany Chapel
1001 E. Oregon Rd, Lititz PA 17543

Sing for the Moment choir is a Social Engagement Program that provides an opportunity for people living in the early to mid-stage of Alzheimer's disease and other dementias, along with their care partners, to enjoy music and socialize. The choir fosters joy, friendship, self-esteem, confidence and a strong sense of belonging for participants.

Register: Jonelle Shenk at jshenk@landis.org or call Joy Albright at 717-381-3599.

"We had a great time with the choir. The leaders were a real treasure and provided a fun time to sing together. After 8 weeks we were amazed how good we came together to sing. We are anxious to sing again!" Jim & Esther

DIAMOND SPONSOR



PLATINUM SPONSORS



GOLD SPONSORS



SILVER SPONSORS



BRONZE SPONSORS



SmartLife Info Session

Wednesday, March 5, 2024
at 2pm

This in-person session at the **Manheim Township Public Library**.

Registration: [Click here to sign-up for this free event.](#)

Enjoy the benefits of a senior-living community wherever you call home.

Plan for Aging in Place: Friends Life Care and Landis Communities Webinar

Tuesday, March 12 at 1pm

Location: Online

Register for an **informational seminar or online webinar**. Seminars and webinars are provided at absolutely no cost or obligation to you, but registration is necessary, and seating is limited. To make a reservation, call **800-496-1985 ext. 235** or **844-2Landis (844-252-6347)**.

REGISTER HERE:

FriendsLifeCare.org/Landis/