



## From the Executive Director

### A warm welcome to Linda Ecker, a returning Downtowner!

It was wonderful to see Downtowners walking through the neighborhoods last weekend during part one of the East Side/West Side event, and yet we are also reminded that we are a long ways from a 'return to normal.' The day before seeing many smiling faces from my porch, I received a COVID-19 Supply Kit in the office, courtesy of Recovery Lancaster. Masks, sanitizer, and a thermal thermometer will be in use for the foreseeable future, as we consider when the time is right to be together in small groups.

For now, we continue to operate our board and committees virtually, provide careful guidance for all Just One Call requests, and encourage Neighbor Groups and other small groups to gather virtually or in an outdoor space with masks and social distancing.

We will focus these next months on enhancing small group gatherings. In the meantime, this June newsletter is filled with information and insight about what it can mean to be a Downtowner in the summer of 2020.

Stay safe and Stay Connected,  
--Melissa Ressler



Here is a group photo (screen shot) I took yesterday at our regular zoom-meeting with several members of our Small Neighborhood Group. Since the pandemic, our monthly meetings have become bimonthly ones. Like always, we had a very nice time together, chatting and discussing both serious and fun matters.  
— Eva Hochberg



## Program Highlights

"Let's have a book group," said a Downtowner to another.

"But I have so many books I have to read for other book clubs, I don't have time for another one!" was the response.

The solution: A book discussion with NO assigned reading. Simply talk about a book that you have read recently. The effect: Lots of new titles to explore when and if one wants.

That's the upshot of the latest Lancaster Downtowner endeavor to make connections with its members. Once a month, the group gathers in a coffeehouse or zoom to hear about and discuss books that others have been reading. There are memoirs, classics, fiction and non-fiction. There are political, racial, spiritual, scientific, and historical offerings.

After the group disperses, a list of books and authors mentioned is distributed so others have the information.

Also lurking behind opened folios are mystery lovers galore. There appears to be strong support for the British mystery writer, since they figured prominently in the most recent iteration of Books, Coffee, and Conversation – now known as Mysteries, Coffee, and Conversation!

Meeting at a different time monthly, this group discusses favorite whodunits; many of which are parts of series. Brits aside, there are also the Norwegians such as Jo Nesbo and Stieg Larsson, American classics such as Gardner and Parker; Indian, Australian, and African authors too.

Keep your eyes peeled for the next books discussion and notify Susan Leinberger if you are interested in giving it a try. There's always room for 1 more at the screen or café table.

### West Side Visits

**Saturday, June 20<sup>th</sup> 2-4pm**

Follow the Downtowners' map for part two of a Porch Visit event.



Check the [Event Calendar](#) for Taming of the Shrew, Provance France Presentation, Afternoon Tea, and Koffee Klatch gatherings.



June date: Thurs., June 18 at 10 am  
**Mysteries, Coffee, and Conversation**

Susan: 717 682 9724 call or text;  
sswlhome@gmail.com

## From Your Reporter

**-Andy Berfond**

I'm getting the sense we are getting back to some kind of normal. However it might change though, is in the hands of people who hopefully will be making good choices for themselves and how it might impact others.



I write this on Sunday June 14th, and yesterday it became most apparent to me the Downtowners are eager to get back out there with a little less Zoom, and a little more personal interaction.

First there was the East Side/West Side walk for Downtowners to visit other Downtowners on the front porches of their homes. It was a beautiful day to get out for a walk in the Downtowners t-shirts while crossing paths with others for good conversation.

Then some Downtowners got together to bake or buy cookies as a contribution to a local church providing a special meal for those in need. We called it "Cookies from Grandma & Grandpa."

Ellen and I met up with a friend and enjoyed courtyard seating at Columbia Kettle Works next to Zoetropolis for a beer and some nachos from Cocina Mexicana. Afterwards, while taking a walk past Market, we encountered fellow Downtowners enjoying an outside lunch at C'est La Vie.

As I made my way towards home, I saw yet another Downtowner crossing an intersection at the same time as me.

So my conclusion is we are getting ourselves back out in the community. The only difference being we are all sporting our facial masks which has become part of the "new normal." Thinking about the masks, it eliminates our ability to utilize facial expression as a part of our interactions. Our eyes will now play an even more important role.

The quick rise of mask design and production has been interesting to watch. It has become a fashion statement for some and the prices of those designer masks clearly indicate the demand. You can get a mask with sports logos, political parties and brands of all kinds. I'm more practical and think a mask shouldn't be costing more than \$10. Five bucks is even better.

I'm waiting for someone to create a mask with a series of Velcro attachments in the form of emoji faces. It would be a way to help others to understand how we might be feeling that day underneath the mask.

The bottom line to me is we can be out and about again to enjoy the summer season in the best possible ways.



## Resource Committee Corner

Do you receive a lot of robocalls? One important tip is to only answer calls from people you know. Consider changing your voicemail message to: "I'm either not available to take your call or I don't recognize your number. Please leave a message." Your callers will understand your caution!

[Click here for more ways to stop unwanted phone calls.](#)

WITH LANCASTER COUNTY IN THE YELLOW PHASE THERE ARE MORE CHOICES ABOUT WHERE TO GO AND WHAT TO DO. BUT HOW DO WE STAY SAFE WHEN WE KNOW COVID-19 IS STILL IN OUR COMMUNITY? HERE ARE TWO HELPFUL ARTICLES: [WHEN 511 EPIDEMIOLOGISTS WILL DO EVERY DAY THINGS](#) (LOG-IN REQUIRED)

[HOW EXPERTS RATE THE RISK OF SUMMER ACTIVITIES](#)

There's no such thing as a zero-risk outing right now.

Your personal risk depends on your age and health, the prevalence of the virus in your area and the precautions you take during any of these activities.

**"Always choose outdoors over indoor, always choose masking over not masking and always choose more space for fewer people over a smaller space."**



### ***You might want to try....***

Joining the [We Are Done Dying webinar](#) hosted by NAACP Lancaster Branch. Thursday, June 18<sup>th</sup> at 6pm focus on Health & Economics; Thursday, June 26<sup>th</sup> at 6pm focus on Education.

## From Two Downtowners

### A WEIGHTY MATTER -- by Eileen Gregg

Early in May, I let Downtowner John Kanagy know that, for the first time, I was going to apply for a mail-in ballot in the primary election. John told me that he was planning to do the same and that this would be the first time for him also.

A couple weeks later, I received this email from John: "Received my notice today that my ballast was received and recorded! Very easy to do."

I replied: "I'm not sure you meant 'ballast' but I must say that it is a very appropriate word in the current circumstances."

John responded: "That's my wonderful spell-checker! At least the pandemic has saved us from constant political ads from the beginning of the year!"

My thesaurus tells me that "ballast" is a heavy substance placed low in a vessel to improve its stability. John's mail-in ballot may be just what Pennsylvania needs right now.

### One Man's Opinion – by Andy Berfond

At my house, we were the lucky recipients of a debit card with our stimulus payment. It arrived very discreetly in an unmarked envelope, and it was a little disappointing to me because I was actually looking forward to the paper check with the President's name on it. Perhaps a collectible of the future?

Anyhow, I like to think of myself as being in tune to successfully navigating the online app driven world we live in today, so I followed all of the instructions to set up an account with the card issuers company, in order to keep track of my funds.

Now just to be clear, I can honestly say we are blessed in our retirement, and while the extra money is nice, we really didn't need it. For us the plan was clear that the stimulus money was a way to support local businesses and we were eager to do just that.

So I followed the instructions carefully, provided both a user name and a password with the required amount of upper case, lower case, numerals and signs, only to discover every time I'd hit the submit button, it would be red flagged and rejected numerous times.

This became very frustrating because all I simply wanted to do is transfer the funds to my bank account and be done with it. The card however came with multiple steps to establish an account with the usual requirements up to and including having to set up security questions like "What was your first pets name?"

Why so complicated, I thought. And why a debit card? It wasn't too long after I received my card, that I started to read the news stories about the frustration of using it. Some people even reported to be discarding the card without ever opening it, fearing it was some kind of scam.

After establishing my account and logging in and out three times, I was finally able to get all of the funds transferred. I'm happy to report as of this writing we are now able to get back out there in the community to start spending our "stimulus money."

See you around town.

## Downtowners Take Part in Lancaster Zine Fest

In early June Lancaster Downtowners distributed "zine-making kits" to members who have previously participated in "Drawing for Fun" at Bob Ibold's house, as a new way to get creativity flowing and be a source of connection to our community!

### What is a zine?

Zines are handmade, self-published works that contain unique content and perspectives not often found in mainstream media or books. They are usually made in small numbers, and can be hand-written or drawn, typed on a typewriter or a computer, copied and pasted using found images, photocopied in color or black and white, bound with staples or thread using any variety of techniques.

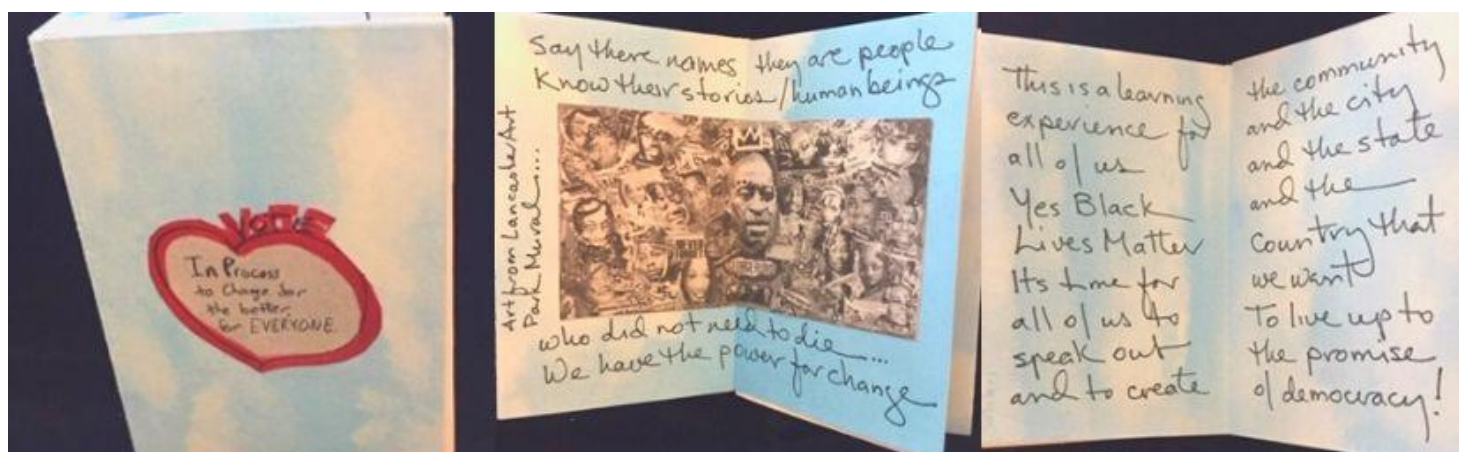
### Where did the zine-making kits come from?

Lancaster Zine Fest, planned by Fear No Lit, was envisioned as a one-day, all-ages public event in downtown Lancaster, Pennsylvania celebrating zines, small press books, comics, drawings, prints, cards, and other small handmade paper goods. The goal was to bring together a community of local artists and writers to share, promote, and sell their work. However, due to the COVID-19 pandemic, a large, in-person event is no longer possible. Instead, they changed direction.

The grant received for Lancaster Zine Fest was used to create 500 zine-making kits that were distributed throughout Lancaster.

Although we cannot gather together to celebrate and share zines, we can individually use zine-making to explore what we're feeling, our hopes and fears, and our reactions to the pandemic. Creating things is an excellent way to process feelings and keep your mind active. We hope the zine-kits will be a fun outlet for your art, words, and ideas. Please share what you make using the hashtag #lanczinefest on social media.

Lancaster Zine Fest is organized by Erin Dorney of Fear No Lit and has been supported in part by the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency.



## MIMI SHAPIRO SHARES HER ZINE

## A Trip Down Memory Lane

Having more time than usual lately to stay home and find things to stay busy, going through old paper photos as well as photos stored on various devices has been fun.

Recently one of my cousins reached out to the family as he searched for old photos, specifically taken in the Borough of Brooklyn New York, where most of us were born and raised by a family of immigrants who came to America from Poland before the Second World War.

Unlike the current technology when our smart phone devices take beautiful easily edited photos, years ago taking photos required having a camera which would allow us to take pictures with varying degrees of quality. Then we waited to have it professionally developed, with the end result often being less than desirable.

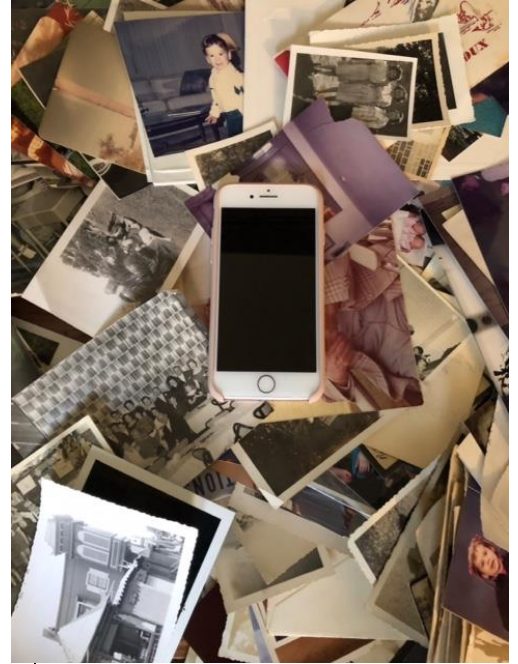
Today if we still have those black and white photos, they often find their way into a forgotten old photo album, or stuffed in a cardboard box accumulating dust in our attics or basements, until our cousin puts out that request for assistance.

What's great about going through old albums is being given the opportunity to go down memory lane to recall pictures of our youth, and our parents, grandparents and family members in the prime of their lifetimes.

I was happy to help fulfill my cousin's request with photos of the good old days growing up in Brooklyn, New York.

Part of getting older is the joy of reminiscing about our past and our heritage. Those old pictures certainly help to accomplish that in a meaningful and nostalgic way.

Andy Berfond



**Do you have a story, opinion, or article to share? Email your contribution to [director@lancasterdowntowners.org](mailto:director@lancasterdowntowners.org) by the 15<sup>th</sup> of each month!**



# How to Stay Safe from COVID-19 at the Pharmacy

- Use the Drive-Thru
- Ask about home delivery
- Consider switching to 90 day supplies
- If you must go in, maintain 6 feet, wear a mask, and go during slower hours.

[Click here to learn more about what to do before, during and after your visit.](#)



E. Swackhamer



PA Department of Agriculture



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- A. Egg masses
- B. Early nymph
- C. Late nymph
- D. Adult, wings closed
- E. Adult, wings open

## Have you seen a Spotted Lanternfly?

*Spotted lanternfly (SLF) is an invasive insect that has spread throughout Pennsylvania since 2014. SLF feeds on the plant sap of many different plants including grapevines, maples, black walnut, and other important plants in PA. If you see SLF, help us stop it in its tracks! To report a sighting, use our reporting tool online or call our hotline at 1-888-422-3359.*

Visit <https://extension.psu.edu> for more information on the SLF.

## Friends Life Care Webinars

[Tuesday, July 14, 10am](#) or [Thursday, August 13, 1pm](#)

Topics will include:

- 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 Life Care plan?
- How do Medicare, Medicaid, and your current healthcare insurance fit in?
- What are the affordable alternatives this offers for quality care in your own home?

This informational long-term care workshop is for individuals ages 40-85 who are in good health.



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