



Board Update

By Judy Zimmerman Herr

In Lancaster Downtowners, we follow a kind of hybrid year. Our fiscal year, on which we base our budget and financial reporting, is the calendar year. However, our program year revolves around the Annual Meeting, which takes place in late October (this year, on October 22). This means that Board service terms run from November 1 to the end of October. Since we are nearing the end of the Board program year, I'm using my slot this month to give a brief report on the Board's activity and membership.



The Board generally meets the second Monday of each month. At the beginning of the year we were meeting together in person, in a meeting room at the Lancaster YMCA. We did routine things like adopt a budget, make some preliminary plans for the year, and receive plans from the various working committees. Our March 13 meeting was the last time we met face to face, and our discussion included thinking about how we might deal with the novel coronavirus that we realized was coming our way. But we didn't know how much it would affect us and how soon!

Since April, we have met each month via Zoom, and we're getting used to that way of gathering. It makes some interactions more challenging, but we are managing to get our work done. Among our actions this year have been:

- **Revising the Downtowners By-Laws to allow for electronic/email voting, and for meeting virtually**
- **Approving the new Health Buddies program of Just One Call**
- **Doing an annual review for our staff person, Executive Director Melissa Ressler**
- **Continuing to review how we are doing in handling what the coronavirus has brought our way**
- **Reflecting on how we respond to questions of equity and inclusion as a predominantly white organization**
- **Discussing possible revisions to membership dues structures**
- **Approving fundraising activities, including producing a video and engaging the ExtraGive**

Our By-Laws allow for a Board of Directors of up to 15 persons, who serve two-year terms with possibility for two renewals. The Nominating Committee brings us a slate for new members each year in August, and we elect new members in September. This year, two members will leave the Board and five will join, so that we will increase by three. It means that if we are able to go back to meeting in person, we'll need to find a bigger table! We will also be replacing three officers, so there will be a new Treasurer, a new Secretary, and a new Vice-President. All of these are for two-year terms.

We also have a category of Advisory Members. These are persons who are not Downtowners members, but who bring expertise that the Board finds helpful. At this point, we have two persons serving in this capacity.

Program Highlights

Annual Meeting

Thursday, October 22nd 6:45pm

Via Zoom

We will hear updates about our organization and enjoy a keynote speech by Dr. Leroy Hopkins, President of the African American Historical Society, as he shares about his career path and helpers along the way.

Be sure to **REGISTER** so that we can deliver appetizers to your home to enjoy during the meeting!



Picture: Nancy Youst welcomes David Simpson as Downtowners enjoy the New Member Welcome Reception at the Wolf Museum Garden

Check the [Event Calendar](#) for Walking Group, Book Clubs, Afternoon Teas, and Koffee Klatch gatherings throughout October.

Mark your calendar for three special Zoom presentations by our sponsors:

9/28: [What to Consider When Planning to Stay in your Home during Retirement](#) by Gibbel Kraybill & Hess

10/15: [Making Medicare an Easy Step](#) by Bill Parson, Certified Senior Advisor at Everence

11/10: [SmartLIFE via Willow Valley](#)

Our generous sponsors demonstrate their commitment to maintaining Lancaster City as a safe and welcoming environment for people of all ages and assure that the support provided by Lancaster Downtowners remains affordable for members.

We partner with businesses and organizations that provide high quality services that align with our mission.

Owls and Downtowners

By Dolores Parsil

Did you know . . .

Owls are nocturnal shoppers, oops, that is, hunters. Will you be an owl for the Downtowners On-Line Auction? Or are you a daytime-daylight shopper? No matter what your habits are, you'll be able to shop 24/7 from whichever tree branch, telephone pole, or chimney you perch on.

Owls have binocular vision and can turn their head amazing 270 degrees, but you won't need such precision or capability on our auction website, Bidding Owl. Everything will be easily viewable- and doable- just a screen away.

Owls swoop silently. When you join Downtowners and others October 1 to the 23rd on-line for our biggest auction ever, you can swoop silently, too. And you won't need feathers! Shh!

Owls are stealthy and sneaky, but you don't have to be! Just stay calm, check in now and then, and raise your bid if someone else is trying to grab the prey from under those sharp talons of yours.

Owls are carnivores and chow down on small rodents and birds. Our auction food items include no feathers, fur, or bones. We are offering homemade soups, cakes, pies, breads, chocolates, and several baskets of goodies. Owls can't cash in on restaurant or grocery gift cards, either. We'll have over 20 local gift cards to tempt you.

Owls decorate their homes with feathers, leaves, and bark. Our auction has paintings, posters, collages, serving dishes, decorative platters, and more for beauty and utility in your home.

Owls don't read books, play an instrument, drink wine and spirits, or draw up legal documents, but these will be offered in our auction!

Owls are solitary creatures. You'll want friends or family to join you for a beach get-away, an outing to a botanical garden, walking tours, a visit to a local animal (not a friend of owls) sanctuary, and other activities and entertainment.

Owls are "insanely good hunters"! Be an owl so that, on October 23rd, you'll be able to hoot, hiss, whinny, or even bark when you see what you've successfully won at our auction!

Online Auction

- **October 1-22**
- **Any time, 24/7**
- **On-line at www.biddingowl.com/LancasterDowntowners**
- **Open to Downtowners, their families and friends, and the general public.**
- **Contact Just One Call if you need help with the website!**
- **Preview of site September 24-30.**
- **Call the office at 717-584-1224 with any questions!**



Medicare open enrollment is coming

What you need to know, whether you're a current or first-time Medicare participant

Bill Parson, Certified Senior Advisor (CSA)[®], has spent 28 years at Everence helping people to combine their faith and finances.

It's time for cooler weather, falling leaves and plenty of ads for Medicare open enrollment. If you're covered by Medicare or approaching that time of life, you're likely receiving quite a bit of mail regarding your options, not to mention the ads in the newspaper and on TV. It can all be quite overwhelming. Let's take a closer look at Medicare and what all of this means to you.

Medicare essentials

Original Medicare has two parts, A and B, that cover inpatient and outpatient medical claims, respectively. Many people also purchase a Medicare supplement or Medigap policy to help pay for out of pocket costs associated with Medicare. Part D was added later to provide coverage for prescription drugs. Finally, Part C allows you to get your Medicare coverage through a private insurance company, if you wish, also known as a Medicare Advantage plan.

Open enrollment

Medicare open enrollment, which takes place Oct. 15 through Dec. 7, is a time when you can make changes to or enroll in a Part D prescription plan or a Part C Medicare Advantage plan. Medicare supplement plans don't have an open enrollment

period. You can generally change those plans any time, but you may need to answer some health questions to qualify.

Resources

Everence is offering a special webinar ***Make Medicare an easy step for Lancaster Downtowners on Oct. 15. at 6 p.m.*** Bring any questions and we'll be happy to answer them. Register [here](#) or call 717-394-0769.

We also offer consultations to review the Medicare options for your individual situation in person or via videoconferencing or phone.



everence.com/centralpenn

One Man's Opinion

By Andy Berfond

There will be NO marshmallow Peeps for Halloween and Christmas this year. There is once again a concern about shortages of some necessities we usually take for granted, like paper towels. There appears to be a delay in getting paper ballots out to the residents of Pennsylvania for the fast approaching Presidential election. Schools are opening, and then closing up again because of increased cases of Covid. Businesses both large and small are continuing to close their doors. The questionable actions of law enforcement officers in handling volatile situations has now moved into our own backyard.

And that is just a sampling of one weekend's news feed. Is it troubling to hear? Absolutely. So, how do we personally cope with all of this news?

I don't have all of the answers, but for me, I'll start with "Peep-less holidays." I have always loved "Peeps." There is something about the melt away softness and sweetness covered in all of those bright pastel colors that is very appealing. My solution is easy on this one. Eat more chocolate.

Ok...I've solved the simplest one. Now it gets more complicated. Next up...the paper towels. While I don't want to admit to becoming a hoarder, it's clear to me for every future shopping trip, paper towels and the rest of the necessary paper products must remain on the shopping list, regardless of whether you already have a half dozen or so on hand.

Then there is the upcoming election that in my opinion will get a little challenging and probably precedent setting in less than two months from now. I personally requested one of those paper ballots and I am crossing my fingers the Commonwealth of Pennsylvania will figure it out sooner rather than later.

The ongoing Pandemic crisis has continued to challenge schools and businesses in unimaginable ways. The school administrators, teachers and staff had to come up with the best possible plans to be assured our children would be safe, but able to continue to grow and learn. Sadly, in some cases it is beginning to backfire. The businesses have also been challenged to figure out ways to keep going and the small "Mom and Pop" operations are particularly vulnerable. We can all do our part to the best of our abilities to continue to support our local business community whenever possible.

I've saved the hardest one for last. My first reaction is...What? Again? Here in Lancaster? I write this on the morning after the local "breaking news" story of a seemingly senseless death at the hands of a law enforcement officer. Will we now find ourselves thrust into the national news cycle of protesting in the streets covered on the six o'clock news? Sadly, I fear the answer is yes. I hope I'm wrong.

I offer up my thoughts on just a few of the challenges we currently face living in a new reality. As the "older and hopefully wiser" members of our community, we need to remain strong, healthy and supportive of our loved ones, friends and support systems, like the Downtowners, as we "weather the storm" together.

Resource Committee Corner



WHEN – AND WHERE – TO GET YOUR FLU SHOT

Health experts say the influenza vaccine is key to avoiding the 'twindemic' of coronavirus and influenza during the upcoming flu season. Visit your physician or pharmacy soon!

[Click for full article from AARP.](#)

Have you been impressed with service completed by one of the recommended providers in our [Resource Directory](#)? Let other Downtowners know and share the kudos!

How to Leave a Review:

1. Go to [this page on the Downtowners website](#).
2. There is a button at the bottom that says "Add your Review/Feedback Here".
3. Complete that 3 question form and your notes will get entered into the directory.

Do you know a great painter, house cleaner, or auto mechanic? New providers can also be recommended via the Review Form described above, or call the office at 717-584-1224 and share your experience.



FUN FEATURE OF THE VIRTUAL 50PLUS EXPOS!

WRITING CHALLENGE SHOWCASE



- Send in up to 300 words of your original work. Your entry can be a poem, essay, or narrative format.
- All entries will be shown online for the general public to vote for their favorite.
- All competitors must have reached their 50th birthday on or before Sept. 1, 2020.

[Visit 50+ Writing Showcase website for entry details.](#)

Look for tips on how we can thrive through troubling transitions.

Here is a link to an article from Next Avenue that may be helpful to some of us in this Covid season when so much of life as we know it is being disrupted and can feel like a "life quake".

[Click here for article.](#)

The Downtowner's **Mystery, Coffee, and Conversation** book group met Tuesday Aug. 25 at 10 am to discuss some current and not so current selections such as McEwan's SWEET TOOTH, Mason's THE DARWIN AFFAIR, and French's THE TRESPASSER (#6 of the Dublin Murder Squad).

Conversation ranged from each author's merits, and types of mystery – crime, historical, or suspense to the irresistible pull of reading books in sequence!

For those of you unable to join us this time, join us next time on **Wed., September 23 at 10 am** in Liliana Zancu's garden. Her address is 1623 Fellowship Dr., Lancaster, in the Grandview Heights area. Let me know if you need a ride. Come and talk with us about a mystery you have read and enjoyed!

The **Books, Coffee and Conversation** group meets regularly via zoom. Look for the zoom address notice closer to that date. These conversations range from fiction to non fiction, including science, life trends, and psychology. Again, no reading list – just talk about a book you have read and enjoyed.

The New York Times recently published a list of NORDIC NOIR – cool reading for hot days. I have cited their Danish recommendations below:

Jussi Adler-Olsen – One of Denmark's most popular crime authors. Adler-Olsen brings great inventiveness to the depiction of sadistic brutality in his disturbing Department Q novels. **MUST READ: "The Absent One."**

Sara Blaedel – Her best-known series is about a truculent Danish homicide detective, Louise Rick (a housebroken Lisbeth Salander), who often takes up the cause of marginalized women in her cases. **MUST READ: "The Midnight Witness."**

Lief Davidsen – The foreign correspondent's trenchant novels offer an intrigue-filled look at European politics. **MUST READ: "The Russian Singer."**

Soren and Lotte Hammer – This brother and sister writing team delivers a solid series about the melancholy homicide chief at the Copenhagen Police Department. **MUST READ: "The Vanished."**

Peter Hoeg- It wasn't Stieg Larson who sparked American's love affair with Nordic crime novels. It was Hoeg, whose Greenland-set crime thriller "Smilla's Sense of Snow" became a surprise best seller when it was translated into English in 1993. **MUST READ: "Smilla's Sense of Snow."**

Bookfully yours, Susan Leinberger

Lancaster Downtowners Annual Meeting

By Melissa Ressler

This year things are different! Our Annual Meeting will be held via Zoom with the program starting at 7pm on October 22nd. Listen and View the program on your smart phone or computer, or you can simply listen by calling in from a landline phone. If you are not familiar with Zoom, contact Just One Call for a coaching session.

This year we will hear from Dr. Leroy Hopkins! After some brief village updates, we will listen and learn from Dr. Leroy Hopkins, as he shares about his career and helpers along the way. Dr. Leroy Hopkins retired from being a professor at Millersville University, and was instrumental in starting the African American Heritage Walking Tours in Lancaster City. He is the current President of the African American Historical Society of South Central Pennsylvania and a vibrant, committed community leader.

This year things are different! Downtowners are comfortable with social distancing in different ways. If you are comfortable hosting another Downtowner household for the Annual Meeting, or if you would like to be hosted in another Downtowner household for the Annual Meeting, you can let us know during Registration. Melissa will contact everyone who wishes to host or be hosted to make arrangements.

What will we eat this year? We are excited to provide individually packaged appetizers for every member who registers for the meeting. These will be prepared by Landis Dining Services and will be delivered to your home the day of the Annual Meeting by a Downtowner volunteer. We look forward for that face-to-face connection! Vegetarian or omnivorous options available.

This year things are different! But register here for October 22nd, when we will gather in a new way.



Dr. Leroy Hopkins

Returning to the Pony Express – by Eileen Greg

On Monday, Aug. 24, I mailed a letter from Harrisburg Pike post office, addressed to a Mount Joy residence. This letter was delivered five days later, on Aug. 28.

In the days of the Pony Express, mail by horseback leaving Saint Joseph, MO, could be carried 500 miles in five days. Mount Joy is only 13.5 miles from Lancaster. A Pony Express horse could travel 10 miles per hour, and, at this speed, a Lancaster-Mount Joy trip could be done in less than 90 minutes.

Pennsylvania could return to the Pony Express, although a simpler solution might be to replace the 30 or more high-speed sorting machines that have been removed from post offices in the state, as a bi-partisan group of state senators has requested.

Election day is Tuesday, November 3, 2020.

Pennsylvania allows any voter to request a ballot by mail. You can also vote in person.

Dates and deadlines

- The deadline to **register** online, in person, or by mail (postmarked by) to vote is **Monday, October 19, 2020.**
- The deadline to **request a ballot** by mail is (received by) **Tuesday, October 27, 2020.**
- **8 pm November 3 - VOTED BALLOTS must be RECEIVED** by your county election office - postmarks are not enough!

Visit [Lancaster Votes](#) for quick links to all your voting needs.

No Longer Alone Family Support Group

Offering support for those who have a loved one experiencing mental illness.

Due to the COVID-19 pandemic, the upcoming **No Longer Alone Family Support Group** (FSG) session will be held via Zoom from 3-5pm on Sunday, September 27th.

Click the [Join Zoom Meeting link here.](#)

Topic: “When Mental Illness includes conflict, violence and aggression. Safety, Resources, Services!”

Presenter: Angela Keen, Community Outreach/Volunteer Coordinator at Domestic Violence Services

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