



Meet the Board!

By Judy Zimmerman Herr

In past years, one thing that happened at the Downtowners' Annual Meeting was an introduction of the Board of Directors. This year that didn't occur, since I found it difficult to figure out how to have Board members stand up when we were meeting on a Zoom screen. So this article is a substitute, introducing you to the Board that oversees Lancaster Downtowners.

As I mentioned in my previous article, our By-Laws define the governing board of the organization as needing to be between 8 and 15 persons who are members of Lancaster Downtowners. A minimum of two-thirds (2/3) of those serving on the Board need to be individuals living or working in greater downtown Lancaster city. Also, two-thirds (2/3) of the Board must be in retirement or actively planning retirement.

We also have a category of Advisory Board Member, to which we can invite persons who bring expertise in areas the Board would find useful. In the past year, we've had two Advisory Board members. One of these, Bill Poole, has just resigned due to family needs, so we currently have only one Advisory Board member, Ann Martin, who is a partner in Gibbel, Kraybill and Hess law firm, specializing in elder law.

Board members for the coming year are the following:

In their third term as Board member:

Ken Nissley (former Treasurer, website administrator)

John Kanagy (Just One Call Coordinator)

Judy Zimmerman Herr (Board President)

In their second term as Board member:

Tana Woodcock (chair, Just One Call Committee)

Timi Kirchner (chair, PR and Communications Committee)

In their first term:

Jim Zink (member, Fundraising Committee)

Bill Parson (chair, Membership Committee)

Kathy O'Kane (Vice President, Just One Call Committee)

Ann Martin (Advisory Board member)

Beginning their first term:

Mary Cae Williams (member, Just One Call Committee)

Barb Breneman (Sponsorship Liaison)

John Mullineaux (in-coming Treasurer)

Henry Biedrzycki (in-coming Secretary)

Jon Walker (committee membership to be determined)



Judy Zimmerman Herr

To find out more about these persons, pull down the "About Us" list on the home page of the Downtowners website, and click on ["Board & Staff Bios."](#) You'll be glad to see the wealth of experience our Downtowner Board brings to the organization!

Program Highlights

Holiday Party: Campfire, Food, and Tales of Holidays Past Tuesday, December 15th

7:00pm-8:30pm

Refectory at Lancaster Theological Seminary (555 W. James Street)

Imagine the refectory courtyard at Lancaster Theological Seminary transformed with luminaries lining the sidewalks and cloister walk and the ambiance of a woodburning campfire—this is the setting for our Pandemic Year Holiday Party. Bundle up in seasonal clothing, bring your own chair and social distance yourselves as you arrive. Food will be prepared by Pepper Theo Café. [Register Here.](#)



Click the photos to register for the corresponding event!

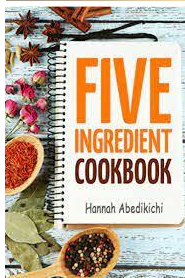
Check the [Event Calendar](#) for Walking Group, Book Clubs, Afternoon Teas, and Koffee Klatch gatherings through the end of the year.

Upcoming Highlights:

11/14: [Health and Wellness Group](#)

11/20: [ExtraGive at Seasons](#)

You can now view videos of previous presentations on the website.



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.

Health and Wellness Group

The newly formed Health and Wellness Group in the Lancaster Downtowners is definitely NOT another book group. Rather, our focus is on educating one another about a variety of topics related to taking charge of our health and wellness as we age. To this end we focus monthly on a particular subject and each participant researches that topic using science-based sources such as peer-reviewed internet sites, reliable newspaper/magazine articles, or books. *We are interested laypeople helping one another and enjoying one another's company as we do it.* We try to meet in-person if we can. Obviously, the COVID crisis has made this more challenging.

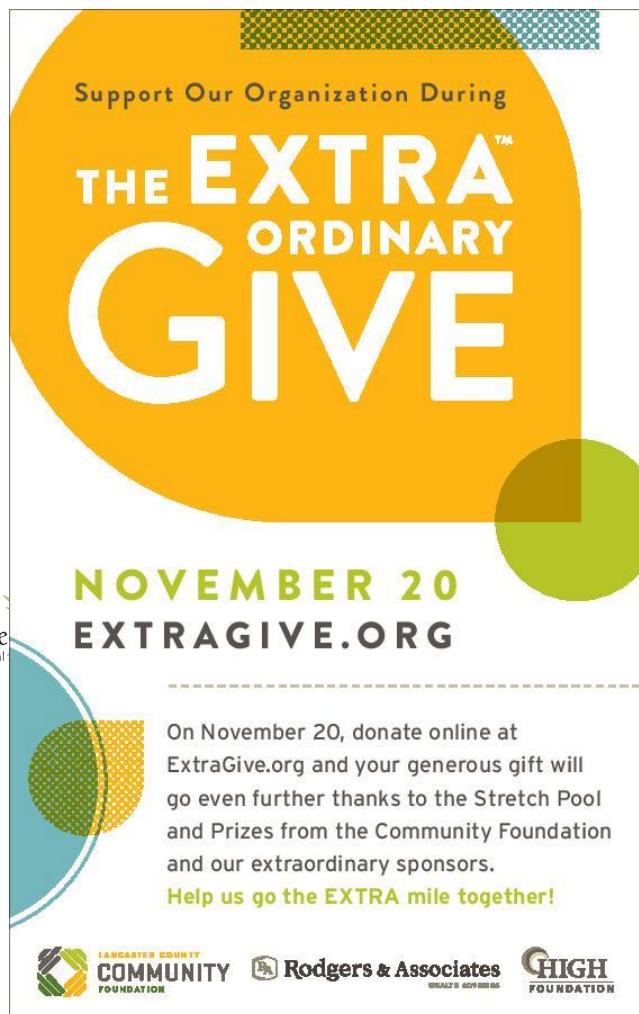
To date, we have had two meetings during which we socially distanced and wore masks. The first meeting was a planning session and, at the second meeting, we focused on nutrition and enjoyed our own healthy meal while sharing the recipe. At each meeting we choose the topic for the next one.

Our upcoming meeting to be held on **Saturday, November 14 from 12:30-2:30 PM will focus on strengthening our immune system as we age, a particularly relevant topic during this COVID pandemic.** This meeting will be held via Zoom.

We encourage you to give us a try. You don't have to commit to monthly attendance and you can choose to participate at your comfort level. Lancaster Downtowners can also bring a friend if they so desire. (We just ask that you make sure to register in advance so we know the number attending). This new group allows us to more fully participate in taking charge of our own well-being while exploring topics of interest to ourselves and learning from others.

We hope to eventually be able to have traditional potlucks and get-togethers and to have guest participants with expertise in specific fields. At our first meeting Martha arranged to have Dr. Kristen Nebel, a local geriatrician, participate and answer our questions. In the future, we'd love to have other specialists, like dietitians and naturopaths, attend.

Feel free to contact Martha Harris or Faith Drummond if you have any questions or ideas. We hope to see you at our next meeting.






Support Our Organization During

THE EXTRATM ORDINARY GIVE

NOVEMBER 20
EXTRAGIVE.ORG

On November 20, donate online at ExtraGive.org and your generous gift will go even further thanks to the Stretch Pool and Prizes from the Community Foundation and our extraordinary sponsors.

Help us go the EXTRA mile together!

As you join in the generosity of the ExtraOrdinary Give, we hope you'll remember the Lancaster Downtowners as you support a variety of community organizations.

Visit

<https://www.extragive.org/organizations/lancaster-downtowners> on Friday, November 20th from midnight to midnight and your donation will be supplemented by guaranteed stretch funds and possible prizes.

We are grateful that our Board has already pledged \$3,600 on this great day of giving!

We are also excited about the support of our friends at Seasons Olive Oil and Vinegar Taproom, who will be donating a portion of their sales that day during the ExtraGive. You can visit them in-person at 36 W. King Street from 9am-5pm and finish your holiday shopping while support : Downtowners.



A Tale of Three (upcoming) Thanksgivings!

Downtowners are giving thanks in a variety of ways at the end of the month.

We are gathering with family. There will be 12 of us for a traditional Thanksgiving dinner. -John

I am so glad I am creative because I am capable of rising to the challenges of winter coming to us with less opportunities to be outdoors. For Thanksgiving I am making a Turkey with the stuffing. I will ask 6 other people to cook some thing. I will take the Turkey to their home pick up what they made and distribute it to the others. At the end I am thinking of having a zoom where we eat together. Often over the holiday season I gather my friends at my table. This is the best alternative due to COVID. – Pauline

We are doing a family zoom Thanksgiving, one at 11AM for kids and one at 8PM, for family that lives in Singapore and adults. No one thinks it is safe to have family members from 4 different states to meet the way we usually do. It will be good to see everyone, even if it is with zoom. - Ann

From Your Reporter – Pondering the Joy of Retirement

“Active Aging” is a term I’ve come across recently in a news article and I had to stop to think about it’s meaning.

As I am writing my newsletter contribution for this month early on a Monday morning, I am sitting at the recently opened Commonwealth Kitchen & Cafe on Pearl Street. It is the day before Election Day which for me was an “uneventful day” in my younger years, but now takes on a completely new meaning. That however, is another topic for another day.

I pondered how I personally can relate to the “actively aging” term, and I concluded I have either consciously or unconsciously been working hard to fit the role. It’s been about six years, or maybe even seven, that I have been retired as a mental health/drug and alcohol counselor, but I have lost track of the time because I have kept myself very busy.

When asked about retiring to Lancaster by old friends and family, the reaction was almost always the same. “Do you know anyone there?”

And the answer was always consistent. “No, but we will meet new people.” That couldn’t have been a more accurate statement, and joining the Downtowners played a big role. More about that soon.

For me, retirement has included an attempt to start selling a collection of “stuff,” including antiques, collectibles, bric-a-brac, objects d’art and memorabilia, but turned into the addictive need to buy even more. This led to renting two spaces in a now closed downtown sellers cooperative. I met many new people through that endeavor including a fellow Downtowner who did the same thing as me.

Our choice of residence in Lancaster at the Clock Towers Condominium in the former Hamilton Watch Factory, also provided us with the opportunity to meet wonderful new people. Recently a new Gentleman moved into the building and I am happy to report he is now one of the newest members of the Downtowners. If you’re thinking Ellen and I had anything to do with that, you would be absolutely correct.

My love for our home in Lancaster with it’s rich history in the community had a lot to do with becoming a Condo Association Board Member. If any of you have ever ventured into that kind of responsibility, you know how much work is involved in the process. It is an unpaid and thankless 24/7 commitment requiring unwavering dedication, and I willingly accepted the challenge.

Then there is Gypsy Kitchen. By now many Downtowners might know about my ongoing interest in a favorite local creative eating establishment in the city at the Lancaster Theological Seminary until it closed at the end of 2019, with a plan to do something new and exciting. Chef Ed Diller and his Pastry Chef Wife Ellen, were planning to become a part of an ambitious new project down the road in Columbia Borough. Then, Covid happened. Today I work with Ed on a weekly curbside pickup out of a “ghost kitchen,” and many of his loyal following from the restaurant have been very supportive of the effort, including many Downtowners. For that, on Chef Ed’s behalf, I say thank you.

I've saved the best for last. Membership in the Downtowners has not only provided us with the opportunity to meet new people, it has also allowed me to continue to keep my "creative juices" flowing, resulting in participation in several projects alongside talented fellow Downtowners. I am happy to be a regular contributor to this newsletter as well as working on helping to promote our mission in the Community.

So, am I actively aging? I think so, but I know I'm not alone. That's because almost every Downtowner I've had the pleasure to know has figured out what they enjoy doing in their retirement years, and they do it with pride. We are artists, and writers, and educators, and activists. We love history and science and the beauty of nature.

In closing, I'm wondering if perhaps there are other Downtowners who would be interested in sharing a little bit about themselves as it relates to their "actively aging journey" for future newsletters as I have in this article. I am confident there are other good stories to tell.

-Andy Berfond

Do you have a story to share about life in Lancaster? Submit your thoughts and observations to be included in the newsletter by the 10th of each month! Email to downtownersoffice@gmail.com



Downtowners Online Auction – In Summary!

What a fun October we had watching the online auction take flight! There were **119** items provided by **75** generous donors. **69** bidders kept the auction flowing, and for the first time about 1/3 of people bidding were supporters from the community (not just Downtowner members).

By midnight on October 22nd this effort raised \$7,134 in support of our mission.

Thank you to our donors, with special recognition to the service providers and sponsors who donated items: **Patti Spencer, John Miller, Ken Shertzer, Landis Communities, and Everence.**

Thank you to our bidders. Thank you to Just One Call volunteers who were ready to deliver items!

And Thank You to the Auction Committee – **Dolores Parsil, Kim van Donk, Ezetta Walter, Janice Stork, Lois Quillen, and Clark McSparran** – for your hard work and willingness to try this new online format. The Bidding Owl will be hiding away in its tree hollow until next October.

Item with the Most Bids:
Sukothai Gift Card

Highest Winning Bid:
3 Night Rehoboth Vacation

Lowest Winning Bid:
Crystal Clear Vase

Highest Number of Bids by One Person: 49
(Number of Items won by that bidder: 1)

Resource Committee Corner

Experts say *It's Okay to Scale Back on the Holidays This Year*

Maybe you don't need permission to scale back, or maybe you do. Its nearly impossible to meet expectations of holidays past, so consider this an invitation to consider new traditions, recall past periods of resilience, and celebrate with love (but less wrapping paper).

[Full article from Next Avenue here.](#)

In collaboration with the FTC, the Village to Village Network is hosting a new series on scams. As a village member you can join these Zoom sessions.

FTC Webinar Series: **How to Spot & Avoid Imposters**
November 18th @ 1 PM ET

Wednesday, November 18, 2020 at 1:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/529371955?pwd=UWpsZHdaRWI2bjc2Qkd pN2V3aHQzQT09>

Imposter scams can take many forms. Some imposters say they're calling from the government or from a business with technical support expertise. Others pose as legitimate users of online dating sites, or claim that they are a friend or family member with an emergency. But they all involve a con artist who pretends to be someone you trust, to convince you to send money or personal information. This webinar will describe the various types of imposter scams, the warning signs of scams, and how to help your members avoid them.

Attending a holiday gathering?

[Click for full advice from CDC.](#)

- Bring your own food, drinks, plates, cups, and utensils.
- Wear a mask, and safely [store your mask](#) while eating and drinking.
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils.

Did you get your flu shot yet?

Make arrangements with your Primary Care Physician or your favorite pharmacy. Medicare Part B covers the cost of one flu shot per season – [learn more here.](#)

Do you know the differences and similarities between the flu and Covid-19? [Click here for a comprehensive comparison.](#)

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, November 15th.

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

- **Topic:** "The Story of our Life with Jon"
- **Presenter:** Jonas and Barb Bontrager, author of *A Mother Held Hostage: My Journey with Jon*



Senior Servant Bookkeeping Concierge Service

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management**

**Payment
of bills**

**Financial
reporting**

All staff working in this role are experienced in bookkeeping. They are insured through Landis Communities liability Insurance, and have gone through a Criminal History Background check.

Overwhelmed with paying your bills and managing your bank account? Do you want your children to spend time with you when they visit rather than going through your mail to make sure all of your bills are paid?

Are you trying to assist your aging parents with their bookkeeping? Worried that their bills are not getting paid on time or that they are not paying attention to the right items that come in the mail?

Our Bookkeeping service can give you and your family the peace of mind that your paperwork is taken care of by assisting with bill paying, budgeting, reviewing paperwork, tax reporting and organizing records.



**For more information
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dhartman@landiscommunities.org**

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