



## From the Executive Director

By Melissa Ressler



This edition of the February newsletter comes to our village later than usual – but our organization has been buzzing with activity!

A warm welcome to our newest members:

**Ivy Hutzler, Duncan Alderson, Harvey Asher, Terry Coller, Patricia Coulson, Steven Coulson, Maria Hayes, Michael Hayes, Alan Kelly, Ken Kiedrowski, Isabel Lark, Brian Martin, Anne Osborn, Duncan Osborn, William Puffer, Richard Redmond, Kate Rowen, Walter Rowen, and Susan Will!**

We also welcome a new intern to the Lancaster Downtowners:

*My name is Jenna Lu and I am currently a sophomore at Franklin & Marshall College. I am working with Lancaster Downtowners as an Intergenerational Program Coordinator intern, specifically the ZTutors Program. I will be available during office hours throughout the week to assist with clearances, training, or any other issues that may arise.*

*In addition to my school work, I am a member of the women's swimming team at school and a big fan of going on long walks with my friends, family, and dogs. I hope everyone has had a safe winter so far and I look forward to working with everyone and connecting through the community!*

Jenna will be with the Downtowners virtually for 10 hours a week through the end of April. You can welcome her via [downtownersintern@gmail.com](mailto:downtownersintern@gmail.com). She is available Mondays 10-12pm & 2-4pm; Wednesdays 11am-1pm, Thursday 2-4pm, and Friday 10am-12pm. If you or your committee are interested in an intergenerational program over these next months, please be in touch!

And finally, we welcome **Puffer Morris** to our list of sponsors. Lancaster Downtowners are grateful for the support of businesses in our community who share our mission and value a vibrant, connected Lancaster!

# Program Highlights

[Legacy of the Carlisle Indian School](#): Catch the Recording!

[National Consumer Protection Week](#): 3/3 @ 7pm

[Public Works in Lancaster](#): 3/15 @ 7pm

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



Program Committee is now posting recordings of all Zoom programs as well as posting resource materials that are presented at events--virtual as well as in person if/when in person events resume.

You'll find links to these resources on our website home page. After you login, scroll down a short distance to a section entitled Lancaster Downtowner Events Archives with two following links:

Events Video/Pictures Archivie

Events Resource Archive

Follow the first link for recordings or pictures from past events and the second link for resources from past events.

Program Committee has been tracking attendance at events, so if you do watch a recording of a past event, send a quick email to [rodhouser232@gmail.com](mailto:rodhouser232@gmail.com). Rod will credit you with attendance at the

**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.**

**Native American Gardening Traditions  
Wednesday March 3,  
2-3:30pm**

Hosted by Friends Life Care, a virtual cook along class exploring "Mother Corn."

[Register HERE - Free to Lancaster Downtowners.](#)

**No Longer Alone Family Support Group**

Where those who have a loved oen experiencing mental illness can find support.

Sunday, March 28th

3-5pm

"Self-Care" by Janelle Bitikoffer

[Join Zoom Meeting Here](#)

## The Lighter Side of One Man's Opinion

We recently did a quick supply inventory at home. Last year at about this time when our lives were about to change, we had no idea some commodities we've always taken for granted might become scarce. It's our personal "COVID COLLECTION," that includes everything imaginable a person might be fearful of depleting during Pandemic times.

Were we being paranoid? Perhaps we were overreacting a bit. Were we doing our due diligence to be prepared, or were we just motivated by the media hype at the time.

I'm sure there are many "quest for the toilet paper" stories, but in our house, we wanted to be ready. After checking, we concluded we had done a good job and stockpiled well. We have accumulated countless bottles of all shapes and sizes of sanitizing gel. We have toothbrushes and toothpaste, hand wipes and packages of paper towels; 2 pack, 4 pack, 8 pack and 12 pack...we have them all.

Then there is the Lysol Spray. Remember how hard it was to find? Generally when you ran out of the can you had on hand, you just picked up another one on the next trip to the store. No retailer had Lysol or any other kind of disinfectant spray for what seemed like such a long time.

It was around Mothers Day last year, and I wanted to do something special for Ellen. She had hinted at wanting a market basket for future trips downtown. I did a little research and discovered Target was selling them. So I ventured out to the closest location and found just what I was looking for. Then I thought it would be nice to fill the basket with some goodies, like flowers and candy.

As I headed to the candy aisle I passed by the cleaning products section and out of the corner of my eye spotted some lonely cans of Lysol spray surrounded by a lot of empty shelf space. I took notice of the bold sign on the top of the shelf. "LIMIT 1." Of course I couldn't help myself, and grabbed a can and felt like I had accomplished something huge.

The next day I decided to take a ride back to Target. I wanted to satisfy my curiosity. Did the Target have an "in" for disinfectant spray supply? I needed nothing else at the store. It was the thrill of "the hunt." Upon arriving I briskly walked in the direction of the aisle I had visited a mere 24 hours before, and to my delight, there they were, lined up like little soldiers ready to serve, multiple cans of Lysol Spray.

Then there was the sign clearly stating "MAXIMUM 2 CANS PER CUSTOMER." It felt like I won the lottery.

The completed Mother's Day Market Basket Gift contained the basket, a bag of chocolates, a bouquet of flowers, a bottle of bourbon, and a large can of Lysol Spray.

It's a New Year and we'll still be making many more memorable "Navigating the Pandemic" stories.

Stay Safe & Well.

Andy Berfond



## Sharing our Stimulus

Recently, Downtowners members who are fortunate enough to be able to share their federal stimulus dollars shared some great ideas via DT Community emails for where to donate to help people suffering due to the pandemic. Members mentioned the United Way SOS Fund, the Food Hub, and the Nurse Family Partnerships emergency rent fund. Maybe you have your own favorite organizations you like to support.

Have you considered donating a portion of our stimulus funds to Downtowners?

If you appreciate the community network, the vaccine clinic and other benefits provided by Downtowners during the pandemic, this would be one way to recognize that. Sharing our stimulus dollars is a great way to help our community recover from the economic difficulties the pandemic has brought to many of our friends and neighbors.

-The Fundraising Committee

[Donate to the Downtowners Here!](#)



**Just One Call Celebrates with You**

**Happy Birthday to these Downtowners throughout the month of March!**

Mimi Cooper, Robert Herr, Jeff Hoogeveen, Rod Houser, Timothea Kirchner,  
June Lang, Gene Shaw, Naomi Storm, Leonard Williams

## [Resource Directory](#)

Many Downtowners have been holding off on all but urgent indoor repairs, while the outsidew of our homes have gotten extra use this year.

Did you use a service provider with excellent COVID-19 protocols when working in or around your home? If so, we want to know!

[Click HERE](#) to make a recommendation for a business that serves the community well.

If you found a provider on our directory, [click HERE](#) to leave a short (3 answer) review!

### **Lancaster County Office of Aging - Virtual Connections**

There is now a Virtual Senior Center in Lancaster County! [See the calendar](#) for a full schedule -- of note are Ukulele Lessons, Art classes, a number of exercise classes and a **Technology Series on Social Media and Home Entertainment**.

### **Ways to Support our Friends at Fulton Elementary**

Lancaster Downtowners have continued to build our relationship with the students and staff at Fulton Elementary. Here are some of the ongoing incentive programs. If you have an individual interest in donating to this community school, [here is the link](#).

**Cafe Monday-** Cafe Monday is a monthly event to encourage and support our hardworking teachers here at Fulton

**H.E.R.O (Here, Everyday, Ready, On Time) Program-** The H.E.R.O program is a program in which we reward one class per month that has the best attendance record.

**Behavioral/Attendance Incentives-** In order to encourage our students to have consistent positive behavior and consistent attendance, we choose students twice a month who are displaying good behavior and attendance to choose a gift card or voucher from our prize cart.

## Resource Committee Corner

### Keep in Touch with the CDC

Make sure that you are getting information about COVID-19 and vaccinations from reputable sources. The CDC website is a great place to go. If you're interested in how vaccines get to people, see the page linked below.

[Click Here for CDC](#)

### What can I do after I'm vaccinated?

So you got your second dose?! The CDC shares what protective measures you should take. (Don't get rid of your mask collection yet.)

[Vaccine FAQs Here](#)

### From the Health and Wellness Group:

Ultra-Processed Foods have a Profound Impact on Heart Health, Study Says

[Click Here for Full Article](#)

Join us for a discussion on another health topic, **Silent Strokes**, Thursday March 4<sup>th</sup>.

[Register Here](#)





## *Graceful Transitions*

Through the **Graceful Transitions** concierge program, Landis at Home offers individuals and their families assistance with tasks that can reduce the pressure of moving and other stressful times. Services offered include:

- Packing and unpacking belongings during a move
- Coordinating a move/transition into a new accommodation, including determining the layout and design of new space, and sorting through items to keep or donate and getting them where they belong for organization or decoration
- Assisting with seasonal needs such as closet changeovers, indoor/outdoor decoration and flowerbed maintenance
- Coordinate vendors for downsizing/moving
- Decluttering and organization
- Cleaning out accommodations when vacated
- Personal support during a move or transition
- Coordinate housekeeping, repairs and staging
- Aging in Place recommendations



Call 717-509-5800  
or visit our office in  
the Crossings to schedule  
a free in-home assessment (up to 1 hour).

## Platinum Sponsors



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## Silver Sponsors



**COVID-19 FORUM**



Join us to find out how Covid-19 impacted Charles F. Snyder Funeral Homes and spurred Innovation.

April 6th.....7:00pm.....Via Zoom

Chad Snyder will share his experience for the first 12 months during the Pandemic.

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