



Let a Thousand Flowers Bloom!

By Judy Zimmerman Herr, Board President



It's a saying from Mao Tse-tung, related to China's cultural revolution. It didn't work out so well then, but the slogan is still a good one!

Lancaster Downtowners operates through a number of committees, which support core functions including membership recruitment and fundraising as well as Just One Call and our various social and educational programs. Members serve on these committees, and they are always happy to receive more help.

But one of the interesting things about Downtowners is the way new initiatives spring up from time to time. Some of these are one-time events or efforts, and others take on a more regular life. What they have in common is someone putting out a call based on their passion or interest, and getting a group of Downtowners together.

In the last couple of years, I can think of several such efforts. In late 2019, a group was called together by Sandy Asher to make "plarn" (plastic yarn made from used grocery bags) and crochet sleeping mats for asylum seekers who were stuck at the southern US border – a one-time project.

Also in 2019, Bob Ibold invited those who were interested to his home to do sketching and other art projects. This carried on for a number of months.

Last year, Faith Drummond and Martha Harris initiated a get-together to discuss health and wellness interests, and this has morphed into a regular group meeting, including suggestions for reading and some sponsoring of programs for Downtowners more broadly.

There are likely other such initiatives I'm not aware of. What I like about this is the sense that Downtowners as a community provides a place to register our interests and find others who want to join us to pursue them.

So, Downtowners, when you have an idea and would like others to join you, go for it! Put the word out, and let a thousand flowers bloom!

Program Highlights

Benevolent Living and Giving with Attorney Jeff Bellomo:

[May 25th at 6pm](#)



Estate Planning with Benevolent Giving: What You Need to Know for Long Term Living and Giving

Learn about the importance and power of:

- *Last Will and Testaments*
- *Powers of Attorney (Medical and Financial)*
- *Living Wills*
- *Trusts*
- *Endowments*

Learn how to protect your family and your wishes all while you remain in control of:

- *Your assets until death*
- *All income from your assets*
- *Receiving favorable income and estate tax treatment*
- *How your assets are disbursed after death*

Friday, June 4, 2:30 pm. Lancaster County Park, Kiwanis Pavilion #21, 823 Kiwanis Dr.

[Summer Picnic, Board Games and Forest Bathing](#)

It's back again. Our annual picnic for those of us who are fully vaccinated. Picnic will be potluck only this year, so bring a favorite main dish, salad or dessert. Drink and paper supplies will be provided.

Meal will begin at 4 pm. Come early (around 2:30) to enjoy board games (bring your own) and/or Forest Bathing— "spending time outdoors under the canopy of trees taking in the forest through our senses." A walk is planned along one of the park's wildflower trails.

This pavilion includes a kitchen for our use to store dishes that need refrigeration or entrees that need to be warmed up.

[Summer Koffee Klatch](#)

Twelve Downtowners registered for May Koffee Klatch and met as two smaller groups. All agreed that the smaller group was more conducive to conversation and interaction. Program Committee would like to continue to facilitate Koffee Klatch in smaller groups. Two options are to meet in member homes or backyards or to meet in downtown coffee shops. If you would like to host in your home or if you have a favorite coffee shop to suggest, please email your ideas to Rod Houser at rodhouser232@gmail.com.

This month's **Books, Coffee, and Conversation** meeting ranged far afield! A discussion of "Andrew Wyeth: The Helga Pictures" led to Swedish artists and the Hudson River School. Some of Gerald Durrell's novels brought up life on tropical islands and dealing with eccentric family members.

Florida belies the name "The Sunshine State" when reading "My Time Will Come" and similar memoirs about the Innocence Project and related organizations attempting to free persons wrongly incarcerated.

"The Arsonists' City" contains a Lebanese father, a Syrian mother, and 3 American children. Migration, the war in the Middle East, family, and more family unfold in this saga of over 40 years. This discourse then led to viewpoints of class as the basis of a society (England) as opposed to race (arguably the US) as exemplified by "The Best Kept Secret."

Mystery and literary history were both on hand in "The Dante Club" set in Cambridge and Boston in the last century and the struggle of the disabled in today's everyday and not-so-everyday life of a Harvard graduate in the autobiography "Haben" kept readers discussing the importance of today's technology in many fields. "Nomad Land" and "Midnight's Children" wrapped up the morning with talking about subcultures in the US and India.

Books, Coffee and Conversation meets monthly on the 2nd Monday of the month at 10 am. No assigned reading, just conversation about what we presently are reading. See announcements for updates. – Susan Leinberger

Keys, Wallet, Phone....Revisited

I remember sharing from past musings how I have learned the importance of being assured whenever I am leaving the house I have in my possession three of the most important items that are critical to our everyday lives.

Keys...wallet...phone.

Last year I remember the need to amend that list to include another critical item.

Keys, wallet, phone and face mask.

Not too long ago, Ellen and I decided to get an early start on the day and do something fun outdoors. We opted to pretend we were tourists and went to Kitchen Kettle Village in Intercourse.

As we casually walked around in and out of the shops like the rest of the tourists, we stopped for a minute and I decided to do something I do countless times throughout the day...check my phone. As I reached into my right front pocket, the usual resting place, I realized I did not have my phone, there or anywhere.

I had to make a quick decision. How do I react to this? Should I panic and then most probably ruin a perfectly beautiful day, or do I suck it up, and realize a few hours away from the device is really not a big deal.

(Admission, that was very hard to write.)

I opted for the latter. Making a few frivolous purchases helped to ease the pain. I am now the proud owner of a new belt from the leather shop and a pair of penguin socks from Ten Thousand Villages, the proceeds of which goes to benefit the penguins. I love penguins. I find them to be a fascinating species.

A dish of black cherry ice cream, while sitting and listening to the "Busker Guy" with the violin and tap shoes who often performs outside of Market, topped it off and the whole thing didn't feel so bad after all.

Upon returning home, I wasted no time in retrieving my phone, still plugged into the overnight charger, and checked to see if I missed anything. Since it was a weekend, there were no urgent messages, voicemails or emails. Just some news alerts I already knew about. My conclusion is while I will never intentionally leave home without my phone in the future, it is certainly not the end of the world if I'm temporarily not connected.

Be Well,
Andy Berfond



Did You Know???



The Lancaster Downtowners website is where we can register for events, search for phone numbers and addresses of fellow members, and find recommendations for home repairs.

To find the phone number, email, or address of a fellow member :

1. Go to www.lancasterdowntowners.org and log-in with your username and password.
2. Click on Membership Directory. (See image below)
3. Search by first or last name.



Downtowner Gail Shane hosts a podcast!

"Life in the Next Act" is the name of the podcast series. It is produced by The Candy Factory Collective at the Candy Factory Coworking Campus in Lancaster, PA.

We discuss many topics and share stories that will inspire, empower and inform.

Here is the link to find more podcasts. www.gailshane.com



Community Volunteer Opportunity

Calling all history lovers! Consider becoming an Historic Rock Ford House Guide.

Historic Rock Ford is currently in need of volunteers to give tours of the General Edward Hand Mansion. We welcome you to come and share your passion for the history and the material culture of the early American Republic with visitors to Historic Rock Ford.

If interested, click the picture to learn more!



Happy Birthday to these Downtowners in June!

Miriam Beiler,
Jay Buckwalter,
Janet Calhoun,
Phil Calhoun,
Debbie Carter,
Linda Ecker,
Richard K. Hayasaka,
William Haynes,
Bob Herr,
Bob Ibold,
Jim Kalish,
Christine Kohler,
Jerry R. Miller,
Susan Miller,
Elizabeth Nissley,
Kathy O'Kane,
Gerald Ressler,
Melissa Ressler,
Michael Savio,
Bob Shenk,
David Simpson,
Marie Zubatsky

Just One Call

From JOC Committee Chair, Tana Woodcock:

I would like to thank the members of the Just One Call Committee for their hard work and support. John Kanagy is to be commended for his excellent work as the JOC Coordinator.

Photos on this page were taken during our annual Just One Call Jubilee, where we recognize and celebrate the impact made by Downtowner volunteers. If you are ready to start volunteering, contact the office.

I would like to remind everyone about the [Health Buddies info program](#) on **Wednesday, May 26 from 2-3 p.m.** Learn how our trained volunteers provide support during medical appointments and why it matters!! Register to attend on the Downtowners event calendar.



Sponsor Note:

How to Plan for Aging in Place: Educational Webinar presented by Friends Life Care and Landis Communities
Tue, June 15, 2021: 10am; Register [Here](#)

[Resource Directory](#)

The Resource Directory is updated monthly. Did you know that when requests go out through dtcommunity for a ride to the Philly airport or a recommendation for a ceramic tile expert, a member of the committee follows-up to add that resource to our directory? We value Downtowners collective shared knowledge and are working to make it accessible!

Are you looking for a painter? Tanis Garber Shaw and Gene Shaw recommend [Jeremy Colon](#)!

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

Aging in Your Place Series

The Resource Committee kicked off a new series focused on Lancaster Downtowners shared passion for engaged community living and a desire to chart our own course. Sometimes we can wing it, and sometimes we need a plan.

We introduced a series of workshops that will pair expertise from members and providers as we consider what is most important in our lives now and into the future. This session will introduce a planning tool from the National Aging in Place Council that will guide this series and facilitate discussion on why we do—or do not—plan.

[Members can click here to download the free pdf workbook or stop in the office for a hard copy.](#)

Join us for the [next workshop](#) in the series on **Thursday, June 3rd at 7pm**. The discussion will focus on housing. We will hear what to expect in the Lancaster real estate market from Carole Kirchner, home safety tips from Michele Siple (Landis At Home) and will learn from Downtowners who have recently made decisions regarding moving and implementing home modifications.

[If you missed the May 3rd presentation, catch the recording here!](#)

Resource Committee Corner

Should You Get Your COVID-19 Vaccination Card Laminated?

The short answer is No! But you **should** take a photo of it.

[Click Here for Full Article](#)

After You're Vaccinated: CDC Updates Masking Guidelines

As of May 13th, fully vaccinated people do not need to wear masks, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.

[Click here for full CDC recommendations.](#)

2021 Farmers Market Nutrition Voucher Program

Lancaster County Office of Aging is pleased to announce dates for distribution of the 2021 Senior Farmers Market Nutrition Voucher Program. Each eligible participant will receive \$24 in vouchers to be used at approved farmers markets to purchase Pennsylvania grown fruits and vegetables beginning June 1st. To be eligible, Seniors must be age 60 by 12/31/2021, live in Lancaster County, and have household income less than \$23,828 for 1 person or less than \$32,227 for 2 people.

Distribution locations and times:

5/19/21 Longs Park- 1401 Harrisburg Pk- Pavilion 3, Lancaster PA (Drive Thru) 9am-2pm

5/24/21 SACA Senior Center- 545 Pershing Ave, Lancaster (Outside Walk Up) 9am-2pm



Braver Angels Lancaster County Alliance

www.braverangels.org/what-we-do/debates/

Contact: Nita Landis, event organizer at braverangelslanaster@gmail.com or Mary Theresa Webb, alliance co-chair at 717-464-0962

A public health department for Lancaster County: A different kind of debate

Wouldn't it be refreshing to attend a debate marked by the energetic exchange of ideas *and* structured, respectful conversation? The newly formed Braver Angels Lancaster County Alliance intends to provide just that through their first public event, a free online debate, on May 25, 2021 at 7 PM.

Participants will consider and respond to: "RESOLVED: Lancaster County should establish a public health department." Lancaster County does not currently have a public health department, and some local municipalities are asking the County Commissioners to establish one.

A Braver Angels debate is not like a political debate, nor is it like a competitive high school or college debate. Participants will listen to and learn from one another. Speeches that support or challenge the resolution, along with participants' questions to the speakers, lead to constructive exploration of issues.

Four Lancaster County residents will open the debate with four-minute speeches, two supporting and two opposing the resolution. Each speaker will respond to two or three questions from other participants. Three-minute speeches from others will then be welcome, each again followed by questions from listeners.

Register at <https://www.eventbrite.com/e/debate-a-public-health-department-for-lancaster-county-registration-152799151375>.

Braver Angels is a national non-profit working to depolarize America. Members of Braver Angels reject extreme polarization as a new norm and say no to the breakdown of political and social life it brings. The Lancaster County Alliance of Braver Angels formed in January 2021.

Balance and Breath: Unity in Art and Yoga

Exhibit tour and outdoor yoga class at the Lancaster Museum of Art

Saturday, June 5 (rain date June 12) | Tours begin at 9 am, class at 10 am | \$20, [pre-registration required](#) | 100% of Proceeds Benefit the [Demuth Foundation](#)

Explore the connections between visual art and yoga at this unique event. This special one-day-only program will feature a guided tour of *Frank Netter, MD: Michelangelo of Medicine*, an exhibition of medical illustrations focusing on the brain, vision, and lungs. Learn how artists create balanced compositions through line, shape, and color. Then practice Hatha Yoga led by instructor Roberta Stickler on the museum's portico. Strickler will incorporate poses that reference art into the 60-minute class.

Participants will be assigned a tour time to allow small groups to visit the galleries at staggered times and adhere to COVID-19 indoor capacities. Attendees will be asked to wear face masks and complete a health check form upon arrival.

The event is open to all abilities and ages, but pre-registration is required to ensure social distancing guidelines. Registered attendees should bring their own mat and water. The yoga class will be outdoors on hard stone or grass, and we recommend bringing a towel to place under your mat. A separate area will be reserved for families with children under 16 who wish to practice together. No pets, please.

Please contact the museum in advance for [registration](#), accessibility or COVID-19 protocol questions.

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