



Heading into 2022!

We are ready to get going in the new year with elements that support our strategic objectives. If you missed the full strategic plan it is available to members on our website [via the link here](#).

Keep an eye on the Lancaster Downtowners website throughout January, as we will unveil aesthetic and functional updates. One of the most important functional updates will be the added ability to request Just One Call services directly from the website. We look forward to making it as easy as possible to reach our eager volunteers, and will share a picture tutorial as the new feature is ready for action! As ever, Just One Call will remain available by request at 717-548-1248.

As we consider possible collaborations with other community groups, we look forward to getting to know the LGBTQ+ Coalition better in the coming year. Coalition Executive Director Karen Foley has extended a warm invitation to any Downtowners who would like to join in their holiday celebration on December 21st from 5pm-8pm. If you are vaccinated and comfortable at in-person gatherings, you will be welcomed at The Common Wheel (324 N. Queen Street) for the [Holigay Solstice Party](#).

When you are out and about finishing holiday shopping or enjoying a seasonal beverage, be sure to pick-up a copy of the Winter edition of local Fig Magazine. Look for Downtowner Janice Stork among the pages! If you'd like to share about Downtowners around town in a visible way, or if you just need a new hat—stop by the office the week of December 20th or in January to pick-up a ball hat. Hats are maroon with white embroidery, and adjustable bands. (\$20 suggested donation)

And most importantly, thank you! Lancaster Downtowners has ended 2021 with more members than ever before, more Just One Call services requested and fulfilled than ever before, and more individual supporters than ever before. Our mission to **engage older adults in meaningful opportunities that build a multi-dimensional support network to stay informed, involved, and independent in their community** is needed, valued, and unique in Lancaster.



My best to you this season and always -
Melissa Ressler, Executive Director

The Downtowners Office will be closed from 12/24/21—1/3/22; emails will be monitored and JOC will be available.

Program Highlights



Thank you to the Program Committee for serving up soup, drinks, and fun for two-seatings of the Holiday Party. Issei Noodle and the Lancaster Sweet Shoppe provided the excellent treats, and nearly 50 Downtowners came through to enjoy a bit of holiday cheer. We look forward to the upcoming White Out (to be announced with the first snow!)

Other Programs in 2022 will be announced via email once the details are in place.

[Register Here for all Events.](#)



COMING MARCH 24, 2022—BUS TRIP

Join the Lancaster Downtowners trip to Michener Art Museum & Bryn Athyn Cathedral; contact Susan Leinberger with questions after January 3rd, or pick up a flyer in the office.



About Rush Hours and a Downtowner Doppelgänger

By Andy Berfond

I had the occasion to make a trip down south to Florida for a month to take care of some business, and was focused on my to do list which did not include much food shopping to cook for myself short of opening a box of Cheerios for breakfast or a heat and eat entree from Trader Joe's on occasion for dinner.

That meant seeking out favorite places to eat at least one good meal a day for either dine in or take out. On one of my first days, I looked forward to getting a prepared meal from a popular place that doesn't exist up North, called the Fresh Market.

When I got in my car to make the approximately ten mile trip to the closest location, I realized I made that decision to drive during "rush hour." It is important to note this particular South Florida metropolitan area is heavily populated and very crowded, even before the "snowbirds" find their way down for their months of fun in the sun.

Rush hour traffic does not only mean an increased amount of volume, but it also means an increase in the amount of very bad drivers which South Florida is apparently known for according to insurance company statistics. After only one trip, I encountered multiple scenarios indicative of the madness of a typical Florida commute.

First there are the SPEEDERS. The signs on all of the main local routes clearly state a 45 mph speed limit, but I am convinced those signs are only to appease the system which dictates the need to have a posted speed limit in the first place.

So here I am, driving my car with Pennsylvania license plates steadfastly in the middle lane at anywhere between five and ten miles per hour OVER the speed limit, and it was apparently not good enough for the guy behind me. As he "makes his move" to get around me, many other vehicles also quickly pass me by at a very high rate of speed. Remember I am driving on a local main road, not a highway or turnpike. I have no doubt that the driver behind me was thinking how the PA tourist doesn't have a clue how to navigate the rush hour traffic, perhaps even including an expletive or two.

Then there are the WEAVERS. The weavers can not stay in one lane, it's just not who they are. They drive like they are playing some kind of video game going from lane to lane whenever they see a quick opening, literally sometimes right in front of you within inches. Remember learning the concept of one car length for every ten miles per hour? Not in South Florida.

And then there are the RACERS. A young driver in a shiny new black Honda sports model is stopped at a traffic light at the head of the pack. Pulling up beside him is an equally young looking driver in an older but visually well maintained black BMW coupe.

While I bet they were total strangers, they find themselves in this very tempting situation to prove to the world, and their own egos, what a fast car they have and how cool they really are. The light turns green...and THEY'RE OFF...with no regard for anyone else who happens to be sharing the road with them at that particular moment. It didn't take me long to realize I picked the wrong time to drive to the Fresh Market.

(Rush Hour and Doppelganger continued) I would be remiss if I did not give a shout out to the WALKERS. Better known as jay walkers, these pedestrians can't wait to cross the ten lane road at an intersection with a traffic light. They elect to cross the road "wherever and whenever the spirit moves them." In front of you, from behind you, at angles, straight across in the middle of a block and often times carrying packages or pushing shopping carts or baby carriages. It is crazy, and very unsettling.

The salmon dinner I finally got at the Fresh Market did not disappoint me, but the stress and anxiety of obtaining it that day was quite memorable. I now have a new appreciation and tolerance for the occasional diversion that we experience due to road construction in and around Lancaster.

My one month trip to Florida concluded with everything checked off on my to do list. It was now time to make the reverse trip back home to Lancaster. I traveled on Amtrak's Auto train, which in itself is quite an experience. While it eliminates over 900 miles of driving to South Florida, it is impossible to get a good night's sleep on a moving train, and factoring in that we are still living in a Covid conscious world, there were delays and obvious employee shortages.

When traveling any long distance by car, I always look forward to having a good breakfast and my favorite go to place is the Cracker Barrel, a familiar site that always manages to be located at every significant traveling intersection along an interstate route.

After being seated and placing my order, I noticed an older gentleman being escorted into the dining room, and he was seated at the table next to me. I smiled and nodded to him as he took his seat, and was amazed to realize this gentleman looked just like Downtowner Bob Ibold. Had he chosen the seat at his table facing me, I'm sure I would have attempted a friendly conversation, but since he didn't, I went about enjoying my breakfast consisting of eggs, bacon, hash browns, grits AND biscuits with gravy.

When the waitress approached him to take his order, I couldn't help overhearing the conversation. The man ordered multiple items off of the menu, and the kind waitress attempted to advise him if he ordered those things a la carte, it would cost much more than if he chose one of the standard breakfast offerings.

He looked up at her and said, "could you repeat that because I'm a little hard of hearing." He went on to take her advice, and as I was finishing up my delicious breakfast, feeling full and satisfied, Bob (I couldn't help thinking of him as Bob, because the resemblance was uncanny) appeared to be enjoying his breakfast as well.

It was at that time when I called the waitress over and requested she give me the gentleman's check. I asked her not to mention anything to him until I went on my way. After all, it is the season of giving, and paying something forward whenever you can is always heart warming and very fulfilling.

This is a great time to send my good wishes to all of my fellow Downtowners and their families for the happiest of holidays and for a happy and healthy New Year. See you around town.



Downtowners at LancasterREC: Holiday Gift Giveaway!

Downtowners Dave and Kathy Parse answered the call to volunteer at the LancasterRECs Holiday Gift Giveaway. Open to families in the City of Lancaster or Lancaster Township, families could shop for one brand new holiday gift per child that best fit their interests. Volunteers made sure the tables were replenished and that families found the perfect present. A great way to start off the holiday season! (Photo Courtesy of AJ Eckman, Lancaster-REC)



Have you taken the LancasterREC's Needs Assessment? Have a voice in the opportunities offered in our community: <https://www.lancasterrec.org/survey/>

Looking to fill your calendar? Join the LCOA Virtual Connections! Call Debbie Groff at 717-299-7979 to register for any of these free, online classes listed on the calendar.

Monday	Tuesday	Wednesday	Thursday	Friday
9:15am Exercise w/ Kathy 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele	9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Winterberry" 1:30pm Outburst game 6:00pm Boxing & Balance	9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor paint "Junco Sketches and Quote" 4:00pm Chair Yoga	9:15am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Advanced Beginner Ukulele 1:30pm Bingo	8:00am Pilates 9:00am Technology Class: "Password Management" 11:00am Move Your Body w/ Wendy 1:00pm Health & Nutrition: Focus on Diabetes 2:00pm Trivia with Starr
9:15am Exercise w/ Kathy 11:00am Bingocize 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic Paint "Moonlit Night"	9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Snowy Landscape" 1:30pm Scattergories 6:00pm Boxing & Balance	9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor paint "Bentley Snowflakes" 4:00pm Chair Yoga	9:15am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Advanced Beginner Ukulele 11:00am Bingocize 1:30pm Bingo	8:00am Pilates 9:00am Technology Class: "Understanding Antivirus Protection" 11:00am Move Your Body w/ Wendy 2:00pm Famous Face Bingo
MARTIN LUTHER KING, JR. DAY 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele	9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Cocoa by the Window" 11:00am Bingocize 1:30pm Wheel of Fortune 6:00pm Boxing & Balance	9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor paint "Wintery Night Lamp Post" 4:00pm Chair Yoga	9:15am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Advanced Beginner Ukulele 11:00am Bingocize 1:30pm Bingo	8:00am Pilates 9:00am Technology Class: "Using Yelp to find Businesses" 11:00am Move Your Body w/ Wendy 2:00pm Jeopardy
9:15am Exercise w/ Kathy 11:00am Bingocize 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic Paint "Peacock Feather"	9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Cozy Snowman" 1:30pm Family Face Off 6:00pm Boxing & Balance	9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor paint "Bold and Beautiful Raven" 4:00pm Chair Yoga	9:15am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Advanced Beginner Ukulele 11:00am Bingocize 1:30pm Bingo	8:00am Pilates 9:00am Technology Class: "Using Smartphone Tools and Utilities" 11:00am Move Your Body w/ Wendy 2:00pm The Price is Right
9:15am Exercise w/ Kathy 11:00am Bingocize 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele	<div> <h1>January 2022</h1> <h2>LCOA VIRTUAL CONNECTIONS</h2> </div>			

Resource Committee Corner

Resource Directory

Visit the [Resource Directory](#) to find Downtowners best recommendations! You might want to know about **Pat Foy, Craftsman**—who comes highly recommended by Janet T. after tiling her kitchen, laundry, and back entry. You may also know Pat at the Potato Man, for the unique treats provided in the neighborhood on Halloween.

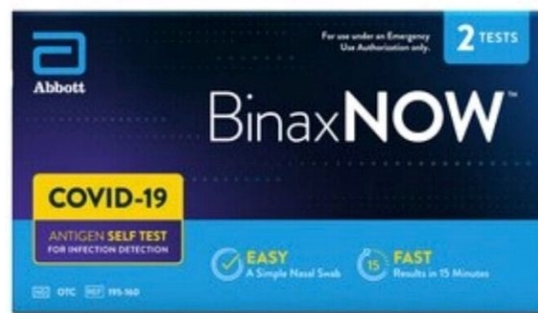
If you have a review or recommendation, let us [know by completing the form here!](#)

COVID-19 in December 2021

With a positivity rate in Lancaster over 18% as of 12/10/21 and a record high number of COVID-19 hospitalizations at LGH as of 12/14/21, we are still deep in the midst of this pandemic. We also have more tools available to us this holiday season than in 2020. First, **be aware** of the local risk. Even when the news is not reporting on the status of COVID in Lancaster, data about community spread is available here: <https://covid-19-lancastercountypa.hub.arcgis.com/#OtherStats> If you are considering traveling, look for data on the number of new cases and rate of positivity to help assess the current risk of community spread in the location you are headed.

Testing: At-home antigen tests are available in local pharmacies—over the last month they haven been spotted in CVS, Walgreens, Wal-Mart, and Rite Aid. You can also search online. In-store prices have ranged from \$16-\$24 for two tests. Results are available in 15 minutes, and you can easily administer yourself. If you have symptoms or are planning an in-person visit, consider taking an at-home test as a precaution.

If your at-home test is positive, getting a PCR test is also recommended to confirm.



At-home tests are helpful for personal decision making, but do not meet airline requirements. If you find yourself in need of an official rapid test (results available in 15 minutes) **CNS Occupational Medicine in Lititz** provides **rapid antigen tests** for individuals for \$75. Call [800.551.9816](tel:800.551.9816) or schedule online [here](#).

If you are exposed, having symptoms, diagnosed with a breakthrough case, or otherwise quarantining, remember that **Just One Call can drop off groceries, meals, or other necessities to your porch or apartment door**. We also have volunteers happy to provide a **daily check-in call or text** for the duration of your quarantine.

Happy Birthday to these Downtowners in January!

Irwin Richman, Thomas Regan, Jim Eby, Elizabeth Schott, Ivy Hutzler,
Randolph Harris, Rachel Gawn, Wendy Clement, and Judy Marsh

Welcome to our Newest Members!

Charity Welch, Jeffrey Heagy, James George, Marsha DiBonaventuro, Phil Brubaker, Cynda Valle, Carmen Garcia-Hommel, Roberta Spiese, Glenn Bailey, Lewis Waltman, Kathleen Waltman, James Radel, Darrel Stauffer, Salvatore Accordino, Angela Accordino, Moirajeanne Fitzgerald, and Barbara Strasko

The Hourglass Foundation hosted a December panel on the Childcare Crisis locally ([view here](#)) — in [this national op-ed Marc Freedman proposes](#) an intergenerational solution to this widespread community care issue. What do you think?

Are you or someone you know part of a grandfamily—grandparents raising grandchildren? Generations United recently released the report Reinforcing a Strong Foundation: Equitable Supports for Basic Needs of Grandfamilies. Read the full report [HERE](#).

The stigma of hearing aids may be disappearing, as Hearables make their way into the marketplace. Check out this comprehensive rundown on the growing trend from Tech Enhanced Life: [HERE](#)

There will be a **Continuing Care at Home In-Person Seminar** held at the Calvin G and Janet C High Learning and Wellness Center at Landis Homes on Thursday, January 27 at 2:00 pm. Registration is required and can be completed by contacting Joy at 717-381-3599 or FriendsLifeCare.org/Landis/

The **No Longer Alone Family Support Group** does not meet in December. The next meeting will be via Zoom on Sunday, January 23, 2022 at 3:00-5:00 pm. The guest speaker for January will be Jenna M. Syversen, M.S., Doctoral Psychology Intern at WellSpan Philhaven. Her presentation on “Innovations in Treatments for Persons with Mental Illness” will be followed by a time of sharing. Contact Joy at 717-381-3599 to register.

Platinum Sponsors



smartLIFE

VIA WILLOW VALLEY



Gold Sponsors



Everence®



Silver Sponsors



Friends LifeCare
PartnersSM
Pioneer. Innovate. Inspire.



GKH

GIBBEL KRAYBILL & HESS LLP
ATTORNEYS AT LAW

Bronze Sponsors



Carole M. Kirchner
GRI, CRS, SRS, ASP, Green
REALTOR®

Homesale Realty
150 North Pointe Blvd, Lancaster, PA 17601
office: 717-560-9100 x3039
cell: 717-629-8498 fax: 717-569-7943
carole@caroleschoicehomes.com
www.caroleschoicehomes.com

 **green**
A member of the franchise system of BHH Affiliates, LLC

