



## National Village Day Celebrates 20<sup>th</sup> Anniversary of the Village Movement

To celebrate the 20-year anniversary of the Village Movement and the positive impact Villages are having on the experience of aging, Tuesday, February 15 will be recognized as National Village Day. From its beginnings when a small group of Beacon Hill neighbors established the first Village in Boston in 2002 to a thriving network today of more than 300 nonprofit, community-based Villages across the country, the Village model is now established as a cost-effective, sustainable solution for healthy, vibrant aging – a milestone worthy of celebration!



The celebration will include a Zoom webinar, organized by the national Village to Village Network, that will feature the Beacon Hill story of how it all began, trace key developments in the Village Movement, highlight stories from several Villages representing different models, and celebrate the role of Villages in communities across the country and internationally.

The celebration also will reach the halls of the U.S. Congress with a proclamation in the House of Representatives designating February 15 as National Village Day, sponsored by Congressman Stephen Lynch (MA), and recognizing Beacon Hill Village and the Village Movement.

In Lancaster, members are encouraged to join the VTV Network webinar to recognize National Village Day and celebrate the growth and impact of the Lancaster Downtowners since incorporating in 2008. Other local recognition events will be announced according to community covid prevalence.

“Village to Village Network is delighted to celebrate this 20th anniversary of Beacon Hill Village and the Village Movement,” said Kim Grier, president of Village to Village Network, the national association that champions Villages and serves as a Village commons with resources and guidance. “Villages are a cost-effective care model for our rapidly aging society that increasingly recognizes the benefits of home and community-based care for older adults. We celebrate the positive impact Villages are having on the lives of an estimated 40,000 older adults today, even as we work toward a bright future in which Village membership is an option for every older American, regardless of where they live or who they may be.”

# Program Highlights

[Get to know Downtowner and writer Sandy Asher in this 2016 LNP article.](#)



## Exploring the Stories of Your Life

**January 19, 2022 (Zoom)**

Whether you participate for your own amusement, as a gift to your loved ones, or perhaps to create a memoir, this hands-on writing workshop will give you practical tools to begin recording meaningful moments. No previous writing experience required! Led by author/playwright and Downtowners member Sandy Asher. Session will run one to two hours.

## Tour of Meals on Wheels

**January 26, 2022 (Tentative/In-Person)**

Meals on Wheels of Lancaster provides nutritious, freshly prepared meals at a reasonable cost to those who cannot reasonably provide meals for themselves. They recently moved to a new location and have welcomed us for a tour. This tour will also include information on how you can become a volunteer and how in the future if/when the need arises, you can make use of their services.



[Register Here for all Events.](#)

## Coming up in February

### In-Person & Ongoing:

Walking Group, Koffee Klatch, Book Club, and Mystery Book Club

### Virtual:

Do You Have a Story to Share?  
National Village Day Webinar  
Health and Wellness Group  
Resource Committee Series



## COMING MARCH 24, 2022—BUS TRIP

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

## Useful Widgets

By Barbara McGraw; NOTE: Article research thanks to John Kanagy

This column provides a place for sharing discoveries. Current technologies are cranking out a constant flow of devices—gadgets, widgets whatchamacallem—intended to to meet a common need or resolve a common annoyance, from finding your keys to dealing with your cat's used litter. A lot of them are junk. A lot of them are for "invented needs." But then, a few are so sensible, clever, and useful that you wonder how humanity has managed without them

We talk about those here. Some are technically sophisticated but require very little tech skill to use. Others may require average or above average tech literacy to set up but relatively little to use. Some operate independently, others may need a supporting device or system—smartplugs, for example, that need Alexa connection to work. Everything described in this column will have a tech rating (on a 5-point scale) and its need for a supporting device listed, so you can judge its usefulness to you..

Keep in mind, however, that our Just One Call service includes some very tech-savvy volunteers who can connect them, walk you through their use and answer questions if problems crop up.

This is a cooperative venture. Members are highly encouraged to share comments, caveats, descriptions of their own widget discoveries, and suggestions for possible column themes. (Directions for participation found at the end of this column.)

### Today's theme: Let There Be Light

You don't want to hire an electrician. You don't want to fire up the cordless drill. You don't want something that depends on your remembering to turn it off or needs batteries..

But you want more light.

### I. LED Rechargeable Light strip

That search phrase on Amazon will bring up a couple dozen listings. We're in no position to compare the brands and features, so you're at the tender mercies of the customer reviews. Most use a stickup metal strip to hold the magnetized strip in place. They all have motion sensors and automatic turnoff. I have them in the pantry, cupboards, closets and dark storage spaces. Another member places them along a dark hallway so they light up as you walk past. No switch to turn on, no need to remember to turn them off. Brilliant. Literally.

Tech rating: 0

Need for ancillary or support devices: 0



Picture from Barbara McGraw:

"The light strip reveals what you need to see under the kitchen sink...or perhaps would rather not."

## II. eBulb:

When a winter storm is predicted, forget the milk and bread. Just make sure you've got these. These bulbs can be placed in any socket that you tend to use regularly. While on, they are not only lighting the place up, but storing a charge. When the power fails, they can continue to run on the stored power...the length of time can vary depending on how much they've had a chance to store and the make of the bulb.

Mine came with separate screw-on sockets that have a hook on the end. You can take the bulb from its home socket and use these to hang it anywhere light is needed. Brilliant!

Tech rating: 0

Need for ancillary or support devices: 0



## III. SmartBulb:

These are voice-controlled light bulbs that make it unnecessary to replace your wall switch with a SmartSwitch. The bulb and necessary electronics are a single self-contained device. You can command it to turn on/off, change brightness, and control the "temperature" of the light quality. You can set up a routine in your Assistant to turn the light on at a certain time; nice for welcoming you home or for reinforcing your alarm clock in the morning.



Tech rating: To set up—4-5; to use—0-1

Need for ancillary or support devices: 5

### About light: How much is enough?

Those of us who grew up with simple watts rely on our established sense of what the amount of light from, say, a 100-watt bulb looks like. But lumens? Meaningless. With The advent of LEDs, there are good reasons for changing the units of measure. This article gives a quick discussion of the reason for the change and has a very useful conversion chart at the end that you can use for reference until the new units become as automatic as watts.

<https://www.voltlighting.com/learn/lumens-to-watts-conversion-led-bulb>

LEDs present another new choice to make: light "temperature." These articles describe the impact of different light colors and how to use the options to greatest effect. <https://www.mydimmerswitch.com/how-tos/best-led-light-colors-different-situations/>

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/](https://FriendsLifeCare.org/Landis/)

The **No Longer Alone Family Support Group** meets via Zoom on Sunday, January 23, 2022 at 3:00-5:00 pm. The guest speaker for January will be Jenna M. Syverson, 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.



## **WHY I WROTE THE BOOK, “Lancaster’s Hidden Treasure: The Rocky Springs Dentzel Carousel” - Eileen Gregg**

Roy Reece, who formatted my book in Madrid, Spain, wrote to me that he considers my book to be a “mission.” I replied that was not why I wrote it. Whatever happened to the carousel – whether a “home” was found for it or (more likely) sold at auction -- was up to other people. Regardless of what happened to this carousel, at least there needed to be a record somewhere of what once was here.

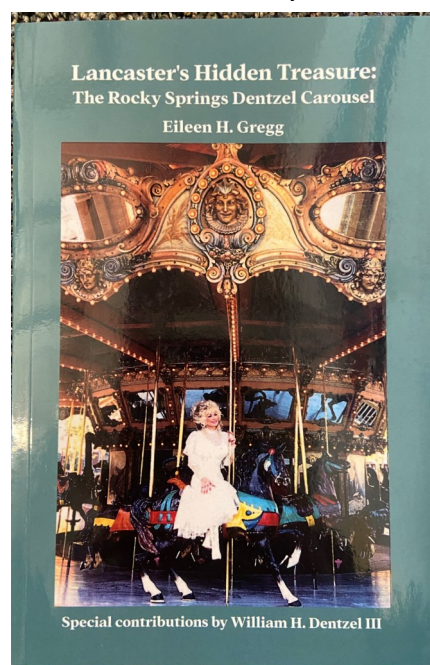
So, why, if not as a mission, did I write it? It was because I considered it to be a good story, in fact -- more than a good story. *it was a great story – a story that needed to be told. It had been over 36 years since it had left Rocky Springs Park. The number of residents of Lancaster City and County who had experienced it was slowly being diminished, due to relocation or death. That included those who had donated toward the \$1.3 million purchase price.*

This book is not a typical history book. There are no footnotes. Sources are listed at the end of chapters in which the quotes occurred, instead of the usual index at the end of history books. Although, in the first three sections of the book, the history of the carousel is told in a chronological manner, each of these is a self-contained chapter. This results in the book having more kinship to a book of short stories than to a history book.

In writing this book, I had an average reader in mind -- one who had no prior knowledge of carousels. I could relate to my “imaginary” reader because, before beginning my research in mid-2018 on the Rocky Springs Carousel, I knew nothing about carousels or carousel history. Feeling unequal of the task, I asked two writers from Lancaster County – one an LNP reporter and the other a published author -- to co-edit the book. Both of them rejected my offer. I then knew that if this “great story” was to be written, I had to do it myself. The result is “Lancaster’s Hidden Treasure: The Rocky Springs

### **Happy Birthday to these Downtowners in February!**

Beth Parson	Sharon Stephan
John Mullineaux	Carmen M Garcia-Hommel
Mary Cae Williams	Liliana Zancu
Paul Engleheart	Marsha DiBonaventuro
Bill Parson	Richard J Redmond
Chris E Kennedy	Pat Kalish
Bettina Heffner	Faith C Drummond
Fred Albright	Michael Hayes
Judy Zimmerman Herr	



# Resource Committee Corner

## Resource Directory

Visit the [Resource Directory](#) to find Downtowners best recommendations! You might want to know about **Andrew Mayers, of AJM Technology Solutions**—who comes highly recommended by many members of the Resource Committee, and is facilitating our Technology Education series. You can make 1:1 appointments with Andrew for all types of tech support.

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

## 2021 DT Committees Thank you

From Tana Woodcock, Board President

Dear Downtowner Members,

As Board President, I would like to recognize the DT committees and members and thank them for their hard work for the Downtowners in 2021, and many continuing into 2022:

**JOC Committee:** Kathy OKane, Chair; John Kanagy, JOC Coordinator; Henry Biedrzycki; Mary Cae Williams; Janet Townsend.

**Fundraising Committee:** Ezetta Walter, chair; Kim van Donk, chair; Janice Stork; Dolores Parsil; James Zink

**Membership Committee:** Judy Marsh, Melissa Ressler, Kim van Donk, Mary Lou Weaver Houser, Nancy Youst, Peggy Harbison, Bill Parson

**Nominating Committee:** Susan Leinberger, chair; Molly McKitterick; Janice Stork; Melissa Ressler; Tana Woodcock; Richard Redmond

**PR and Communication Committee:** Timothea Kirchner, chair; Richard Redmond; Mary Cae Williams; Andy Berfond; Melissa Ressler; Beth Trout

**Program Committee:** Rod Houser, chair; Maria Hayes; John Mullineaux; Tina Glanzer; Angie Piel; Kathleen Ramey

Lancaster Downtowners is a grassroots, member-directed organization! Committees are always welcoming new ideas and input from members, whether you joined 12 years or 12 days ago. Contact the committee chair if you'd like to visit a meeting or explore joining a committee. Like they say, it takes a village!

## **DT News for January 2022:** By Andy Berfond

Sometimes if you throw something out in the universe, it has a way of coming back to you in interesting ways. In the last newsletter, I shared about a brief encounter with a man who resembled Downtowner Bob Ibold on my return trip from Florida in December.

At that time back in Lancaster, Bob was displaying his artwork at the Parrot Gallery in the Mennonite Church on West Orange Street. While I was out of town, Ellen found her way to the gallery on a First Friday evening, and knowing my admiration for Bob since I've gotten to know him, she surprised me with a Christmas gift of one of his drawings offered for sale at his show.

After opening my gift, I immediately had a great pre-covid memory of attending a couple of drawing classes at Bob's home, and I quickly retrieved the two sketches created under Bob's watchful eye, which I will now keep close by to my newly acquired and treasured "Ibold Original."

My admiration for Bob began not long after becoming a Downtowner, when I had the opportunity through Just One Call to assist Bob's late wife Regine with some social media issues. It was a pleasure to have been invited into their home, a well appointed, tastefully decorated space proudly displaying beautiful art and sculpture.



Bob has one of those great Lancaster Downtowners stories to tell. A businessman/artist/collector/bicyclist and a down to earth regular guy who several years ago, was moved to openly share with us about his journey and the accompanying challenges of memory loss.

Thank You, Bob. Thanks for the art and for being an inspiration.

## Monday, January 17, 2022 is Martin Luther King, Jr Day

One United Lancaster gathered a round-up of events happening in our community to celebrate the legacy of a renowned civil rights leader. There are many virtual options available.

[Click Here for more Information.](#)

### The More You Know

**A Blood Test for Alzheimer's?** There have been updates to the research and hopeful results in PrecivityAD: read more from the Scientific American. [Click here for full article.](#)

**Progress towards Over the Counter Hearing Aids** — In October 2021 the FDA proposed rules that would create a new category for over the counter hearing aids. We might expect full approval sometime this year. An update on the process from Harvard Health Review. [Click here for full article.](#)

The possibility of living for nine, ten or more decades raises a uniquely twenty-first-century question: what are we going to do with our century-long lives?

**Stanford Center on Longevity's New Map of Life™** initiative aims to envision a society that supports people to live secure and high-quality lives for a century or more. This new initiative will research and define new models for education and lifelong learning, redesign how we work, advise new policies for health care, housing, the environment and financial security, and promote more intergenerational partnerships.

The **New Map** of Life: Six Principles to Guide Long Lived Societies

1. **New** roles and opportunities must be created so that people experience purpose, belonging, and worth at all stages of life
2. **E**ducation is a lifelong pursuit
3. **W**orking longer will occur in multigenerational contexts
4. **M**oney. Opportunities to earn and save must be available throughout life to ensure financial security
5. **A**dvances in the science of aging must be distributed broadly in the population
6. **P**hysical health and the prevention of disease is critical to achieving the promise of longevity

**Learn more  
about the New  
Map of Life and  
read the full re-  
port here.**



## One Downtowners Approach to Retirement

By Paula Jackson

Photo from 2019 LNP article about Paula linked via picture



As I approached retirement at the end of 2018, after 48 years as a City Planner, I was surprised by the many inquiries about what I was going to do in retirement, as if I needed to find other activities to keep busy. People seemed to suggest that I should look for a part-time job or active volunteer committee work. My initial response was that I was simply going to retire and enjoy not having ongoing schedules, meetings, reports, ordinance writing and amendments, grant applications, and record-keeping and would look forward to personal projects related to home and self-enrichment that did not have a deadline. During my 48 years in the Bureau of Planning, I served on the Board of the Historic

Preservation Trust, and was very active, starting in the mid-1970s through the 1980s, with various Trust committees. In the early 2000s I served on the Walters Trust Committee of the Unitarian Universalist Church for six years as Committee secretary. This was also an intense volunteer commitment as the Walters Trust provides small grants on a quarterly basis to local nonprofits for specific projects. The African American Historical Society and Church World Services were among the organizations receiving one-time grants. (Grant funds are still available for projects consistent with UU principles.)

All this to say that with many people asking me what I was going to do to occupy my time after retirement, I did think of specific personal projects I contemplated over the years but didn't have time to pursue. Purging kitchen cabinets was the relatively easy one, although it did require climbing up and down on a ladder and opening every box and paper bag to see what I stuffed into the cabinets for "possible use some day." I developed a large pile along one wall of my dining room floor, and invited my then-new bilingual neighbor Maria and her sister Anna to come inside and take whatever would be useful to them. Thankfully, they took many of the cheese plates, candy dishes, drinking glasses, coffee mugs and candle holders I never or rarely used.

The 2020 Downtowners Auction provided me with the jump-start to relearn how to play the piano. I'm so grateful to Bonita Reed for offering piano lessons, and I made it clear to Bonita that I want this to be fun. Besides relearning how to read sheet music, I want to understand chords and learn how to play by ear. Relearning the key signatures is also part of this experience. While purging kitchen cabinets (decluttering) is good for the soul, relearning how to play the piano is also good for the brain and for hand dexterity.

Finally, learning basic Spanish is definitely a brain activity and can be an activity for fun, as when I ask my neighbor Maria (give her a small stipend each time) to feed "mis dos gatos en la mañana y noche en sábado, domingo y lunes." With at least 40% of the City of Lancaster population being Latino (not necessarily fluent in Spanish), this is a good second language to learn. I had Spanish classes in my 9th and 10th years of public school and a couple adult enrichment Spanish classes, but it takes constant study to learn the vocabulary and grammar. My neighbors appreciate my efforts.

With this weather, I'm really appreciating retirement and not having to go anywhere, as I used to have a mile walk to and from work, regardless of the temperatures or conditions of the sidewalks and intersections.

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