



Village Updates: Greetings from Just One Call!

By Kathy O'Kane, Chair Just One Call Committee

As a part of your membership, we want to remind you of our services, and to encourage you to access them. We have a number of wonderful volunteers that want to assist you with:

- Travel: Transportation to Amtrak or airport, medical or doctor visits, shopping, house checks;
- Tasks around your home: Light housework, simple repairs, shopping, meals, snow clearing, yard work, pet walking;
- While out of town: Provide pet or plant care, and mail management;
- Organization of medical insurance forms and billing assistance, Tech troubleshooting — Tech Thursday;
- And just good company: Personal visits or Telephone Reassurance Program (TRP), which are check-ins on a regular basis via phone/text/email.

You can request JOC services from the web site under the Resource Tab. Select Just One Call, and then Add Service Request. Or, call 717-584-1248.

We would like to highlight three newer programs below.

Health Buddy Program

We provide a trained volunteer that can assist you during medical appointments. The Health Buddy program is designed to help obtain accurate information by being a second set of ears, as well as a friendly companion. Our Health Buddies assist you in preparing for your visit, act as note takers during your visit, and complete a review post-appointment. Volunteers are educated about HIPAA, and pledge to keep all information received confidential. We are not advocates, but play an important role in your understanding the instructions received from your medical visit.

Before the visit, Health Buddies make sure you have your insurance ID, funds for the co-pay, a current medication list, and any questions for the provider. Your health buddy then accompanies you on the visit. After your appointment, you and your health buddy discuss what was said, and review your After Visit Summary papers received from the office. If there are questions about what was said or clarification is needed, then we write the inquiries down.

A recent article in the [Washington Post echos the importance of such services](#), and other points that are useful when managing your medical concerns.

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If you would like to stay on top of Lancaster Downtowners and Village to Village Network news, you can follow both organizations on Facebook.

[Follow the Downtowners](#)

[Follow the Village to Village Network](#)

Program Highlights



Out at the Ballgame!

30 Downtowners enjoyed a ball game (or visiting in the presence of a ball game!) at Clipper Stadium on May 12th, courtesy of the Lancaster County Office of Aging.



Several members placed in the Race Against Racism's 5K—Congrats to Ann, Kim, Nancy, and Kathleen!

[Register* Here for all Events.](#)

***Members must log-in**

Coming up in May & June

Monthly Ongoing:

Pedacycle rides, Yoga, Walking Group, Koffee Klatch, Book Club, and Mystery Book Club

Limited Edition:

5/20 - Rocky Springs Carousel Book Talk

5/24 - Happy Hour at the Imperial

5/28—Healthy Dish Potluck

5/26 - Supper Club Reconfigured

6/3 - Summer Picnic

6/8 - Importance of Advocacy in Long-term care Planning

6/16 - Venture to the Wild Side of the Susquehanna

6/19 - Open Streets

Week of 6/20 - Movie Day at Zoetropolis

Summer Picnic

Our annual picnic will be potluck only this year, so bring a favorite main dish, salad or dessert. Drink and paper supplies will be provided.

Something new this year: Irish traditional music provided by "The Clovers," a music group that includes our own Kim van Donk.

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.

JOC Continued

Neighborhood Groups

Lancaster Downtowner Neighborhood Groups can be a source of support and connection as well as another link to the wider Downtowner community. The groups have varied over the past couple years, and some have been more active depending on the interests and availability of the members of each group. We are always eager to find ways to improve and expand the neighborhood group experience, and welcome any ideas or suggestions that you may have. There is a **membership map** that you can view on our website by going to the “member directory” tab on the menu, and finding the drop down tab for the map.

Tech Thursday

Having problems with cable, wifi, or a device? We can help. Just One Call is now scheduling one-on-one tech consultation for you based on your specific needs, with instruction tailored to your specific skill level. Time slots are available every Thursday, 9 am through 4 pm. We will meet you in your home or at another downtown office location. Here’s how it works. Contact our Just One Call coordinator. Describe your question, problem, frustration as best you can. You’ll be connected with a consultant who will assess your issues and set up a time for an initial session. We’ll go from there depending on your specific needs.

We hope you find this information helpful, and encourage you to contact Just One Call for assistance. 717-584-1248.

Resource Committee Corner

Resource Directory

Visit the [Resource Directory](#) to find Downtowners best recommendations.

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

Where can you get your Covid-19 Booster?

Rite Aid, CVS, and Giant Pharmacy accept appointments and walk-ins for Covid Boosters. When making your appointment online for any provider, be prepared to provide the date of your last Covid vaccination and the manufacturer of the series you received.

May 17th is Election Day! Do you know where to vote? [Click here to search for your Polling Place by address](#). Your polling place [may have changed!](#)

If you need transportation to the polls, call Just One Call a 717-584-1248 for a ride.

News of Note

[Pandemics Lesson: Stay in your home as long as you can](#)

Boston Globe article on how neighbors and technology support our quality of life goals

[Cohousing in Oak Park](#)

The first cohousing development in Illinois is a tough, innovative project to support multigeneration, interdependent living.

[Are some fonts Ageist?](#)

A new study reveals that the speed at which you’re able to read online depends a lot on the font—and your age.



The Importance of Advocacy and Care Coordination in Long-Term Care Planning

(A Perspective from SmartLife VIA Willow Valley)

When considering a plan for possible future care needs, advocacy and assistance with coordinating care when needed is paramount. SmartLife VIA Willow Valley, a program designed for older adults who want to remain in their home, is a plan which provides expertise and experience to assist with navigating care needs.

If a SmartLife Member's medical status were to change, their Lifecare Coordinator will assist them in determining what services are needed. This could be short term meal delivery, a home healthcare nurse, non-medical caregivers, or therapy. "We coordinate everything," Megan Henderson, Manager of Lifecare Coordination, explains. "This removes stress from the Member and their loved ones so the Member can concentrate fully on getting well without having to deal with care logistics."

Without a comprehensive program like SmartLife, the services Lifecare Coordinators arrange typically fall upon a spouse or an adult child. SmartLife takes care of all the phone calls, arrangements, and paperwork, thereby alleviating the stress and burden on Members' families and loved ones. Lifecare Coordinators have the experience to get the job done, set everything up, and not get bogged down by confusing logistics.

"Family relationships remain intact and don't morph into a caregiving role. A spouse remains a spouse, and a son or daughter remains a son or daughter."

To learn more about advocacy and care coordination in long-term care planning, please attend our upcoming presentation on June 8 at 2pm at Lancaster Southern Market. RSVP on the [Event Calendar](#).

For more information about SmartLife VIA Willow Valley, visit their website: [Click Here](#).

Here is an article featuring Downtowner Timi Kirchner, and her decision to become a SmartLife member: [Click Here](#).

Lancaster Downtowner maintain dues at less than half of the national average, thanks in part to the generous support of our sponsors like SmartLife via Willow Valley. This helps keep our village benefits and services open to people at rate of no more than \$14.58 per month, and even less for households with incomes below 50% of Area Median Income. If you are connected to a sponsor, thank them for their support, and make sure they know you're a Downtowner!

Happy Birthday to these Downtowners in June/July!

Bob Shenk, Debbie Carter, Judy Davis, Margaret Patton, David Shellenberger, Richard Hayaska, Kathy O'Kane, Bill Haynes, Nancy Youst, Phil Calhoun, Bob Ibold, Angela Accordino, Jim Kalish, Linda Ecker, Marie Zubatsky, David Simpson, Michael Savio, Contance Traub, Mim Beiler, Elizabeth Nissley, Michal Eby-Good, Jeffrey Heagy, Bill Puffer, Harvey Asher, Nancy Borremans, Eileen Gregg, Mickey Smith, Kathleen Ramey, Wayne Parsil, Allen Miller, Holly Williams, Ruth Umble, James Radel

A presentation of Lancaster's Hidden Treasure: The Rocky Springs Dentzel Carousel will take place on Friday, May 20 at 1:30 p.m. in the Community Mennonite Church, 328 W. Orange St., Lancaster. No registration is needed for this event.

The program will include a slide show that tells the story of the Rocky Springs Carousel from the early 1800s to the present. Following the slide show, Dee Lynch, whose parents owned a Golden Age carousel located in the Bertrand Island Amusement Park in Lake Hopatcong, NJ. will speak. This carousel was sold to Circus World and later sold at auction and dispersed.



On display at the book event two P Buckley Moss prints - the one that she did as a fundraiser for the carousel in 2004 and one she did in 2014 titled "The Carousel" that Eileen Gregg found at a dealer's and purchased just a month ago. In addition, May 20, the date of the event, happens to be Moss' birthday. She will be 89.

Kim Jovinelli, manager of the Rocky Springs Carousel Association will also speak and answer questions about the board's efforts to find a location and funding for the carousel.

This Downtowners event is open to the public; [Register 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, July 14th at 2PM. Registration is required and can be completed by contacting Joy at 717-381-3599 or [FriendsLifeCare.org/Landis/](https://www.friendslifecare.org/Landis/) Pre-recorded webinars are also available by registering at <https://www.friendslifecare.org/Landis/>

The **No Longer Alone Family Support Group** will be held in the **High Foundation Auditorium of the Calvin G. and Janet C. High Learning and Wellness Center at Landis Communities (1001 E. Oregon Road, Lititz)** from 3-5pm on **June 26, 2022.**

Topic: "Anxiety & Obsessive-Compulsive Disorder: Signs, Symptoms, and Treatments"
Presenter: Dr. Bridget Hirsch, Psy.D., Licensed Psychologist.

Vibrant. **Connected.** Community.

Looking for an ongoing or one-time opportunity to serve the greater Lancaster community? These organizations are always accepting volunteers:

City of Lancaster Office of Promotion:

We are looking for help with large events like Red Rose Run (6/4) and Celebrate Lancaster, (6/20-6/24) but we also may be on the lookout for help at the Visitor Center and First Fridays.

More Information:

[Red Rose Run](#)

[Celebrate Lancaster Prep](#)

[Celebrate Lancaster Day-Of](#)

Contact: Kate De Haven-Fruend

Lancaster County Office of Aging:

Seeking volunteers for the 69th Annual Civitas (Sertoma) Chicken BBQ Dinner in Longs Park on Saturday, **May 21st, 2022.**

We need about 20 people who can give us several hours to pick up and deliver free chicken dinners to needy clients of Office of Aging in the a.m.

We will provide: the dinners, names, directions to homes of those getting the dinners.

You will: meet us, take a number of dinners, get directions, use your vehicle for delivery.

It's as simple as that!

Contact: Kim Skinner 717-299-7979 Volunteer Coordinator, Lancaster County Office of Aging

Downtowners are everywhere! We want to know and share about all of the amazing contributions of our members who support life in Lancaster. Be on the lookout for a survey from our PR and Communications Committee, where you can share your community connections. We hope to share the stories of impact and interest.

If you are involved in an opportunity that other members might want to join, you can announce that by emailing “dtcommunity@lanasterdowntowners.org” from the email address you used to sign-up as a member. One recent request recruited 9 new volunteers to help maintain the beautiful grounds of the Wolf Museum and Garden. We also use this feature to learn about ways to connect with the Friends of the Library, Climate Action Committee, and other community groups.

Pictured: Downtowners Allan Eustis and Kathleen Ramey transport food around Lancaster County weekly for [Power Packs](#), ensuring students at Fulton Elementary have nutritious food over the weekends.



Working Together, Downtowners Spark City Law Change

In January, when three Airbnb's popped up in the space of a city block in the Old Town Neighborhood, residents were alarmed. We feared the neighborhood would be eaten alive by short term rentals, happy to locate near downtown. We wrote letters to the Mayor, to City Council members. No replies.

We also wrote to the Downtowners, thinking there might be other neighborhoods where Airbnb's were seen as a problem. The immediate response was not overwhelming.

We were about to resort to the nuclear option – calling the newspaper and the TV stations – when we got a surprising note from Lancaster Chief City Planner Douglas Smith, inviting us to a meeting. This was our chance. A four-member neighborhood team (including two Downtowners) did a ton of research, prepared talking points and went into the meeting with guns blazing.

The Airbnb problem was news to Mr. Smith. But he got it. He understood the importance of protecting the city's neighborhoods. That meeting directly led to the banning of short-term rentals in Lancaster residential neighborhoods. [The City Council passed the zoning change unanimously on May 10.](#)

Meetings with the City Planner are hard to get. In fact, it is unusual to get any response from the city on neighborhood issues. We know. We've tried.

The secret to our success was the Downtowner connection! Former City Planner Paula Jackson was one of the Downtowners, who read our plea. Ms. Jackson wrote the original Airbnb zoning regulations. She saw the need for an update and contacted Mr. Smith.

A wealth of talent, the Downtowners is great for networking. And, if we can change city regulations, what is next?

-Molly McKitterick



On May 3rd, twenty-three Downtowners joined city staff Cindy McCormick and Karl Graybill to learn more about the Vision Zero Action Plan. Pedestrian safety is a vital issue to Downtowners as we live, walk, and bike in our community.

Members Linford Good and Iris Lefever are on the Vision Zero Advisory Committee, and will keep us updated on progress, as well as advocate for safety and specific consideration of city residents ages 65+. This connection is facilitated by the Age-Friendly Lancaster City Action Plan, which includes key activities related to Vision Zero.

[Learn more about Age-Friendly Lancaster City by clicking here.](#)

[Learn more about Vision Zero by clicking here.](#)

How else might we organize around this issue?

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