



## Looking Ahead

As 2019 begins, Downtowners has a lot of positive momentum, and we plan to build on it in the coming year. We are nearly halfway through our 5-year strategic plan, and our city has been designated an *Age-Friendly Community* (by the World Health Organization) as well as the *Best Place to Retire in the US* (US News & World Report). After assessing our progress in the past 2 years and our goals after 5 years, here are the board's top priorities for the next year:

### 1. Build Resource Information for members

Melissa and Resource Committee are working to update the Service Providers listing and strengthen our relationships with those providers. They will also be developing further resource information that can support our members in a variety of situations, such as surgery recovery or care-giving for a spouse.

### 2. Focus on new Member Recruitment

The Each One Reach One campaign continues - thanks to all who have referred new members to Downtowners! Thanks also to those who are representing Downtowners as Ambassadors. The Membership Committee is looking for new opportunities for the Ambassadors to represent us in our community.

**3. Member Information Management.** Melissa and our Database Coordinator Ken Nissley are developing a system to track information about individual members' needs and interests, which we can use to more effectively respond to those needs and interests.

**4. Continue our focus on Fundraising,** to attract new sources of revenue. The Fundraising Committee had a very successful first year, culminating with several events in late 2018. We recently learned that Downtowners was awarded a \$10,000 grant from the High Foundation. There is still work to be done - and we have plans for a major event this year, among other initiatives.

**5. Form a PR/Communications Committee,** to support Downtowners in raising our visibility in the community; as well



Kim van Donk

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as raising awareness about issues related to aging. We are excited that a new PR/Communications Committee has launched! They will help us tell the story of Lancaster Downtowners and how it makes our lives and our community more vibrant. They'll also help publicize Downtowners when we have important news or events to share about. One recent piece of publicity was the Non-Profit Innovation Award Downtowners received for its collaborative partnership with Landis Communities.

—KIM VAN DONK, BOARD PRESIDENT, LANCASTER DOWNTOWNERS

## From the Executive Director

Greetings Downtowners! And a warm welcome to our newest member, George Hart.

On February 23rd and 24th the Lancaster Downtowners will be participating in the Pennsylvania College of Art & Design's Designathon. This is a 24 hour work session offered by PCADs students and faculty on an annual basis to 10 local non-profits. We are excited to be selected this year! The design team will be incorporating our logo and some updated pictures and text into a new tri-fold display board. Downtowners will be tabling at community events this year, including Open Streets on May 19th, and a bright display will draw in more attention. To learn more about the Designathon or PCAD, visit [www.pcad.edu](http://www.pcad.edu).

Each month the Resource Committee (previously the Service Provider Committee) will be requesting your referrals as we work to provide members with quality recommendations. This month we would like to hear your expert advice on two topics:

1. Cleaning Services you recommend — particularly housecleaning.
2. Where do you donate used items? More than just the Salvation Army or Goodwill bin, where do you drop-off items to be reused or repurposed? Jewelry can be donated to the Lancaster Public Library for the Bling Sale, Free Geek Penn in Ephrata will refurbish old computers — where are other places for specific goods?

Email your recommendations on these two topics to [director@lancasterdowntowners.org](mailto:director@lancasterdowntowners.org) and we'll make sure they are organized and available to members.

—MELISSA RESSLER, DIRECTOR, LANCASTER DOWNTOWNERS



Melissa Ressler

This newsletter is a monthly publication of Lancaster Downtowners, a network of people who share a common passion for downtown Lancaster as the community of choice for their retirement years.

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## From Your Reporter

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# My Role as a Downtowners Ambassador

It wasn't hard for me to volunteer to be a Downtowners Ambassador since I'm always out and about instinctively talking about our group whenever I get a chance. There are currently a handful of us who officially have been given the distinction of proudly representing our group in the community and there is always room for more.

What's that expression "strength in numbers?" I believe that every one of us is an Ambassador because I'm sure we have all have mentioned our affiliation with Downtowners to someone else at least one time, perhaps more.

We do have much to share as we look to increase our membership and even broaden our boundaries to appeal to more people outside of the city limits.

And don't forget, while it is common to think about retirees as being 55 and older, I'm sure there are some "soon to be retired" younger folks who would embrace our concept and join. Just recently while walking through Central Market, I met up with a 50 something couple from the city and they expressed an interest in who we are but were concerned they might be "too young" to be members. I assured them that if they were interested, they would be welcomed especially because they would help to represent the future of the Downtowners.

There are plans for the Downtowners Ambassadors to participate in future events as we work towards elevating our position in the newly designated "Age Friendly City." Will you join us?

— *ANDY BERFOND*

## Andy's Foodie Report

# The Zoetropolis Complex

On North Water Street, right next door to the Steeple View Lofts and the Downtowners office is the new home to the Zoetropolis Theatre. Located in a space which was vacant for many years, like so many other older buildings in the city it was repurposed to accommodate not only the theatre, but a Mexican restaurant, a craft brewery tap room and a distillery with an accompanying food menu.

A newly fenced in brick courtyard invites guests to what I believe is going to become another of the city's trendy go to places as soon as the winter weather breaks and everything is fully functioning.

As many might know from a visit to their former location, Zoetropolis is an intimate theatre space featuring an eclectic variety of films and it has the ability to be a one stop destination for an enjoyable afternoon or evening out.

After it's opening in the fall, the first of several satellite businesses at the site opened as well. Columbia Kettle Works Second Gear is a second location for the popular Columbia Kettle Works Brewery down the road in Columbia Borough. Featuring a selection of their craft beers on tap, it is a great place to come for a good brew. If you're hungry, the newly opened Cocina Mexicana moved from their former location on North Prince Street to be a part of this new scene, is right next door.

Part of the Columbia Kettle Works concept allows you to bring in food from the restaurant of your choice. Just a block away is Sprout Vietnamese and the Bread Peddler. Some people I am told, use the Grubhub app or have pizza delivered directly to Kettle Works.

Finishing touches are being completed on the Stillhouse which will be serving up some creative food as well as alcoholic beverages in a bistro setting.

Perhaps this can be a Downtowners gathering place in the near future. I look forward to sitting out in the courtyard with a craft beer when the weather gets warmer, along with viewing a good film on the big screen inside.

—ANDY BERFOND



Zoetropolis, at 112 N. Water Street

## One Man's Opinion

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# Two Faces of Retirement

Retirement comes in many forms and there is no right or wrong way. We might be perfectly content spending lots of time at home sipping our favorite hot beverage while enjoying a good book. Or we might be active to the point when we begin many days with an early stop at the gym or yoga class.

I came to a conclusion recently and I'd like to share it based upon a recent personal experience. It was proof to me how most of us have hopefully identified what gives us joy in our retirement years and then we "go for it."

I came back from Florida after spending some time at a 55 and over community, and realized how very different it was from retirement life for me in Lancaster.

In Florida I lay on a lounge chair by the pool along with many fellow retirees, reading, relaxing, tanning, gossiping or just taking in the sun, and hours could go by in the same palm treed environment while practicing this sedentary life style.

At lunch time, as is the routine every single day, you can observe multiple people get up from their chairs and after covering it up with their beach towel in order to mark their spot, return to their respective kitchens to prepare a big afternoon meal.

I sit on my chair doing my crossword puzzle and watch with interest the anticipated routine every single day. Then I return to Lancaster.

Still the retiree I was when I left Florida, I got up in the morning and went out to sit at a local coffee cafe to do some writing and people watching, which always seems to be a part of that scene. I scan the room to see many others, some I'll assume retirees like myself and younger folks on their smart devices doing the same thing as me. The coffee is good, the background music is complimentary to the business at hand and it is always inspirational for me. I know I'll move on soon to the next exciting part of my day as a retiree in our city.

Two opposite faces of retirement and neither is wrong, just different. If I had to choose, I'll take Lancaster retirement living any day.

—ANDY BERFOND



## Introducing...

# Timothea "Timi" Kirchner

I had the pleasure to meet with Timi at the Prince Street Cafe and learned about her extensive background and career in education and public service. A member of the Downtowners since 2015, Timi is the chairperson for the newly reorganized Marketing Committee, and her ideas about promoting our group include focusing less on the reality that we are "aging" and more on the fact we are active and vibrant members of the community with much to offer.



A proud graduate of the University of Michigan, Timi began her career in education as a teacher in the inner city Detroit schools and continued to teach after moving to Lancaster. That was only the beginning of a very fulfilling career in various aspects of public service.

Timi served as the Federal Programs Coordinator for the Lancaster City School System where she was very active as a grant administrator and fundraiser.

She then became the Lancaster County Administrator and proudly worked with the County Commissioners from the beginning of the creation of the Marriott Hotel and Convention Center Project, which I'm sure we would agree, had so much influence on the future and ongoing growth of our city.

Local government service gave way to a position with the Commonwealth of Pennsylvania in the Governor's Center for Local Government Services, followed by doing work for a consulting firm to local government.

The last stop of Timi's career was in Lansdale, Pennsylvania where she served as Borough Manager working "with good people" to transform an urban center, work she called "very gratifying."

Timi became a Downtowner after her retirement in 2015 and she appreciates the opportunity to meet interesting people and socialize. She shared her "ultimate goal in life" with me. "To be a very interesting old woman that young people want to be with to hear her story."

Thanks Timi...it's a great story.

—ANDY BERFOND

# Health and Wellness

## Reflection

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*The following is an excerpt from Winter's Graces: The Surprising Gifts of Later Life by Susan Stewart.*

The relationship between age and [contentment](#) is well documented, though scientists are still seeking to better understand the reasons for that link. Long years of life experience and reflection play a role in late-life contentment, as do shifts in our perspective and changes in the aging brain that have a calming effect on emotions.

With age, we tend to develop a taste for reflection, which is a prerequisite for contentment. Long years bring a rich store of experiences from which we can learn the art of living, so long as our minds, eyes, and ears stay open, and our hearts remain teachable. Reflection enables us to see more clearly and deeply into life as it is, rather than through the filter of our unexamined opinions, desires and expectations about how things should be.

—SHARED BY TANA WOODCOCK

## Just One Call (JOC)

[\(717\) 584-1248](tel:(717)584-1248)

Winter is not over yet, Downtowner Volunteers are waiting to help with the following tasks:

- remove snow and ice from your car, sidewalks, driveways, and steps
- technical support with smart phones, computers, printers,
- minor household repairs, changing light bulbs, moving things
- pet, plant care, managing mail while you are traveling
- transportation to appointments, shopping, going to Downtowner events, train station
- understanding and completing medical and billing forms
- periodic or regular check-in calls

# In the Neighborhood

## Cross Keys Wood Works

The tagline for Cross Keys Coffee and Teas had always been “waking up Lancaster since 1983,” and Jerry Keys will tell you he did just that for 35 years. Last year Jerry began thinking about semi-retirement and how he might be able to reinvent himself.

Always a woodworker, Jerry managed to turn his storefront on Queen Street into a workshop where he could showcase his hand made wooden products and also provide creative display space for a number of consignees. The result is the new Cross Keys Wood Works.



**Jerry Keys**

Jerry, at 59 says he was “incapable of retiring” because he is “too young.” He shared that after he gave it some thought and ran it by his family, closing the popular coffee business was the right thing to do after all those years. He admitted he was tired getting up early every morning and working every Sunday even when he wasn’t opened.

Having always had the interest in woodworking it just felt right to recreate his retail space to accommodate both his shop and handcrafted woodwork on display.

If you were a customer of Cross Keys Coffee, you might remember that Jerry’s Mom was one of the staff over the years, and Jerry proudly pointed out the lounge chair in a corner of the shop for Mom when she stops in to visit and lend a hand.

Next time you’re on Queen Street, stop in to say “hi” to Jerry and tell him you read about his new place in our newsletter.

—ANDY BERFOND

## Quest for Learning

Quest for Learning offers people of retirement age in the Lancaster community a rewarding opportunity to attend a continuing series of educational and enlightening seminars.

Offered in six-week sessions twice a year, one in the spring and one in the fall, the seminars cover a wide range of topics — history, literature, current affairs, art, music, science, mathematics, politics, law and many others — and are presented by leading local experts in their fields.

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Each session runs for six Thursday mornings and is held in the facilities of The Lutheran Church of the Holy Trinity, 31 South Duke Street, Lancaster. Participants enroll in two fifty-minute seminars, one from 9:40 a.m. to 10:30 and another from 11:00 to 11:50. In each time period participants can choose one seminar from four alternatives offered. Between 10:30 and 11:00, a refreshment break with coffee, tea, and cookies gives participants the opportunity to socialize with all those attending the seminars. A \$20.00 registration fee covers a session for full (or partial) participation in the Quest program. This spring's session is scheduled for March 28; April 4, 11, 25; May 2, 9.

For more information or to register visit the quest website at [www.questlancaster.org](http://www.questlancaster.org).

—SHARED BY TANA WOODCOCK

## Our Marketing Committee

The Downtowners latest collaboration of our membership's combined experiences has created a new Committee to explore ways to elevate the recognition of our community in the City of Lancaster and beyond.

Our Director Melissa Ressler is joined by Committee Chair Timothea Kirchner, Board Secretary Carol Eby-Good, Beth Trout of Landis Communities and Andy Berfond, your newsletter reporter.

At the first meeting we had spirited discussion about what being a part of the Downtowners means to us, and an idea emerged to ask everyone in our membership to participate by providing us with feedback.

We've all heard the term "buzz words" before, so we ask you to think about three words that would sum up your own personal experiences of being a Downtowner. Send them off to us through Melissa's email and we'll add them to the list of descriptive words that identifies who we are and what we do.

Our goal is to work on giving the Downtowners a new and more progressive identity as we look to increase our membership, encourage new sponsorship and secure our position as representatives of retirement in Lancaster.

Thanks for your input in advance to assist in creating a new tag line which will define the Downtowners in our Age Friendly City.

—ANDY BERFOND

***We ask you to think about three words that would sum up your own personal experiences of being a Downtowner.***

## **BOOKS, COFFEE, AND CONVERSATION**

### **Lancaster Downtowners Book Group**

You may have heard of other book groups across the country named "Books, Coffee, and Conversation." We thought that this method would be an ideal vehicle for Lancaster Downtowners! Interested people meet to discuss the books they are currently reading. Each person takes a turn. While sipping your beverage of choice, you can share your thoughts and ideas about this book. This is an ideal way to share engaging conversation in a relaxed atmosphere.

Then, after each session, a list (Title & Author) of all the mentioned books will be shared via email.

The first session will be Tuesday, March 26, 2019, 10:00AM at Café Di Vetro, 2<sup>ND</sup> FLOOR – use stairs or elevator and look for sign for Downtowners. The second session: Monday, May 20, 10 am at a place to be announced.

If you are unsure of a good book to read to start our discussions, you are welcome to try any of the following: *The Library Book* - Susan Orlean; *The Weight Of Ink* – Rachel Kadish; *Code Girls : The Untold Story of the American Women Code Breakers of WWII* - Liza Mundy; *The Book Thief* - Markus Zusak

There is no book that cannot be discussed among friends!

Questions or concerns? Call Susan Leinberger 717 682 9724 or [sswlhome@gmail.com](mailto:sswlhome@gmail.com)

### **ATTENTION DOWNTOWNERS:**

If you are a member of Downtowner committee, or just are hankering for something to do for the Downtowners, then do I have a proposition for you!

The Downtowners' Nominating Committee is in need of members as well as the names of persons who would be good candidates for the Downtowners Board. If you are a Committee member, then send me the names of persons who may be approached about additional service to the Downtowners.

For those of you who want to participate on a committee, but have limited time, the Nominating Committee is a possible fit for you. We will meet during **only three months a year**- so participation on this committee will be compressed and very

## Upcoming events

Check the website calendar for complete information on all events, walks, yoga, times and descriptions:

[www.lancasterdowntowners.org](http://www.lancasterdowntowners.org)

- Feb 20 Coffee Klatch, 9:00 am, 209 N. Mulberry St
- Feb 28 Common Hour at F&M, Mayser Gym, 11:30 am; followed by Lunch Bunch at Gypsy Kitchen 12:30 pm
- Feb 28 Nuts and Bolts of Medicaid, 5:00 pm, 328 W Orange St
- March 25 Memory Meeting, 2:00 PM at 236 Lancaster Ave

## Spring Bus Trips offered by Susan Leinberger

(See email dated January 23 for details or contact Susan at [sswlhome@gmail.com](mailto:sswlhome@gmail.com))

1. Grounds for Sculpture, Trenton, NJ, Tuesday, April 9
2. Baltimore Museum of Art and LaDew Topiary gardens, Wednesday, May 1

directed. The tentative outline for how the committee will operate is as follows:

August 6 – meet to establish methods of gathering names and distributing responsibilities

August 14 - Meeting to review names and information and make assignments

Sept 9 - Develop tentative slate

Sept. 16 – Finalize slate for Board

Sept. 30 – submit names to board for review

October – Annual meeting TBA

As part of the whole Downtowner network, the Nominating Committee is part of the *Action Plan*: Committee will attend membership comm. meetings to get a better feel for newer members and interests. Committee members will attend other committees' meetings for the same reason and to develop lists of potential candidates.

Interested? Give Susan Leinberger a call at 717-682-9724.

Many thanks, Susan Leinberger, Nominating Committee chair



**Seen around town:  
February 2 Groundhog  
Day celebrations at  
Valentino's on Rider Ave.  
Photo by John Kanagy**

