



Village to Village Network

The **Village to Village Network (VtVN)** VtVN is the national association that champions Villages as a cost-effective, sustainable model for healthy, vibrant aging. Through its programs, services and resources, VtVN empowers Villages in formation, energizes functioning Villages and serves as a Village commons to connect its members. The Network also advocates for the Village Movement at the local, state and national levels. Currently, several hundred Villages are enabling more than 40,000 older adults to continue living at home in a safe, healthy and socially connected way.

Several Downtowners joined the VTV Network for the annual virtual conference on October 3rd & 4th. One of the most exciting announcements was of a new research initiative. A team at the **Rutgers University Hub for Aging Collaboration, School of Social Work**, has been approved for a \$250,000 funding award through the **Eugene Washington PCORI Engagement Awards** program, an initiative of the **Patient-Centered Outcomes Research Institute (PCORI)**. The funds will support a multi-organizational, national team to engage older adults and community leaders who are part of the Village Movement as partners in cutting-edge comparative clinical effectiveness research (CER) on healthy aging.

Emily A. Greenfield, PhD, Professor of Social Work and Director of the Rutgers Hub for Aging Collaboration, will lead the engagement project in partnership with the **Village to Village Network** and **RAND Corporation**. The project will involve engaging Village leaders across the United States in strategic discussions on designing studies that advance rigorous knowledge on how to optimize the effectiveness of Villages for health outcomes that matter to adults as they age in place. Project activities will include focus groups, regional summits for Village participants, and the formation of a **Villages Healthy Aging Research ambassadors group**. The ambassadors group will facilitate shared leadership among the researchers and older adult participants to chart the future of CER with Villages. ***"Villages are a community-based organization that 'walk the walk' of patient-centeredness," said Dr. Greenfield. "There is tremendous value in partnering with the pioneers of these community-rooted, grassroots, member-supported, innovative organizations to advance collective understanding of how we can strengthen communities toward a better future for healthy aging in the United States."***

UPCOMING EVENTS

10/12 - Age-Friendly Summit

10/14 - Community Meal Program

10/17 - Hamilton Lancaster Store

10/18 - Bocce (every Wednesday)

10/22 - Lancaster Art Walk

10/26 - Happy Hour at the Imperial

11/01 - Trivia at Southern Market

11/06 - Morning Walks

11/11 - Community Meal Program

11/6 - SoloAgers

Go to our [Event Calendar](#) for details and to register.



Downtowner Programs

The **BIC (Butt in Chair) WRITING GROUP**

often meets to work on any current writing projects or start new ones. For 90 minutes on the last Tuesday evening of each month starting at 7pm, author, playwright, & Downtowner Sandy Asher hosts, offering an optional prompt at the beginning of each session and another mid-way, but your own projects are encouraged. This is a **Zoom** gathering - choose your chair from the comfort of your own home.

This is a space where there are no Critiques, comments, questions, or sharing. Just come and write!

A SAMPLE PROMPT:

Let your gaze move all the way around the room you're in. Let it pass over each and every object. Then choose one object that most catches your attention and write about it:

Describe the object and its location in the room.

Remember where the object came from and when and why.

Write about why it's in the place it's in right now.

What did this object mean to you when you acquired it, what has it meant to you since, what does it mean to you now?



On September 20th, **Ezetta Walter** led a presentation about **Leaving Your Personal Legacy**. She introduced fellow members to the [Five Wishes](#) document, and shared a variety of her own unique experiences that explored how memories can be made and maintained. For a milestone birthday Ezetta gathered photos and items that held special memories shared between her and each of her family members. Ezetta presented the bundles to her loved ones, and asked each person to tell a story of those shared memories with the party. What a grand gift. Member-facilitated programs such as this provide important information with an incredibly personal touch, and are one of the many benefits of Lancaster Downtowners.

Resource Committee Corner

News to Note

Member-recommended articles from a variety of sources.

Updated COVID-19 Vaccination Clinic

To meet interest and demand, Landis Communities is extending the hours of their **COVID vaccine clinics**. The clinics are held at Landis Homes (1001 E. Oregon Road, Lititz, PA 17543) and are open to members of Lancaster Downtowners. You can call sign up by calling Jenny Sheckells at **(717) 381-3573**.

Dates:

On the 1st and 3rd Thursday of the month between 1:30 – 3:30 pm in Phoebe Pharmacy (Oct. 19, Nov. 2 & 16, Dec. 7 & 21)

Thursday, Oct. 26 from 1:00 PM until 6:00 PM in the High Foundation Auditorium

Thursday, November 9th from 1:30 PM until 4:00PM in the High Foundation Auditorium.

[Visit the CDC website for up-to-date information.](#)

Do you have questions about Medicare?

Stay tuned for opportunities to meet 1:1 with a qualified, volunteer Medicare counselor. Until then - join **AARP** on **October 24th at 7pm** for a webinar: [Open Enrollment: Maximizing Your Medicare Choices](#)

SoloAgers

On **Monday November 6th at 10:30a.m.** speakers from Hospice and Community Care's **PATHways Center for Grief and Loss** will be presenting to the Solo Agers on **Grief and Loss with Aging**. The session will include education on grief as it relates to the death of a loved one, preparing for one's own end of life care choices, and grief that results from secondary losses of aging and life changes. The presenters are Laura Briscoe LSW and Andrea Miller LSW, who have each been with HCC for over 20 years. They will facilitate discussion on topics including, but not limited to, common grief responses, ways to cope, advanced directives, and available services to the community free of charge via PATHways Center for Grief and Loss.

DIRECTORY UPDATES

HAVE YOU MOVED RECENTLY?

The Resource Committee is collecting recommended **movers** for the directory. If you have been satisfied with a provider, please share with us!

Your reviews and feedback help keep our Resource Directory up to date and relevant! If you have a resource to recommend, [use the online form here](#) or send an email to director@lanasterdowntowners.org and our Resource Committee will update the directory.

LOOKING FOR AN HVAC CHECK-UP?

There are six highly recommended providers [in the directory](#) who can evaluate your heating system before winter kicks in. (Members must be logged in.)

New Dntowners

BY MARY HINKLE & MARY CAE WILLIAMS

Every year we welcome new members to Dntowners. These folks may be longtime residents of the area or very recently relocated from all over the country...and even other parts of the world. We reached out to new members and were able to ask some of them a few questions. This is what we learned. These are only a few of the people who are new to our organization. Each one adds such a wealth of experience and insight to our community. This is just a snapshot of that. We hope our readers enjoy getting this mini-introduction to some of our new Dntowner "neighbors." Stay tuned for more brief introductions in future newsletters.

Sherrill lives in a condo in Clock Towers, having returned to her hometown of Lancaster to retire after living in the Poconos and in Annapolis, MD. She enjoys monthly lunches with a dozen high school friends—a number that's growing—and likes DT group activities like bocce, tours, and happy hour. If she could do anything she wanted, she'd enjoy more travel abroad.

Rhonda lived in Brooklyn, NY and New Jersey before moving to Lancaster. She has lived here for 23 years. Currently she lives on the northeast side of Lancaster near the Sixth Ward Park. She enjoys music and attends the symphony and the Allegro Concerts. Theater is also something Rhonda likes to attend in Lancaster. Dining out in the many restaurants our city boasts is another one of her pleasures. She is very involved in her synagogue, too. If she could do anything, she would go to Australia.

Terry lives in a townhouse in Manheim Township. She was born in Lancaster and moved away just for college. Something she enjoys here is going for hikes in the many beautiful parks our area offers. If she could do anything, it would be to travel to other countries. And, suiting action to dreams, she has already planned a trip to Ireland with folks at Tellus 360 to guide her travels.

Welcome to Dntowners' Newest Members

Kirsten Madden, Victoria Mowrer, Nancy Ross, and Gerry Potts

Happy Birthday to these Dntowners in November!

Carole K, Hart L, Margaret N, Blakelyn A, Ken N, Brad B, Valerie E, Janice S, Henry B, John W, Milicent C, Holly G, Renee K, Janet T, Lois Q, Audrey S, Gerry P, Clark M, Nancy N, Ed B, Timothy L, Reena K, Barbara M, Lynn G, Tanis G-S

Annual Meeting Highlights

Over 100 of our 252 active members attended the **Lancaster Downtowners Annual Meeting**, held on September 27, 2023 at HUB450. We were joined by several students from F&M, some sponsors, and Kristin Jones (Deputy Director) & Emerson Gambler (Volunteer Coordinator) from the Lancaster County Office of Aging. The energy in the room was bubbling. We were glad to introduce our guests to our lively and vibrant community. We celebrated the accomplishments of our last year, thanked outgoing board leadership (**Judy Zimmerman Herr, Lois Quillen, and Ann Martin**) and formally introduced the four new people who will join our board of directors in November: **Gerald Ressler, Molly McKitterick, Ellen Berfond, and Mary Doyle**. We recognized continued growth in membership, continued growth in Just One Call services provided (Year to Date 400 Just One Call services provided by 59 unique volunteers, totaling over 612 hours, including 3372 miles of transportation), and the facilitation of over 170 different events & programs year to date. The room was particularly effusive with appreciation when we recognized founding members **Rod and Mary Lou Weaver Houser** for their vision of a village nearly 20 years ago.



The appetizer spread was beautifully catered by **Graze**, and we enjoyed autumn mocktails by **Lancaster Bartending**.



A FOODIE'S PET PEEVES

BY ANDY BERFOND

1. EXCESSIVELY SALTED DISHES

The rule should be you can always add more, but you can't take it away. I'm going to assume the chef will taste their creation to be assured any salt, pepper or spice is not going to be overpowering.

2. INCONSISTENCIES

If I enjoy a dish I've ordered, and I go back to the same place to order it again, I will expect it to look and taste the same, even though it might have been prepared by a different chef.

3. INATTENTIVENESS

After I'm seated, and within a reasonable amount of time, I'm going to expect someone will stop off at the table and at least acknowledge my presence. It doesn't matter how busy the server is, but just let me know that you know I exist as one of your tables.

4. DISRESPECTFUL SERVICE

As a customer in a restaurant, I'm always going to hope that at least minimally, my needs are going to be taken care of. At a past Downtowner dinner group, someone asked the waitstaff for utensils. The response was "You don't need utensils to eat what you ordered."

5. OFFERING TOO MUCH ON THE MENU

If I go to an Italian restaurant, I might order the lasagna. If I go to a Greek restaurant, I'm definitely going to order the Moussaka. So any time I go to a place that should be specializing in a cuisine, but decides to offer something you'd expect to find elsewhere, I'm always reluctant.

6. LACK OF APPEALING PRESENTATION

Food is an art form. How the parts of a dish are plated is very important. When the dish is served to me, I want to be able to say, "That looks delicious," even though the taste might later be disappointing.

7. I'M NOT YOUR BUDDY, I'M YOUR CUSTOMER

This pet peeve might have a bit of a generational spin to it. You arrive at the restaurant and are seated at your table. An upbeat young server with a big smile flashed across their face, came over and said "Hi Guys...what can I get ya." I think, what's up with the "guys" because we're not going to be hanging out after your shift is done. Whatever happened to Sir, or Ma'am, or just leave off the identifier and just be upbeat and pleasant.

Am I sounding like an aging complainer yet?



Bocce at Buchanan

A New Downtowner Experience

Beginning September 6, Janet, Leonard and I (Mary Cae,) hosted drop-in bocce at the Buchanan Park courts from 10:00 AM - 12:00 noon every Wednesday morning.

First week, two teams of three: "boys against girls." The weather was so hot that after one game, about an hour, everyone chose to sit and chat rather than play again.

Next two weeks: return players welcomed new ones. Closely matched scores gave us time for only one game. The hosts, who had played on teams with the Lancaster Bocce League, observed how impressive everyone was. From first throws until game's end, their improvement in accuracy and strategy was remarkable.

Fourth week: we thought it might be too cold. However, the weather was fine and our activity kept us warm enough to enjoy two games. A smaller turnout meant two teams of two and a scorekeeper. The rolling was good enough (everyone was a return "competitor") to give us several rounds of multiple scores. Earlier games had mostly one point per round, so it took longer to get to the winning score of 12 points.

We laughed a lot; we teased one another about being competitive (some more than others;) and we enjoyed the fresh air together. Our plan is to continue to show up every Wednesday morning until the end of October. We welcome anyone who wants to try out bocce. If you are interested, you can sign up on the events calendar on the Downtowners' website. Non-members are also welcome, so bring a friend.

It's fun, it's free, and the fellowship is priceless. All modesty aside.

BY MARY CAE WILLIAMS



Above: Bocce Game in Session

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717-606-1708

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Explore Retirement Living

Landis Homes is excited to participate in the Annual Explore Retirement Living Open House, along with 16 other neighboring retirement communities.

Saturday, October 21st
10:00 am - 4:00 pm

Apartments • Cottages • Hybrid Homes
Learn About Campus Amenities!

1001 E. Oregon Rd, Lititz PA 17543

Virtual Information Session

Wednesday, Nov. 8th at 10am

Do you wish to know more about **Smart Life** comprehensive than long-term care insurance?

Smart Life via Willow Valley will be holding a virtual information session discussing more in depth in who they are and the contents of their organizations.

[Sign up for the virtual meeting online on their website.](#) This meeting is over a zoom call.