



MAKING IT HAPPEN

In the December Newsletter we reflected upon our mission, vision, and the goals of our strategic plan. As a grassroots, village model organization those charges can not be realized without the contributions of our hard working board of directors, committees, and volunteers! Nearly 200 hours of administration are logged each month to keep our village operating. It is time once again to consider how you might be a part of this - watch the Events Calendar for upcoming Committee meetings to checkout as a guest.

Susan Leinberger, chair of the Nominating Committee, writes: **TAKE A LOOK...** at this list of just five benefits to you when you work toward a common goal with other committee members! Review these benefits, take action, and join a committee! Think about it: Downtowners is always at work for you !

1. **The Experience** – Experience how the Lancaster Downtowners works and the effort that goes into making the Downtowners as a Village successful!
2. **Relationships/Networking** – Joining a committee is a great way to get to know other Downtowner member by seeing them on a regular basis and having fun while getting important things done for Downtowners.
3. **Pay it Forward** – As Downtowners, we understand the importance of giving back to the Downtowners so it can continue to help us when we need it. Committee participation is an inexpensive way to give your support!
4. **Self-Development** – Committee participation leads to sharing insights for committee work and for your own personal development!
5. **Leadership Opportunities** – Through active participation on a committee, you will have the opportunity to share your ideas, strength, and support to make the Downtowners a better, stronger Village!

WELCOME TO OUR NEWEST MEMBERS!

Lori Savitch, Bill Hartman,
and Dot Hartman

UPCOMING EVENTS

- 1/17 - Behind the Stands @ Market
- 1/22 - New(ish) Member Chocolates
- 1/23 - BIC Independent Writing
- 1/24 - Happy Hour: Decades
- 1/25 - Downtown Gardeners
- 1/25 - Education in Lancaster Series: Stone Independent School
- 2/1 - How to Avoid Internet Scams
- 2/7 - Koffee Klatch @ Neighbors Cafe
- 2/10 - Community Meal Program
- 2/12 - SoloAgers
- 2/13 - Books, Coffee & Conversation

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

Downtowners Around Town

The **DOWNTOWNERS WALKING GROUP** is starting the year off right by staying faithful to their regular exercise as they walk into 2024 with hope for a **HAPPY, HEALTHY & PEACEFUL NEW YEAR.**

If you're a morning person, join the group every **Monday, Wednesday, and Saturday at 8am** at the corner of **Pine and Chestnut.**

If you prefer to walk in nature instead of on the city sidewalks, you can join Downtowner Faith on hikes close to Lancaster. Watch your dtCommunity emails for these meet-ups to be announced!



Above: The first walk of 2024 - including Downtowners Allan, Sylvia, Molly, John, and Eva

LUNCH BUNCH

What is lunch bunch? An open invitation for any Downtowner (or guest) to join others for a noontime meal at a variety of local restaurants. In January the group tried out new fast-casual restaurant Diyo Fusion -- located next the library. Stay tuned for a review from the Downtowner Foodie in next month's newsletter.



HAPPY BIRTHDAY TO THESE DOWNTOWNERS IN FEBRUARY!

Beth P, John M, Mary Cae W, Diana W, Nina B, Terry B, Paul E, Bill P, Chris K, Bettina H, Fred A, Judy Z-H, Sharon S, Carmen G-H, Toveah M, David F, Harry D, Richard R, Jane M, Faith D, Pat K, Michael H, and Wade H

Do you enjoy sending cards or giving birthday wishes over the phone? Join other Downtowners in celebrating milestones.

Reach out to the office or Mary Cae Williams to learn more.

Resource Committee Corner

DIRECTORY UPDATES

The Resource Committee pays attention to your recommendations!

When you reach out on the dtCommunity listserv to find a recommendation for providers like art appraisers or hair salons, we follow-up and record that information in the [Resource Directory](#) for future use.

What's that? You didn't know we had a resource directory on the website? Login at lanasterdowntowners.org, click on the Member Resources menu and choose Service Providers. There you can select the Resource Directory and search by topic or keyword.

Soon we will be surveying members to learn how you prefer to get information, how frequently you use the directory, and what other types of providers you'd like to see catalogued.

If you have a provider or resource to recommend, [use the online form here](#) or send an email to director@lanasterdowntowners.org and our Resource Committee will update the directory.

New Column: Your Medicare

BY MARY DOYLE

What is new in Medicare for 2024?

Actually, there are a lot of changes! That information could have gotten lost last fall during all the marketing and sales chatter of open enrollment...so let's talk about the changes which might impact you.

First, the hot button topic of drug costs. Changes this year include coverage for more vaccines, continued cost of \$35 per month for insulin and lower out of pocket costs in the catastrophic phase of drug coverage.

Looking forward, Medicare has started negotiations to lower drug costs for the 10 most expensive medications. These cost changes will be effective in 2025. To see the details of the new drug law and the list of negotiated drugs, click on the link below.

<https://www.medicare.gov/about-us/prescription-drug-law>

That being said, there can be some unpleasant cost surprises when you are refilling a prescription for the first time this year. So, know this:

- For 2024, the maximum deductible is \$545. Some plans do not have a deductible and in some plans drugs in the lower tiers are covered prior to the deductible. For specific questions about your plan's coverage, you can review your plan online or call customer service.
- You will get the best costs are when using a preferred pharmacy.
- There are Federal (Extra Help) and State (Pace & PaceNet) programs to assist with drug costs. If you or someone you know, needs further information about these programs, please contact PA MEDI.

Ok, I am just skimming the surface of what you might need to know. So may I suggest that you look at Medicare's website which has a very user-friendly search engine. www.medicare.gov

Locally, you can get unbiased, confidential, and free Medicare counseling with PA MEDI at the Lancaster County Office of Aging.

Just One Call: Thank you John Kanagy ...and a look back

BY MARY CAE WILLIAMS

John Kanagy has been the Just One Call Coordinator since 2015. He had retired somewhat earlier and was ready to find some volunteer work that would help fill up all that newly available time. He approached Rod Houser, thinking he could volunteer for the Just One Call program. Rod, seeing a wonderful opportunity for Lancaster Downtowners, suggested that John might like to step into the role of Coordinator, which was open at the time. John, with his customary modesty, was unsure about whether he was up to that level of challenge. Rod, with the insight and vision that is part of why Downtowners was even born, assured John that he could certainly do this job.



Above: John Kanagy assists Downtowner June with her planters in front of her home in October 2023.

And the rest is history.

We, Downtowners, have benefited from John's generosity, his dedication, his ability to "make it work," and his insights that have brought us to this time. Many things have changed since John first started taking those requests. The number of calls has increased a great deal since the first couple of years. As our members have moved along in years, so have their requests changed. Some of us have given up our cars. So, we need more volunteers to transport us. We find ourselves making more visits to the doctor; volunteers can get us there. And, our reliance on various electronic devices has brought forth a completely new area of "help needed."

The technology has given us new needs for support. It has also given us new and better ways to manage the matching of requests to volunteers. When Del Seitz set up the Just One Call program and organized it as a benefit to our members, the Coordinator used a Tracfone. This was an inexpensive flip phone on which the Coordinator could receive calls for JOC. For several years, John carried two phones, one for JOC and one for personal use. Initially, John kept records using paper and pen to keep track of volunteer events which were all arranged by phone call. With the Google Voice app, however, the Coordinator can now receive calls to more than one number on the same actual phone. One device, multiple numbers. Also, we purchased a software which has made the job easier for selecting volunteers, sending notifications, and keeping records. This software has also increased our capacity for handling the number of requests and members can even enter their own requests online.

Technology can be our friend and not just a problem we need help to solve. *(Continued next page)*

John Kanagy, continued

One of the changes John has observed while he served as the JOC Coordinator has been the make-up of our membership. In the early years, most members had been living in this area for years before joining Downtowners. As a result, they had their own support systems in place; they knew where to get services and goods and they had friends and family to help them as needed. In recent years, many more people are moving to this area as they retire and becoming Downtowners. These folks can benefit from the help offered not only by JOC, but also the Resource Committee's lists as well as the many activities planned by the Program Committee. For newcomers, joining Downtowners can be like finding a ready-made community in which to belong.

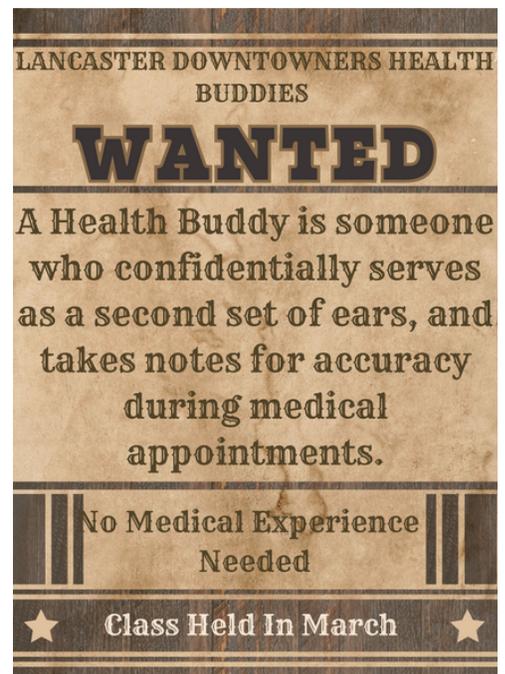
What John liked most about his time as the Coordinator was getting to know people. He met volunteers and got to know them. He also did some volunteering, himself, and got to know members better. He often reserved gardening and pruning requests for himself, since he felt that his own yard did not give him enough of that experience.

Challenges John experienced were the disappointment when he was unable to find a volunteer to meet the request. He is happy to report that this did not happen very often. At times he has felt wistful, as his fellow Downtowners move through the years and find themselves needing more support.

John has enjoyed the growth of the JOC program, too. The expansion into being able to assist people with their electronic devices from smartphones to household computers has been exciting, challenging, and rewarding. John is pleased to see us moving into ways to share Durable Medical Equipment (walkers, wheelchairs, etc.) with one another.

John will miss his regular contact with volunteers and members requesting support from JOC. What does he plan to do with the time that his "retirement" from the Coordinator's position will afford him? He plans to remain a volunteer with Downtowners and also look into volunteering with other groups, where he can use his years of experience as an occupational therapist to the benefit of their work.

Thank you, John, for sharing yourself, your talents, your kindness and compassion, and your excellent ability to make the matches between requests and the volunteers to fill them. We are a better community for having you as a member.



You Don't Have to Park a Bus!

BY ROBERTA STRICKLER

A dozen Downtowners took Park City A to the **Red Rose Transit Authority** offices on Erick Road, the afternoon of January 10, 2024.

The first thing we learned was that a bus will take a Deviation. Perhaps you want to go somewhere (like the side street we took to this bus barn) that is along a regular timed route but must be diverted to a specific location. You can call ahead to request a special stop.

Our group learned a lot about routes, proposed routes, and how to find your way to just about everywhere in Lancaster City and County.

Here's a link: <http://busfinder.redrosetransit.com/Infopoint>

Look around this site where you can download the MY Stop app or the Bus Finder app. Between these two apps you can plan your route and , while enroute, you can see the stops. In real time you can watch the bus approach your stop, and so much more.

Watch for program events , coming soon, about educational and recreational get-togethers based on the theme of "You Don't Need To Park A Bus!" We are thinking scavenger hunts, lunch stops, little known county sites. Most of all there will be contests !! and prizes !! For whomever can clock the most rides. Who can introduce the most friends to public transportation? Who can journal rides on the most RRTA routes. Stay tuned via the Downtowners website.

We will show how much clout the DTers can muster to affect volume on public transportation. Plus tips on how to save money (a LOT Of money) by riding the bus to wherever. you need to go. You don't need to park a bus, or figure out the parking meters, or negotiate traffic, and so much more.....



Above: Downtowners Gerald, Diana, Sylvia, Judy, and Kathy on route Park City A as part of the January 10th educational program to the RRTA offices.

Below: Icon for the myStop app



The Rendezvous Pizzeria & Steak Shop

Ask any cheesesteak lover who has been in Lancaster for a long time, and they'll tell you the **Rendezvous** was always the best, until it closed several years ago for the construction of the new Landis Place on King apartment building. Built by our sponsor and community partner Landis Communities as part of their commitment to provide quality housing options, the Rendezvous family was invited back to the location to reopen in the building, to the delight of their dedicated local following.

For some folks who have already experienced the newly reopened Rendezvous, they say the Cheesesteak was as good as they could remember, except for the sticker shock. Yes, reality sets in when the price of your cheesesteak is not what you remember from years ago.

I went to the Rendezvous on opening day, and stood on a long line with many others who got there before the doors officially opened. The wait to place my order was at least 45 minutes, which doesn't count the additional 45 minutes I waited to get my cheesesteak. But it was the first day, and the hype for the reopening generated a lot of local foodie buzz for weeks, thus contributing to that long line.

The cheesesteak is an abundant portion of skillfully shredded beef combined with grilled onions, cheese and their popular mildly spiced red steak sauce, piled on a softer roll which soaks up all of the flavor. It was very good, but cheese lover that I am, I wished there would have been a bit more of it on the sandwich.

The menu also features a variety of wood fired pizzas, sub sandwiches, salads and select daily specials. You might have noticed on the Downtowners winter event schedule that the Rendezvous has been selected as this year's spontaneous "White Out Gathering Place" to meet up in town when it snows.

See you at the Rendezvous, or around town.

BY ANDY BERFOND



Above: The Old Sign; Below: The New Sign



Below: Menu Boards at the new Redenvous



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SmartLife Info Session

Tuesday, January 23, 2024
at 10am

This is a virtual session for residents of Lancaster County.

Registration: [Click here to sign-up for this free event.](#)

Enjoy the benefits of a senior-living community wherever you call home.

Continuing Care at Home Seminar

Wednesday, February 1 at 3pm

First Floor - Conexión at Landis Place on King
239 W. King Street, Lancaster PA 17603

The partnership between **Landis Communities** and **Friends Life Care** has been a vital resource for many older adults. Our Continuing Care at Home plans offer assistance in coordinating care, safeguarding your assets, supporting your wellness, and more.

REGISTER HERE:

FriendsLifeCare.org/Landis/