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www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

Arbutus News

National Volunteer Month

April is National Volunteer Month and we would like to take the opportunity to recognize and thank our volunteers who lend their time, talent, treasure and support to our community.

On Friday April 27, we hold our annual Volunteer Luncheon in the Community Room. Thank you for your support of Arbutus Park!

New Medicare Cards in April

Beginning in April, Medicare will be issuing new cards. Please be sure that you visit the Business Office so they can make a copy for your file. Thank you!

Calendar Change to Pathways

We have heard feedback that a calendar insert similar to the monthly dietary menu would be helpful. This month, all of our regular events are listed on the inserted calendar. Inside, you will still see some highlighted events along with the list of special guests in the Chapel. We hope the calendar insert is helpful!

Senior Spirit Awards

On Friday April 20, we appreciate, recognize, and thank the honorees of this year's Senior Spirit Awards. Join us at the Downtown Johnstown Holiday Inn for a wonderful lunch as we celebrate their contributions to the Johnstown Community. Learn more and make a reservation at arbutusparkmanor.com/senior-spirit

National Nutrition Month

In March we celebrated 'National Nutrition Month', and we took the opportunity to recognize and get to know members of our Food Service Department. To read their profiles, please visit our website or Facebook page! From left to right: Andrea Criswell, Toni Bridges, Mann Yannutz, Maggie Moak, and Lisa Bestvina. Lisa was also recognized as our 'Above and Beyond' employee for February!



Volunteer Month



Volunteer Profile: Sidney Kakabar

For Forest Hills Senior Sidney Kakabar, Alzheimer's isn't just another diagnosis or condition in the medical community. Her grandmother spent time in the Arbutus Park Manor 'Crossroads' unit and it made a significant impact on Sidney. When the student leadership of the Forest Hills Future Business Leaders of America (FBLA) was looking for a service project, she had a meaningful idea. As Vice President of the club, she began planning over Thanksgiving break for the event which was held on February 1, 2018. A special Forest Hills boys basketball game would be the avenue to raise awareness and funds that would be split between the 'Crossroads' unit at Arbutus Park Manor and the Pennsylvania Alzheimer's Association.

Preparations began with FBLA creating several posters to promote the event and holding advance sales for a special t-shirt. A school-wide 'Dress Down Day' was held to raise funds, and a 'Purple Out' promotion invited spectators to wear purple to the game. Proceeds from the concession stand and a basket raffle with over \$90 of donated Mid's candy also raised funds. Vo-Tech students were involved in putting in purple hair extensions for students and fans, and made cake pops for sale, along with creating the shirts. The opposing team Bishop Guilfoyle, whose school colors are purple and gold, supported the concession stand and basket raffle in a big way. Staff from the 'Crossroads' unit and members of the Alzheimer's Association attended and assisted with the event, along with other teams from the Alzheimer's walk to be held in Windber on September 22. The event was covered by WJAC, raised \$1,000, and was the biggest attendance of the season.



When asked what she learned from organizing and executing the fundraiser, Sidney said "If you have the opportunity to do something, do it- you will accomplish it and make it a success." Sidney will be attending Seton Hill in the fall as a Biology Pre-Med Major. She aspires to be a neurosurgeon, so she can treat the conditions that affected her grandmother.

Learn more at arbutusparkmanor.com



Volunteer Profile: Madelyne & Marissa Moore

Madelyne is an 18 year old Senior and Marissa is a 15 year old Sophomore at Greater Johnstown High School. They have been actively volunteering at Arbutus Park Manor for 3 years. They have participated in Home For The Holiday's, Pumpkinfest, Personal Care Unit Tours, and the Health and Wellness Expos.

Which volunteering activity has been your favorite?

Madelyne- My favorite activity so far has been the Independent Residents Game Nights. I especially enjoyed the Valentine's event the "Not So Newlywed" game. It was so much fun seeing everyone let loose and have fun, and being honest about their relationships!

Marissa- Probably the Home For The Holidays "Cookies with Santa". It was cute to see all of the residents enjoying their cookies and seeing their eyes light up when Santa knew their names.

Why did you decide to volunteer at Arbutus?

Madelyne- I am a member of the National Honors Society, and I am required to do community service acts, but I also enjoy volunteering and making a difference in my community and the world. My mom is also the marketing consultant at Arbutus, and she helped me get started volunteering and getting to know the residents.

Marissa- I enjoy making a difference in the lives of seniors in my community and seeing all of the happiness I bring to the people at Arbutus.



April is National Volunteer Month: Celebrating Arbutus Park Volunteers

#WhyIGive

When you volunteer your time to Arbutus Park Retirement Community, you give comfort and help to our residents. Below is a list of the active Arbutus Park volunteers who volunteered their time and talents between March 1, 2017 and February 28, 2018. If we missed anyone, please let us know.

Thank you!

Cheryl Adams	Pat Griffith Hughes	Wendy Pierce	Homer Weaver
Marjean Barber	Patricia Hull	John Polacek	Joanne Weaver
Alma Barefoot	Gloria Jeffery	Judy Probert	Kathy Weaver
Fred Barefoot	Brian Johns	Lois Pudliner	Donna Wehner
Delores Barron	Ruth Johns	Phyllis Rager	Richard Wilkinson
Mary Kay Becker	Rose Marie Karmanocky	Janet Ream	Kay Williams
Sandra Becker	Joan Kauffman	Patricia Reinbold	Helen Wilson
Julian R. Beglin	Wanda Keller	Ronald Reinbold	John Wilson
Barbars Bird	Sarah Kelley	John Rezk	Eleanor Wingard
Frank Burkhard	Laverne Kessler	Fred Robertson	Beverly Withiam
Linda Burkhard	Marge Killinger	Richard Robertson	Gerald Witt
Jackie Burkhart	Shirley Kissell	Barbara Rodgers	Rowena Witt
Rev. Earl Butterfield	James Knipple	Karen Rodkey	Marion Yaple
Eleanor Callihan	Vivian Knipple	Randy Rodkey	Ann Yurcisin
Bonnie Camblin	Carol Krone	Margie Roseman	Don Zucco
Janet Campbell	Nancy Kwisnek	Eileen Rosendale	
Josephine Carpenter	Vivian Layton	Mary Sala	
Esther Chesnutwood	Karen Lear	Rheda Sala	
Susan Crist	Charlene Leffler	Susan Saylor	
Anne Cvrkel	Gayle Lehman	Ryan Sedlak	
Marilou Daniels	Rev. Marvin Lowery	Mary Shaffer	
Charles Darr	Bonnie Luther	Anna Sheehan-Kamman	
Elaine Dutko	Roger Luther	Betty Sheridan	
Pauline Emerick	Connie McClain	Mary Ann Shull	
Judy Eppley	Betty McGee	Susan Shuman	
Carol Flynn	Eleanor Meagher	Jean Simmons	
Miriam Flynn	Joanne Messer	Carole Smith	
Kathy Friedel	Hilda Miller	Marsha Springer	
June Frye	Sandra Miller	Margaret Sterle	
Melinda Frye	Madelyne Moore	David Streets	
Sandra Garland	Marissa Moore	Sue Strohm	
Win Garland	Georgia Morris	Kate Stutzman	
Nickole George	Sandy Moser	Joseph Szczur	
Sara Gesser	Donna Neff	Dennis Tawney	
Lois Gilbert	Lou Nicoletti	Cheryl Turgeon	
Veil Griffith	Kristine Olsen	Karen Voshall	
Nancy Grove	Marilyn Orris	Lydia Walsh	
Kathleen Harriger	Daryl Penrod	Delbert Wasser	
Patricia Hillegas	Hannah Penrod	Pearl Wasser	
Rev. John Hollis	Lori Penrod	Rev. Alyce Weaver Dunn	



Snapshots Around the Manor



April Arbutus Park Food Service Calendar

Monday April 9

5:00 pm Cottager Dinner RSVP to Joanne Messer 262-8601 by April 2
Cranberry Jello Salad, Chicken Cordon Bleu, Sweet Potato Casserole
Baked Corn, Banana Split Dessert. Entertainment by Pastor McClintock

Tuesday April 10

12:00 pm Beulahlanders Lunch in Community Room

Thursday April 12

12:00 pm Penelec Retirees Lunch in IL Dining Room
12:00 pm Belmont UM Church Lunch in Private Dining Room

Friday April 13

12:00 pm Golden Rods Lunch in IL Dining Room

Friday April 20

12:00 pm Elderberries Lunch in IL Dining Room

Tuesday April 24

12:00 pm Retired Ministers Lunch in IL Dining Room

Wednesday April 25

10:00 am IL Brunch in Community Room

Friday April 27

12:00 pm Volunteer Lunch in Community Room

NEXT MONTH

MAY 7 Cottager Dinner
RSVP by April 30
to Hilda Miller 255-2480

REGULAR WEEKLY EVENTS

Mondays

Art Class 9:00 am Arts & Crafts Room

Wednesdays

**Communion 1:00 pm Chapel
(except 2nd Wednesday is Mass)**

Thursdays

Rosary 2:30 pm Chapel

Tuesdays & Thursdays

IL Exercise Class 3:00-4:00 pm Community Room

The Arbutus Beauty Shop is open
Monday-Friday
Call 262-2172 to schedule a visit!
Men's haircuts are
scheduled on Mondays

Community Calendar

April 3 - Lift Johnstown Regional Project Party
Pasquerilla Conference Center
liftjohnstown.org/news

April 6 - Johnstown Tomahawks vs Philly Rebels 7:30 pm

April 7 - Johnstown Tomahawks vs Philly Rebels 7:30 pm
1st Summit Arena - Cambria County War Memorial
johnstowntomahawks.com

April 7 - American Premiere Ethel Smyth's "The Prison"
Pasquerilla Performing Arts Center
johnstownsymphony.org

April 12 - "How I Became a Pirate" 10:30 am & 12:30 pm
Pasquerilla Performing Arts Center
upjarts.org

April 14 - Colebrook w/ Striped Maple Hollow (Folk)
VOMA
voma.com

April 15 - Live From Nashville / Country Legends
Pasquerilla Performing Arts Center
upjarts.org

April 19 - Churchey & Kopco presents "Legends"
Pasquerilla Performing Arts Center
upjarts.org

April 28 - When Swing Was King
Arcadia Theater
arcadiatheater.net

April 29 - Johnstown Youth Symphony
Pasquerilla Performing Arts Center
Tickets available at the door

MENDING ALERT!

If any resident has any mending to be done – buttons sewn on, pants shortened, blouses or shirt repairs, minor alterations – please let the Business Office know.

Our loyal sewing ladies from Armagh will gladly come and do mending for our residents but we need to have enough to make it worthwhile for their visit.



SAVE THE DATE!

Friday May 4 - Arbutus Park Cruiser's Taco Bar Luncheon & Bake Sale

Community Room: Bake Sale starts 9:00 am
Taco Luncheon 10:00 am until 1:30 pm
2 Tacos + 1 Side + Drink = \$5.00!



A Warm Welcome to:

Ada Dehaven
David Druzak
Ethel Grove
Raymond Hughes
Gladys Toth
Sam Zambanini

April Birthdays

April 5 Eleanor Gost
April 8 Elaine Sweltz
April 8 Linda Michael
April 8 Marilee Streets
April 9 Elizabeth Connor
April 15 James Sedlmeyer
April 17 Betty Sheridan
April 17 Walter Zelenski
April 20 Helen Gaunt
April 21 Rev. John Hollis
April 23 Daryle Brown
April 23 Richard Trabold
April 24 David Druzak
April 24 Isabella Keim
April 24 Dick Barber
April 25 Marylyn Harrison
April 27 Adam Calderone
April 28 Beulah Walls
April 30 Sharon Varner
April 28 Douglas Greig



April Anniversaries

April 6 Roger and Bonnie Luther
April 6 Vernon & Marylyn Harrison
April 22 Jack & Kathy Fagan

Attention Arbutus Residents

Did we miss your birthday or anniversary?
Please let us know by calling 262-2150

The 'Pathways' to Good Health

The idea is to focus on healthy skin not younger-looking skin. Great skin is possible at any age when we focus on what we put into your body rather than the latest skin care cream. There is a direct connection to the foods we eat along with overall digestive health and how good our skin looks. Here are seven Amazing and Delicious Foods for healthy skin after 60... by Margaret Manning

Vitamin C which helps produce collagen. Collagen "plumps" skin cells and maintains a youthful appearance.

Dark Chocolate – Rich in antioxidants & flavanols that promote glowing skin, cocoa relaxes arteries & increases circulation. However, avoid chocolate with milk and added sugar.

Coconut Oil – Rich in essential fatty acids & vitamin E, coconut oil keeps skin soft and wrinkle free. Use as a make up remover, or a face/body cream.

Spinach - High in vitamins C, E & A. It cleans your skin from the inside out. Raw spinach is best as it preserves all the nutrients.

Celery – Prevents dehydration & prevents skin from drying and wrinkling.

Papaya – This tropical fruit contains antioxidants high in vitamin C & E. Papaya contains beta-carotene great for promoting a healthy glow and is also a great food enzyme to promote proper digestion.

Carrots – Great for eyes, but also great for your skin. They convert to vitamin A in the body and prevent the overproduction of cells in the skin.



sixtyandme.com

Amy's Recipe of the Month

Strawberry Avocado Pasta Salad with Balsamic Glaze:

Prep Time 15 minutes - Cook Time 10 minutes - Total Time 25 minutes

Ingredients:

- 1 pound dry bow tie pasta
- 4 to 6 cups packed torn salad greens
- 1 pound fresh strawberries, hulled and halved
- 2 avocados, diced
- 1 tablespoon chopped fresh mint
- salt and fresh ground pepper, to taste
- 1 to 2 teaspoons poppy seeds
- 1/2 tablespoon Extra Virgin Olive Oil
- 3 to 4 tablespoons Creamy Balsamic Glaze



Instructions:

1. Cook pasta according to package instructions.
2. Drain and immediately rinse with cold water to cool it off and to stop the pasta from cooking.
3. Add cold pasta to a bowl; toss the pasta with salad greens, strawberries, avocado and fresh mint.
4. Season with salt and pepper.
5. Add poppy seeds, extra virgin olive oil and balsamic glaze; toss it all together!
6. If the salad seems dry, you can toss it with a bit more extra virgin olive oil and/or balsamic glaze.

Message from Rev Hollis

There are those who pretend to be Christians and yet scoff at the very notion of a resurrection. Years ago a friend told me about a young man preparing for ministry who was quoted as saying, "Well, Jesus is dead; so he's dead. Why should we go on teaching that he's alive when he's dead?" I wonder what kind of Gospel he has to declare.

Paul writes in 1 Corinthians 15:17: **And if Christ has not been raised, your faith is worthless; you are still in your sins. 18 Therefore, those who have fallen asleep in Christ have also perished. 19 If we have put our hope in Christ for this life only, we should be pitied more than anyone. 20 But the fact is that the Messiah has been raised from the dead, the firstfruits of those who have died.**

Firstfruits was the beginning of the barley harvest when the first sheaf from each farm was brought to the temple and presented to the LORD. I don't know if it means anything but this year some important dates line up on the Christian and the Jewish calendars. Good Friday, March 30, was Passover, the day on which Jesus died. Sunday, April 1, is Easter and the Feast of Firstfruits. He rose on Firstfruits and became **the firstfruits of those who have died.**

Can we prove beyond the shadow of a doubt that Jesus rose from the dead? No, but we can point to some facts that give us strong reason to believe. Those two sad travelers on their way to Emmaus didn't recognize the risen Christ as he walked and talked with them. When he asked why they were so downcast, they related the events of the past three days and then said, **But we were hoping that He was the One who was about to redeem Israel** (Luke 24:21). Their hope was gone. But when he broke bread with them and their eyes were opened, they ran all the way back to Jerusalem to tell their friends that they had seen him alive.

The book of Acts shows a people of God on the move, declaring the Good News and seeing mighty miracles, all performed in the name of the LORD Jesus. Could a dead man fire up those previously dejected followers and send them all over the world to lead multitudes to faith in him and give them the power to heal the sick, cleanse lepers, and raise the dead? I believe that only the one who rose to new life, went back to heaven and poured out the gift of the Holy Spirit could do that.

Could a dead Jesus have made a change in my life? At age 13 I went to a Christian camp. After the message one evening, the preacher gave the invitation and I made my way down to the "mourner's bench," as they called it back then. I knew that it made a change but I guess that even I didn't realize how much of a change. One day when Ruth Anne and I were visiting my sister Sally, she snitched on me and said, "Before Jesus got ahold of him, that Johnny was meaner than cat manure. But after he came to Christ he was a changed little person."

Yes, Jesus is still alive and still changing hearts. In Revelation 3:20 the risen Christ said: **Listen! I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and have dinner with him, and he with Me.**

He is referring to your heart's door. There is a painting showing Jesus knocking at a door. The work was criticized because there is no knob, nor handle, nor latch string. But the artist, **Warner Sallman**, explained that he meant it that way because the door can only be opened from the inside. Our LORD will never force his way in. When you open it, he will come in and have table fellowship with you—the closest, dearest kind of fellowship. Would you like that? Open the door.

Shalom,
Pastor John Hollis

APRIL CHAPEL GUESTS:

Sunday	April 1, 2:00 PM	Easter Communion: Chaplain John Hollis
Wednesday	April 4, 1:45 PM	Tom Sabo, Lay Speaker, Grove Ave UMC
Sunday	April 8, 2:00 PM	Rev Charles Shaffer, Retired UM Pastor
Wednesday	April 11, 1:45 PM	Covenant Players drama group
Sunday	April 15, 2:00 PM	Leah Wagner, member at Heritage UMC
Wednesday	April 18, 1:45 PM	Rev Linda Lacovic, Hastings/Bakerton UM Charge
Sunday	April 22, 2:00 PM	Somerset Alliance Hand Bells, Rick Showers, Director
Wednesday	April 25, 1:45 PM	Tracy Radosevic, Biblical Storyteller
Sunday	April 29, 2:00 PM	Pastor Benji Zylka, 2nd Brethren Church

ARBUTUS PARK RETIREMENT COMMUNITY
207 OTTAWA STREET
JOHNSTOWN, PA 15904

RETURN SERVICE REQUESTED

Pathways

Pathways is a monthly newsletter. Please contact Arbutus Park Community Affairs with questions or comments at kroberts@arbutusparkmanor.com

Bark Profile

(All answers translated by Bonnie and Janet)

Q How long have you been a therapy dog at Arbutus?

A Woof Woof - 9 Years

Q How did you decide to be a therapy dog?

A I was born for this job, literally. I was born at Joy Gin Kennels and trained as a puppy. I actually failed Puppy Therapy School but I tried again and passed my test.

Q What do you like most about volunteering?

A Arbutus has a great benefits package. I get lots of hugs and smiles from residents and staff. I get to visit residents and cheer them up. I especially love walks around the campus on warm and sunny days. I also help Bonnie and Janet in the Business Office.

Q What do you do in your free time?

A Woof- NAP! On weekends I go to Joy Gin Kennels, two of my relatives live there. They recently had puppies, so it is a lot of fun to relax and unwind.

Q What is your favorite snack?

A Not blueberries! I do like the burgers the maintenance staff brings in. (I take them when they are not looking.)

Q Favorite song?

A 'I Wanna Hold Your Paw' by The Beatles

Sassy! Our Therapy Dog

