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Arbutus News & Notes

National Nurses Week

May 6 - 12 we celebrate National Nurses Week with the theme "Nurses: Inspire, Innovate, Influence." While it was first celebrated in 1954, it wasn't until President Reagan signed a proclamation that May 6th would henceforth be the annual celebration of nurses' efforts would be nationally recognized.



Visit our website during National Nurses Week as we recognize members of our fantastic nursing staff here at Arbutus!

National Skilled Nursing Care Week

May 13 - 19 we celebrate National Skilled Nursing Care Week. This year the theme is "Celebrating Life's Stories." This theme serves as a tribute to life's most significant events, relationships, and experiences that shape the unique perspectives of residents, families, staff, and volunteers.



Red Nose Day Thursday May 24

Red Nose Day's mission is to end child poverty—one nose at a time. Money raised goes to the Red Nose Day Fund, which supports programs that ensure children in need are safe, healthy and educated. Buy your red nose at the Business Office for \$1 and wear it on Thursday May 24!



A group picture will be scheduled for the 24th.

Welcome to the New Independent Living Resident

Although we haven't built any additional independent living units since the first phase of Parker Ridge, a new resident has taken it upon himself to build multi-unit living quarters on Sara Lane. We have a feeling Woody (what he likes to be called) has not applied for the necessary building permits through Richland Township.



Regardless, we welcome him anyway. Rumor has it that Rick Wilson is not very happy about this arrangement because the maintenance fee has not been paid!

Gift Shop Updates

Be sure to visit the Gift Shop as they make some upgrades and changes to their selection and fixtures. Monday- Friday 7:00 am - 3:00 pm.

CONNECT WITH
ARBUTUS!



www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

A Warm Welcome to:

Ethel Cassidy
Beryl Daughenbaugh
Thomas Gordon
Mary Hershberger
Margaret Hoffer
Frank Miller
Pamela Neilson
Raymond Peters
Raymond Rosian
Pauline Weinzierl
Audrey Wolfhope

May Birthdays

May 1 Alma Barefoot
May 3 Kathleen Harriger
May 4 Sophia Smatlak
May 5 Rev. Benton McKee
May 7 Kenneth Steffey
May 7 Jean Simmons
May 7 Rita Edwards
May 8 Lillian Dulak
May 11 Janet Smith
May 13 Gladys Gordon
May 14 Magdaline Ballow
May 14 Vivian Thomas
May 17 Joyce Confer
May 20 Eleanor Callihan
May 23 Linda Burkhard
May 25 Jennie Moore
May 30 Violet Woollaston



May Anniversaries

May 8 Domenick & Josephine Stumpo
May 22 Ron and Nancy Sottile
May 23 Don and Lois Bender

Attention Arbutus Residents

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



Note from the Auxiliary

The auxiliary is going to have a bake sale at the June 2 Bazaar. We are asking that the independent residents that live in the townhouses and cottages, donate homemade baked goods and candy for the bake sale.

We would really appreciate your help with this, if you are able. You may bring your baked goods to the Community Room on Friday, June 1st from 8:00 a.m. to 2:00 p.m., or Saturday morning June 2nd at 8:00 a.m. All proceeds benefit our Manor residents. The Auxiliary appreciates the wonderful support you give us!

Also, if you have items for the flea market, please bring them to the Community Room on Thursday May 31st or Friday June 1st between the hours of 8:00 a.m. and 2:00 p.m. Thank you!



Altoona Curve with Friends and Family

The office of Community Affairs is looking to organize a Arbutus Friends, Family, and Staff game at the Blair County Ballpark this summer.

Please let Kurt know if you are interested at 262-2150 or kroberts@arbutusparkmanor.com

Penelec[®]

A FirstEnergy Company

Cottagers Begin Getting Smart Meters

Do not be surprised if you see Penelec vehicles on campus as they will begin installing smart meters on the homes in our independent living community.

"This step toward a more modernized electric system will enable automated meter readings and may enhance our ability to respond to outages faster and more efficiently. Plus, in the future, you will have access to more detailed energy information through our online Home Energy Analyzer tool that will help you better understand your electricity use – which means you can then make informed decisions on your electricity consumption." - Penelec

The 'Pathways' to Good Health

4 Amazing Things Happen When You Start Doing Balance Exercises After 50!

Most people think that balance exercises are about preventing falls. That is only half of the story. There are both physical and emotional side effects of poor balance.

When we feel unbalanced, we are less likely to explore the world. In addition, we are often afraid to get involved in sports, fitness activities or dancing. This is ironic because, in the long-term, these are exactly the kinds of activities that will help us to improve our balance!

1. You Start Exploring Your World With Confidence.

One of the biggest impacts that a lack of balance has on older adults is that it holds us back from traveling. Spending just 15-20 minutes a day doing exercises can open up a new world to you.

2. You Stop Feeling Clumsy.

Simply put, balance exercises help you to get more from life. They remove barriers to independence and they allow you to be yourself again – free, strong and confident. What would you start doing again if you felt confident and well-balanced?

3. You Start Exercising

When you feel in control of your body, the desire to be more active is natural. Many start by doing gentle yoga and simple stretching. Exercise is great not only for your physical state but for your mental state as well.

4. You Start Looking – Really LOOKING at the World Around You

The more you worry about falls, the less mental energy you have to think about the things that are really important.

So, speak with your physician about balancing your life. There are many local yoga classes to join and group exercise classes at the local YMCA. But, first and foremost, schedule a check up with your Dr. and seek his/her advice on the best balance exercise program for you.



**MOVIE
NIGHT**

Tuesday May 1

Community Room

7:00 PM



HANDY CRAFTERS

Join Us for Fun Projects - Finish in a Day!
4th Monday of Every Month
(Except December)

1-3pm in the Craft Room

Please RSVP in advance

For Information Call

Judy Probert

410-3343

Bonnie Luther

266-2630



Amy's Recipe of the Month

Salmon Baked in Foil

Ingredients:

- 4 Salmon fillets (5 oz each)
- 2 teaspoons olive oil
- 2 Tablespoons olive oil
- Salt & Pepper
- 3 Tomatoes, chopped, or 14 oz can of chopped tomatoes
- 2 Chopped shallots
- 2 Tablespoons fresh lemon juice
- 1 teaspoon dried oregano



Instructions:

Preheat the oven to 400 degrees F. Sprinkle salmon with 2 teaspoons olive oil, salt, and pepper. Stir the tomatoes, shallots, 2 tablespoons of oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl to blend.

Place a salmon fillet, oiled side down, atop a sheet of foil. Wrap the ends of the foil to form a spiral shape. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed. Place the foil packet on a heavy large baking sheet. Repeat until all of the salmon have been individually wrapped in foil and placed on the baking sheet. Bake until the salmon is just cooked through, about 25 minutes. Using a large metal spatula, transfer the foil packets to plates and serve with rice and a fresh tossed salad for a healthy weeknight meal.



Recognize • Appreciate • Thank

5th Annual Senior Spirit Awards

With over 175 in attendance and over \$24,000 raised in sponsorships, ticket sales, and silent auction, the 5th Annual Senior Spirit Awards was a rousing success.

Thank you to everyone that supported our fundraising luncheon that benefits the Benevolent Care Fund. To see the videos produced for the honrees, please visit the 'Senior Spirit' page of our website.

We would like to thank the following sponsors:

'Partner Sponsor' UPMC Health Plan

'Friend Sponsors' Martella's Pharmacy and Diamond Drugs Inc.

'Fan Sponsors' AmeriServ Financial, DB Homes, and Chan Soon-Shiong Medical Center at Windber.

Thank you for your continued support!

May Arbutus Park Food Service Calendar

Monday May 2 8:30 am Men's Breakfast in IL Dining Room

Friday May 4 12:00 pm Golden Rods Lunch in IL Dining Room

Monday May 7 5:00 pm Cottager Dinner RSVP to Hilda Miller 255-2480 by April 30
Apple Waldorf Salad, Stuffed Pork Chops, Twice Baked Potatoes
Parisian Carrots, Dinner Rolls, Cupcakes

Tuesday May 8 12:00 pm Beulahlanders Lunch in Community Room

Thursday May 10 12:00 pm Belmont UM Church Lunch in IL Dining Room

Friday May 11 12:00 pm Auxiliary Silent Auction Lunch in Community Room

Sunday May 13 12:00 pm Mother's Day Lunch in Main Dining Room

Tuesday May 15 6:00 pm Buelah UM Church Group Dinner in Private Dining Room

Thursday May 17 12:00 pm Buelah UM Church Women Lunch in IL Dining Room

Friday May 18 12:00 pm Elderberries Lunch in IL Dining Room

Tuesday May 22 12:00 pm Retired Ministers Lunch in IL Dining Room

Wednesday May 23 10:00 am IL Brunch in Community Room

NEXT MONTH
June 11 Cottager Dinner
RSVP by June 1
to Kurt Roberts 262-2150



Manor Lobby Showcase

The next time you pass through the lobby, be sure to visit the showcase displaying the incredible talents of our cottagers and residents. This past month featured wonderful paintings along with masterful pisanki eggs to celebrate Easter. Special thanks to Bonnie Luther and Hilda Miller - everyone is welcome to attend the weekly Art Class on Mondays at 9:00 am in the Arts & Crafts room!



May Special Manor Activities

All events listed are open to everyone in the APM community!

Tuesday May 1 1:30 pm Gary Stewart in the Chapel

Friday May 4 10:00 am Taco Bar Luncheon & Bake Sale in Community Room (Ad below)

Friday May 11 12:00 pm Auxiliary Silent Auction Luncheon in Community Room \$20 Donation

Monday May 14 11:30 am Ladies Lunch in the Community Room

Friday May 18 1:30 pm Chatterbox Brass in the Chapel

Thursday May 24 Red Nose Day (see info on front page)

Friday May 25 1:30 pm Kenny Fetterman Summer Kick off
Patio or Community Room (Weather) - Hot dogs & light refreshments

Saturday June 2 8:00 am - 2:00 pm Auxiliary Bazaar in Community Room

Tuesday June 5 1:30 pm Tom Voytas music on the Patio or Chapel (Weather)

Garbage Reminder

Because of Memorial Day, garbage pick-up will be Thursday May 31st instead of Wednesday May 30th.

Community Calendar

May 4: "Legends of The Billy Joel Band"
7:30 pm at Pasquerilla Performing Arts Center
upjarts.com

May 6: River City Brass Band: Music of Glenn Miller
3:00 pm at Pasquerilla Performing Arts Center
upjarts.com

May 19: The Music of Roy Orbison & Buddy Holly
7:30 pm at Arcadia Theater
arcadiawindber.com

May 26: Taste & Tour Rediscover Downtown Johnstown
5 pm in Downtown Johnstown
discoverjohnstown.org

May 28: Sandyvale Memorial Day Celebration
10 am - 2 pm 80 Hickory St. Johnstown

May 30 - June 1: Showcase for Commerce
1st Summit Arena Cambria County War Memorial

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

REGULAR WEEKLY EVENTS

Mondays

Art Class 9:00 am Arts & Crafts Room

Wednesdays

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

Thursdays

Rosary 2:30 pm Chapel

Tuesdays & Thursdays

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

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!
Supports the Alzheimer's Walk Team



Message from Rev Hollis

I have mentioned in my writings before that history is prophecy, especially as it regards Jewish holy days. Each one is prophetic of the ministry of the Messiah. As I mentioned last month, Jesus died as the Passover lambs were being slaughtered and he rose on Firstfruits and became **the firstfruits of those who have fallen asleep** (1 Corinthians 15:20). This year those dates coincided with Good Friday and Easter. May 20 is Pentecost, the day on which the risen and ascended Lord Jesus poured out the Holy Spirit on his waiting disciples. It is also the Jewish festival of Shavuot, the day on which they celebrate the giving of the Commandments to Moses on Mount Sinai.

During the first years of the Christian Church these dates always fell together because they were working from the same calendar. We learn from the ancient historian Josephus that sometime before 70 AD the Jewish leaders had decided to celebrate Firstfruits on 16 Nisan and Shavuot on 6 Sivan instead of counting 50 days from the first Sunday after Passover, as God commanded in Leviticus 23:4-16. We have no proof but some scholars believe the Sages made this change to hide the fact that Yeshua of Nazareth fulfilled the meaning of these festivals and thus was their Messiah.

In Exodus 32, on the first Pentecost, when Moses went down from the mountain with the two tablets of testimony in his hand, he found the people worshipping a golden calf, so he threw the tablets from his hands and shattered them at the bottom of the mountain.

Moses was angry with them and said, **"You have sinned a great sin. But now I will go up to the LORD; perhaps I can make atonement for your sin."** And so that first Pentecost was a day of wrath. Contrast that day with the day on which its prophetic meaning was fulfilled.

Acts 2 tells how the followers of Jesus received the outpouring of the Holy Spirit on Pentecost and how Peter proclaimed the life, death, and resurrection of the Savior. He then explained the significance of these events:

36 "Therefore, let all the house of Israel assuredly know that God has made this Jesus, whom you have crucified, both Lord and Christ." 37 When they heard this, they were stung in the heart and said to Peter and to the rest of the apostles, "Brothers, what shall we do?"

38 Peter said to them, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of sins, and you shall receive the gift of the Holy Spirit." ... 41 Then those who gladly received his word were baptized, and that day about three thousand souls were added to them.

(Scripture quotes are from New Revised Standard Version).

Note that on the one recorded in Acts, three thousand were saved. If any soul reading this is not yet saved, do exactly as Peter instructed and this year's Pentecost will be a joyous celebration.

Shalom,
Pastor John Hollis

MAY CHAPEL GUESTS:

Wednesday	May 2, 1:45 Ppm	Rev. Linda Freeburg, Hastings/Bakerton UM Charge
Sunday	May 6, 2:00 pm	Dan Becker, Christian Songwriter, Recording Artist
Wednesday	May 9, 1:45 Ppm	Chaplain John Hollis celebrating ASCENSION DAY
Sunday	May 13, 2:00 pm	Luella Krieger, 'Visitors from the Past'
Wednesday	May 16, 1:45 pm	'Chords of Praise' Dulcimers, Harp, Harmonica Nancy Hay
Sunday	May 20, 2:00 pm	Johnstown Christian School Bell Choir, Kristen Lloyd, Director
Wednesday	May 23, 1:45 pm	Rev. Ron Barto, Arbutus & Walnut Grove COB
Sunday	May 27, 2:00 pm	Pastor Benji Zylka, Moxham 2nd Brethren
Wednesday	May 30, 1:45 pm	'Meat & Potatoes & Gravy' Tony Arcuri, Banjo; Keith Inscho & Barry Miller, Guitars

RETURN SERVICE REQUESTED

Pathways

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

Park Profile

Q How long have you been at Arbutus?

A With my combined service, 2 years.

Q What is your favorite thing about your role here?

A I love interacting with all the visitors and residents. I love helping people and making a difference somehow.

Q What are your job duties?

A Greeting visitors and residents. Working in the Business Office and helping all departments.

Q When you aren't at work, what do you like to do?

A I've played the piano at my church for almost 30 years. I have 3 kids that keep me VERY busy!

Q What is your favorite childhood memory?

A So many! We always had boats, campers, ATV's, etc. Just spending time together.

Q If you could travel anywhere, where would you go?

A I've always wanted to go to Australia. But anywhere where it's warm all year will do!

Darci Wirick



Q What is something that most people don't know about you that would surprise them?

A That I was severely overweight and unhealthy and lost over 120 lbs. I'm now an active runner and participate in 5K's (3.1 miles), 10K's (6.2 mi) and I ran my first half marathon (13.1 miles) last May.

Q What is the best word of advice you've received?

A Always help others and expect no reward!

Q What are you looking forward to this summer?

A I love the warm weather and anything outdoors. Spending the time with my three kids.