



IN THIS ISSUE:

- Arbutus News
- From the Chaplain
- Calendar
- Recipe of the Month
- Park Profile

Arbutus News & Notes

National Nurses Week

In May we celebrated our wonderful nurses who inspire, innovate, and influence our community. Members of our nursing staff were profiled for our website and social media. In case you missed it, visit arbutuparkmanor.com to get to know Belinda Henry, Abalene Stull, and Deb Novotny!



Auxiliary Bazaar

On Saturday June 2, from 8:00 am to 2:00 pm, the Arbutus Park Manor Auxiliary will be hosting a bazaar in the Community Room on campus. Items include candy, baked goods, funnel cakes, chicken bbq, a lunch counter, plants, books, homemade items, and a flea market.

Any items for donation should be dropped off at the Community Room on Thursday May 31 or Friday June 1 between 8:00 am and 2:00pm.

All proceeds benefit the residents of the manor.



The East Wing Elevator is Back!

As the biggest 'Rick's Wish List' item ever (funded at \$40,000) the east wing elevator has been replaced. Over several weeks this spring, the new elevator was installed. Thank you to everyone that supported the project!



Arbutus Park Manor Cruiser's Walk to End Alzheimer's

On Saturday September 22, we will again be participating in the Alzheimer's Association walk at Windber Recreation Park. Our team is comprised of staff, friends, and family in support of a cause that is very important to us.



CONNECT WITH
ARBUTUS!



www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

If you would like to join the team or support the walk, please contact the Business Office or visit arbutusparkmanor.com/alzheimerswalk

A Warm Welcome to:

Magdeline Ballow
Margaret Rachael
Patricia Wilson

New Independent Residents

William & Jocelyn Sides 404 Kissell Lane

June Birthdays

- June 1 Kathleen Miller
- June 2 Nancy Wargo
- June 2 H. Fred Barefoot
- June 5 Patricia Griffith-Hughes
- June 5 Rose Garaventa
- June 7 Sandy Martin
- June 7 Anna Croft
- June 9 Rev Paul Scruton
- June 9 Thomas Slusser
- June 13 Lois Bender
- June 14 Beryl Daughenbaugh
- June 16 Jean Bradley
- June 17 Sassy
- June 21 Leone Ringler
- June 23 Geraldine Peterson
- June 24 Raymond Peters
- June 27 Jack Fagan
- June 28 Irene Murray
- June 28 Sara Rodkey
- June 29 Marguerite Brosig



June Anniversaries

- June 17 Del and Pearl Wasser
- June 23 Jack and Helen Wilson
- June 24 Terry and Lois Gilbert
- June 25 W. Gerald and Rowena Witt

Attention Arbutus Residents

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

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

MOVIE NIGHT

Tuesday June 5
Community Room
7:00 PM

INDEPENDENT LIVING
in the Community Room



JUNE 12th 6:30pm

PINOCHLE

2nd Wednesday
of the Month

2:00 pm
Meet in the Sun Porch

SAVE THE DATE!

Arbutus Park Family Picnic

Wednesday July 18

11:00 am - 2:00 pm

Food, Music, and Fellowship!

June Special Manor Activities

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

Friday June 15 1:30 pm Dolores and Rob in the Chapel

Tuesday June 26 10:00 am - 2:00 pm Summer Carnival on the Patio (Weather Alt Community Room)

Thursday June 28 1:30 pm 'First Scoop to Go' Ice Cream Truck - Patio, then Sunporch, & Cottagers

June Arbutus Park Food Service Calendar

Saturday June 2 Annual Bazaar/Chicken BBQ, Community Room, Lunch Counter at 9 am, BBQ at 10 am

Friday June 8 Golden Rods Lunch, IL Dining Room

Monday June 11 5:00 pm Cottager Dinner RSVP to Kurt Roberts 814-262-2150 by June 4

Tuesday June 12 12:00 pm Beulahlanders Lunch, Community Room

Friday June 15 12:00 pm Elderberries Lunch, IL Dining Room

Wednesday June 20 10:00 am IL Brunch, Community Room

Thursday June 21 12:00 pm Beulah UM Women Lunch, IL Dining Room

Tuesday June 26 12:00 pm Retired Ministers Lunch, IL Dining Room

NEXT MONTH

July 2 Cottager Dinner

RSVP by June 25

to Frank & Linda

Burkhard 341-1640

Community Calendar

June 1 - 3

Johnstown Polkafest

Music, Dancing, Ethnic Food & Shopping

411 Power St. Cambria City, Johnstown

visitjohnstownpa.com/polkafest

June 9

Cash & Cline - Tribute to Johnny and Patsy

7:30 pm Arcadia Theater

arcadiawindber.com

June 14 - 17

Miner's Memorial Day Festival

Classic Cars, Music, Food and Fireworks

Windber PA

June 21 - 28

Thunder In The Valley

Downtown Johnstown

visitjohnstownpa.com/thunderinthevalley

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



The Calderones: A Handmade Legacy

We recently spent time getting to know one of our newest Personal Care couples, Adam & Isadora Calderone from Boswell. They joined the Arbutus family this past December.

Upon entering their space, you are immediately drawn to the beautiful furniture in their rooms. Adam made most of the pieces by hand, and has a long history of craftsmanship. He has handcrafted beds, entertainment centers, gun cabinets, and a dry sink. He also spent two months crafting a beautiful dollhouse with a roof that lifts off with a handle. The dollhouse features miniature furniture, a cedar shingle roof, shutters, sink, mirror, and the finishing touch of a mailbox.

Of all his projects, Adam said 'I never sold anything'. When the Stoystown school was being remodeled, he was told the contents would be burned. Four truck loads later, he had plenty of oak and maple for his projects. One of his favorite projects was creating 100 miniature rocking chairs which were the hit of a 50th reunion reception held at the Somerset Country Club.

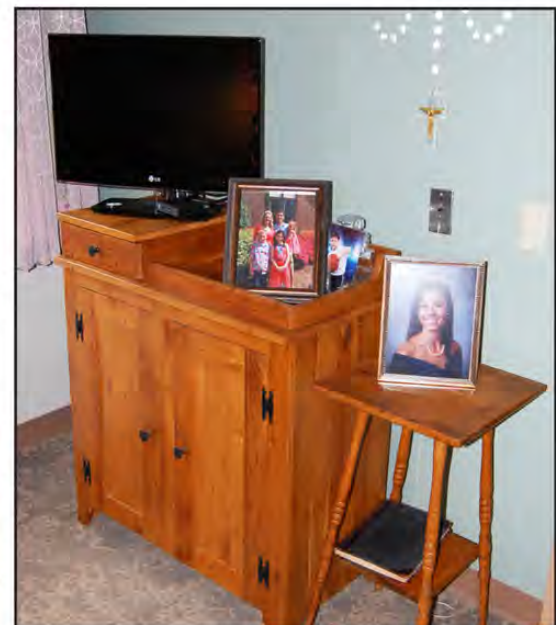


Isadora also enjoys working with her hands, and is an accomplished cook and baker. She made her recipes from scratch, and maintained a garden. Amongst her many creations were jelly, rolls, buns, and pasta. She was known in the community for always feeding their son's, Mario and Jeff, friends. She often had 'red beets and garlic for the whole neighborhood'. Of her skillset, Adam said 'She's a darn good cook. When she wanted something for the kitchen, I bought the best.' Their sons still call for cooking advice, including a recent request for how you stuff a turkey.

Adam graduated from Williamsport Tech and worked as a draftsman in Jeanette, PA as well as Neilan Engineers in Somerset. He said 'I loved that job, it was always something different.' He is also a veteran, having served in the Navy during World War II. Isadora held the important position of homemaker and raising their children.

After retiring, the couple spent 15 years traveling. They spent time in Florida, California, England, and visited Italy twice. With her parents being from Italy, Isadora said one of her favorite family traditions is having seven different kinds of fish at Christmas.

After visiting a sister on the second floor of the manor, they decided that this was the place for them. In asking about their experience at Arbutus thus far, they indicated that 'the people are wonderful, they treat us well, and the meals are great!'



We are blessed to have wonderful residents such as the Calderones here at Arbutus Park!

The 'Pathways' to Good Health

June is Men's Health Month

Here is a list of the basic health screenings you should be getting.

Bone Health Evaluation - When? Periodically.
Osteoporosis isn't just a "woman's disease"

Blood Pressure Check - When? At least once a year.
You should have your blood pressure check if you have high blood pressure.

Cholesterol Test - When? Every five years and more often if heart disease or diabetes runs in your family.

Screenings for Prostate Cancer & Colorectal Cancer - When? Typically once every 10 years unless directed by your doctor.

Hearing and Vision Screenings - When? Yearly.

Depression Screenings - When? Yearly.

It's important to remember that depression is not something you should "tough out". Depression is serious and can lead to physical pain and sickness. If you feel sad and hopeless longer than two weeks, or if you have lost interest in things you typically enjoy, it could be depression.

Dental Check-Ups - When? Yearly.

Teeth cleanings and check-ups are important to your overall health. There is a direct link to gum disease and heart disease.



Celebrating Our Roots: The History of Arbutus

Over the next several issues of 'Pathways' we will be digging through the archives to pay homage to the history and legacy of Arbutus Park.

This month we look back 79 years to the 1939 Arbutus Park Summer Meetings brochure. Some of the highlights include an article from Curtis Amps, Secretary. He states, "Meals will be served in the dining room as usual; breakfast \$.25; Dinner and Supper \$.35 each, and Sunday Dinner \$.50. Meal tickets \$6.50 per week."

In an introduction by President Rev. Sidney V. Carmany, he says "Arbutus Park is ideal for summer meetings, well shaded, supplied with good water and has a large dormitory with dining hall. Come and enjoy God's great Out-of-Doors by attending the summer meetings at 'Beautiful Arbutus'".

The Treasurer's Report includes an invoice paying \$17.50 for 100 New Song Books and \$5.93 paid to Glossers for dishes.

Special thanks to Bonnie Camblin for archive materials, background information, and suggestions in developing this feature.

Standard Time

1939

Arbutus Park Summer Meetings

Summer School and Leadership Training

June 26 to July 1

Mennonite Y. P. I.

July 12 to July 23

Missionary Conference, Bible Conference
and Campmeeting

July 24 to Aug. 6

Johnstown, Pennsylvania

PITTSBURGH CONFERENCE
EVANGELICAL CHURCH

"We will go into His tabernacles; we will worship
at His footstool."—Psalm 132:7

Thirty-sixth Annual Encampment

Arrange To Attend

Invite and Bring Your Friends

C
O
M
E
L
E
T

U
S
W
O
R
S
H
I
P
T
O
G
E
T
H
E
R

Amy's Recipe of the Month

Father's Day Breakfast Burgers

Ingredients:

- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon drained prepared horseradish

Burger:

- 12 ounces ground beef (80-percent lean)
- 8 ounces bulk Italian sausage
- Kosher salt and freshly ground black pepper
- 1 tablespoon unsalted butter
- 1/2 cup shredded Cheddar (about 2 ounces)
- 4 English muffins, split and toasted
- 1 vine-ripe tomato, thickly sliced into 4 pieces
- 1 cup peppery greens, such as baby arugula, mustard greens or watercress
- 4 large eggs



Instructions:

For the Dressing: Stir the mayonnaise, mustard and horseradish together in a small bowl and set aside.

For the Burgers: Gently mix together the ground beef, sausage and 1/4 teaspoon each salt and pepper.

-Divide the meat into 4 pieces and form each into a 4-inch patty.

-Melt the butter in a 12-inch nonstick skillet over medium-high heat and add the patties. Cook until well browned, about 3 minutes, and then flip.

-Top with some of the cheese and continue to cook until the cheese is melted and the burger is just cooked through, 2 to 3 minutes.

-Spread toasted muffins with mustard dressing and top with a slice of tomato and a burger patty

-Crack the eggs into the skillet with the sausage drippings and cook to your preference.

-Place an egg on each burger and finish with some baby arugula on the top of the English muffin.

NOT
SURE
WHAT
YOUR
FUTURE
IS?



**Make a difference.
Join our team!**

**Currently hiring
motivated RN,
LPN, and CNA
staff.**

**We will pay for
Certified
Nursing
Assistant
training.**

**Retention bonus
available.**

Arbutus Park
RETIREMENT COMMUNITY

Julie (814)262-2173

rwilson@arbutusparkmanor.com arbutusparkmanor.com

Cottages Available on Campus

Arbutus Park Retirement Community currently has three duplex cottages (#1, #9, and #14) available! Those interested in learning more about joining our community can contact Community Affairs to schedule a meeting and/or tour available cottages.

Kurt Roberts 814-262-2150

kroberts@arbutusparkmanor.com



Message from Rev Hollis

The parts of the Gospel story fit together into one grand fabric. The Nativity would be nothing more than a cutesy story without the teachings and miraculous ministry of Jesus. Without his sacrificial death, his teachings and ministry would only have made him a wise and gifted teacher. He predicted that he would die by crucifixion when he said, **“As for Me, if I am lifted up from the earth I will draw all people to Myself.”** 33 **He said this to signify what kind of death He was about to die.** (John 12:32-33) That horrible death would have only been the tragic end of a noble life had it not been for the Resurrection. That powerful defeat of death would have served only as a personal victory without the Ascension into heaven and the subsequent pouring out of the Holy Spirit on Pentecost. That was the goal—the Holy Spirit living in his people to make them his very sons and daughters and to empower them to live according to God’s precepts.

We read in Jeremiah 31:31: **“Look, the days are coming”—this is the LORD’s declaration—“when I will make [literally, cut] a new covenant with the house of Israel and with the house of Judah. 32 This one will not be like the covenant I made [cut] with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant they broke even though I had married them”—the LORD’s declaration. 33 “Instead, this is the covenant I will make [cut] with the house of Israel after those days”—the LORD’s declaration. “I will put My teaching within them and write it on their hearts. I will be their God, and they will be My people. 34 No longer will one teach his neighbor or his brother, saying, ‘Know the LORD,’ for they will all know Me, from the least to the greatest of them”—this is the LORD’s declaration. “For I will forgive their wrongdoing and never again remember their sin.”**

Ever since our fall into sin, the biggest problem of human life has not been that we didn’t know right from wrong but that we didn’t have the power to do right. We all have to confess along with the Apostle Paul, **For I do not do the good that I want to do, but I practice the evil that I do not want to do** (Romans 7:19). Through the pouring out of the Holy Spirit on Pentecost, Jesus solved that problem. Paul writes in Philippians 2:13: **For it is God who is working in you, enabling you both to desire and to work out His good purpose.**

Paul learned a lot from the experiences he describes in Romans 7. He tried desperately to obey God’s will by his own power and fell flat on his face. But by relying on the Holy Spirit he was able to walk with integrity and to witness powerfully. The same Spirit of Jesus who empowered Paul is still empowering Christ’s followers today. Learn to lean on him, yield control of your life to him, and draw your strength from him and you also will walk in victory.

Shalom,
Pastor John Hollis

JUNE CHAPEL GUESTS:

Sunday	June 3, 2:00 pm	Rev. Larry Rowe, Retired UM Pastor - Music by Ed Miller
Wednesday	June 6, 1:45 pm	Kathy Krestar, Lay Speaker, Dunlo UMC
Sunday	June 10, 2:00 pm	Rev Ruth Moore, Retired UM Pastor Music by Cindy & Jan Shingler
Wednesday	June 13, 1:45 pm	Rev. Matthew Williams, Johnstown Calvary UMC
Sunday	June 17, 2:00 pm	“United” Christian Band
Wednesday	June 20, 1:45 pm	Rev Daryl Penrod, Elton Zion UMC
Sunday	June 24, 2:00 pm	Rev Dave & Gail Bowman, Bethel/Centennial UM Charge
Wednesday	June 27, 1:45 pm	David Kissinger, Lay Speaker, Elton Zion UMC

IL TOWN MEETING - Thursday June 14th - 1:00 pm Community Room



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 Tell us about yourself!

A I live in Davidsville. I have three amazing children. My oldest son is married and has given me two adorable grandsons, also a granddaughter that is due very soon. My daughter is a senior at UPJ and my youngest son is a senior at Conemaugh Township High School. We have a dog named Nyah, a cat named Oliver and 2 goldfish named Mr. and Mrs. Goldman.

Q What is your role here and when did you start?

A I started as a CNA. I went to GJCTC to become an LPN. I had worked as a charge and med nurse on all three wings and all three shifts before taking the position in medical records about 12 years ago. I still work as a med nurse when I am needed. I started September 18, 1996. I will be celebrating 22 years this year.

Q What is your favorite thing about Arbutus?

A The residents. They are so awesome. I love helping and talking with them. So many of them have such interesting stories to tell. They have become extended families to many of us.

Q Where would you travel if you could go anywhere?

A Definitely Hawaii, it is on my bucket list.

Sue Witkosky, LPN



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

A Family is always # 1 with me, so anything with my family is always fun. We have Sunday dinners and cook outs. I enjoy cooking, painting, hiking, fishing, and watching sports. My daughter got me hooked on kayaking last summer.

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

A I have been running 5K races for the past four years. I run in the Que classic every year and have done other races. I'm not the fastest, but I always finish the race.

Q The Best Thing in Life is:

A Family and friends.