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Arbutus Park News & Notes

Easter Egg Hunt for Family & Friends

We are excited to be hosting an Easter egg hunt on campus for the family and friends of our residents, cottagers, and staff. It will take place at 10:00am Saturday April 13, with a raindate on April 20. Registration is required through the Business Office by April 9. A concession stand and pictures with the Easter bunny will also be available.



Win's Wish: Almost There!

We would like to thank everyone who has supported the Parking Lot Fund as 'Win's Wish.' Almost \$50,000 has been raised so far and we hope to have the lot done in early summer prior to our big annual family picnic.



Free Dinner and Show at Richland High School

On Sunday March 17, Richland High School will be hosting their annual pasta lunch and musical for area seniors. Bus transportation is provided by the school and picks up at the sunporch. Lunch is 12:30pm and the musical is at 2:00pm. To RSVP and reserve your seat, contact Kurt in Community Affairs by Monday March 4 at 262-2150.



Past & Present Staff Provide Valentine's Day Music

After seven years, The Monotones returned to Arbutus Park Manor to perform for the Valentine's Day Party. They previously performed at many functions and are either current Activities staff or retired Activities staff. Members include Mim Flynn, Barbara Poole, Donna Neff, and Susie Crist.



Johnstown Tomahawks

We've had great success with several Arbutus Park nights with the Johnstown Tomahawks, and there are still more! We will be attending the Saturday March 30 game and a play-off game in April. Tickets are \$8 each and can be ordered in Community Affairs by March 22.



Independent Living Cottages Available

Arbutus Park has a few opportunities to join our community. The following cottages are available, along with a lot in Parker Ridge:

#7 & 17 Wesley Drive #204 & 201 Jacob Albright

If a Cottager makes a referral, they receive one month's maintenance FREE.

CONNECT WITH
ARBUTUS!



www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

A Warm Welcome to:

Petronella Bendick Angela Burke
Kathryne Hancharick Margaret Harris
Betty Keyes Jerry Lehman
George Null Robert Saylor
Sandra Seaman Ruth Schellhammer
Joseph Stevens

March Birthdays

2 Tom Wolf
2 Richard Sheridan
3 Helen Shima
3 Rosella Burkhard
4 Ruth Anne Hollis
6 Nancy Rhine
7 Del Wasser
8 Judy Davidson
8 Sue Strohm
10 Violet Lehman
11 Vera Trabold
12 Carol Meek
17 Ruth Reckner
18 Ethel Cassidy
18 Mary Bimeal
21 Louis Mehok
22 Kathleen Dravis
22 Sara Livingston (101!)
24 Elaine Purbaugh
25 Roger Luther
26 Don Bender
26 Lois Wingard
26 Judylee Pepon
28 Lois Robinson
28 Les Knavel
31 Warren Kinzey
31 Foster Reighard



March Anniversaries

2 Judy & Thomas Davidson

Attention Arbutus Residents

Did we miss your birthday or anniversary?
Please let us know by calling 814-262-2150

The Arbutus Beauty Shop is open
Monday - Friday

Call 814-262-2172 to schedule a visit!

Men's haircuts are scheduled on Mondays.

Currently seeking volunteers!

MOVIE NIGHT

Tuesday Mar 5 & 19
Community Room
7:00 PM

TO KILL A MOCKINGBIRD
5th
19th
PATCH ADAMS

INDEPENDENT LIVING in the Community Room



MAR 12 6:30pm

Independent Living Exercise Classes



Tues & Thurs 3-4 pm Community Room

PINOCHLE

2nd Wednesday
of the Month

2:00 pm

Meet in the Sun Porch

Weekly Events

Mondays

Art Class 9:00 am Arts & Crafts Room

Wednesdays

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

Thursdays

Rosary 2:30 pm Chapel

Tuesdays & Thursdays

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

Amy's Recipe of the Month

Irish Potato Casserole Prep:15 Mins Cook Time: 40 Mins

You won't need the "Luck of the Irish" for this simple and tasty dish. It's "Comfort Food" and a perfect stick to your ribs side dish.

Ingredients:

- 1/2 cup milk
- 1/2 cup melted butter
- 1 teaspoon salt
- 2 cups potatoes (peeled and shredded)
- 1/2 cup shredded sharp cheddar cheese
- 1/4 teaspoon paprika
- 2 eggs (beaten)
- 1 teaspoon minced onion



Instructions:

- 1) Preheat oven to 350 degrees F (175 degrees C). Butter a 1.5 quart baking dish.
- 2) In a medium bowl, combine the potatoes, butter, eggs, onion, salt and paprika. Mix well.
- 3) Place potato mixture into the prepared baking dish and pour milk over top. Bake in the preheated oven for 40 minutes. Sprinkle top with cheese, return to oven and bake until cheese melts and is slightly browned.



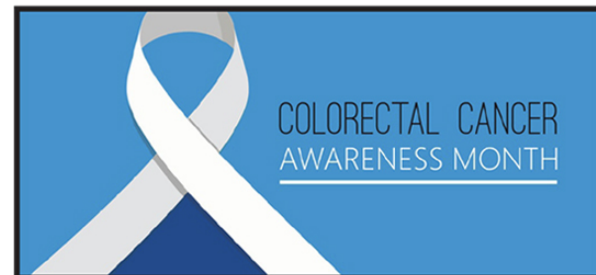
Senior Spirit Awards
April 26 11:30am
Holiday Inn Downtown
2019 Honorees:
Resurrection Parish
Paula Eppley-Newman
BSA Pack & Troop 2025
Sassy, Therapy Dog

The 'Pathways' to Good Health

March is Colorectal Cancer Awareness Month

Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers that affect both men and women. Colorectal cancer affects all racial and ethnic groups and is most common in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened. People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you smoke, are African American, or have a family history of colorectal cancer.



Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.

For more information, visit www.cancer.org

Auxiliary Doings

Believe it or not, spring WILL come...and with it, our May luncheon & silent auction! Ladies, treat yourself to a fun time and join us on Friday, May 10 at noon in the community room. Buddy will come up with a delightful surprise for lunch (and a yummy dessert!), and we'll have a large selection of baskets to be won by the highest bidder. (I wonder what a basket titled 'It's a Wrap' could possibly be?) There will be plenty of conversation, good food, and laughter...come with a friend and maybe make a new one too! Please see the enclosed insert for more details, and how to get your tickets. Let's all be young again, create a memory to make us smile, and PARTY!

Reminder to all Auxiliary members: our next board meeting is Monday, March 25, at 7:00pm in the community room. Lots of info to receive, so mark your calendars and do try to attend. If you are not already a member, but are curious about what we do, come and see what it's all about - we love visitors!

Our membership drive is in full swing. If you would like to support our Auxiliary activities (all monies raised go to the benefit of manor residents), please fill out the enclosed membership & sustaining fund drive form and return to Sharon Wolf (address on form). You do NOT have to be a member to support the Auxiliary with your donation. (Although we sure would love it if you decide to join!) And because we are 'equal opportunity,' men can donate and/or join us too! If your heart is touched by the residents living in the manor, please give us your support. -Sharon Wolf, Auxiliary Vice President

Learn more at: arbutusparkmanor.com/about/auxiliary

2019 Events:

May 10 – Silent Auction & Luncheon
June 1 8:00 am-2:00 pm – Annual Bazaar
August 2 12:00 pm – Melodic Party & Luncheon
October 4 5:30 pm – Benefit Dinner
October 12 8:00-2:00 pm – Flea Market
December 6 & 7 10:00 am-4:00 pm & 10:00-2:00 pm
Home for the Holidays



March Arbutus Park Manor Activities Calendar

March 15	1:30 pm	St. Patrick's Day Party with Tom Voytas in the Community Room
March 29	1:30 pm	'A Night at the Races' for Manor Residents (Cottage Program at 5:00pm)

March Arbutus Park Food Service Calendar

March 4	5:00 pm	Cottager's Dinner, Community Room - Details under 'Cottager Updates'
March 6		Ash Wednesday Breakfast, Community Room, following service
March 8	12:00 pm	Golden Rods Lunch, IL Dining Room
March 12	12:00 pm	Beulahlanders Lunch, Community Room
March 14	12:00 pm	Belmont UM Church, IL Dining Room
March 15	12:00 pm	Elderberries Lunch, IL Dining Room
March 20	10:00 am	IL Brunch, Community Room
March 21	12:00 pm	Beulah UM Women Lunch, IL Dining Room
March 26	12:00 pm	Retired Ministers Lunch, IL Dining Room
March 29	5:00 pm	Cottager's Dinner, Community Room - Details under 'Cottager Updates'

Cottager Updates

1) When we meet with prospective cottagers, we like to share an estimate of utility costs with them. We would like to update this handout with data volunteered from current cottagers. If you are willing to provide us data, please contact Community Affairs. Thank you to the few who have responded thus far!

2) March 4 Cottager's Dinner Menu: Tossed Salad, Chicken Parmesan, Spaghetti, Italian Green Beans, Garlic Bread Stick, Ice Cream Sundae Bar

3) The date for the April Cottager's Dinner has been moved back a few days to Friday March 29 to accommodate a special program. We will be hosting a 'Night at the Races' and hope you enjoy this unique program. Each Cottager in attendance will be provided with 'Arbutus Bucks' (fake currency) to participate in horse races and the chance to win prizes. Menu: Breaded Chicken Cutlet, Red Skin Potato Salad, Corn Cobettes, Pickled Beets/Eggs, Cupcakes



4) The Tomahawks Night scheduled for March 29 will be bumped to Saturday the 30th due to the Cottager's Dinner change. Tickets are \$8 and RSVP is due to Kurt by March 22. Playoffs in April!

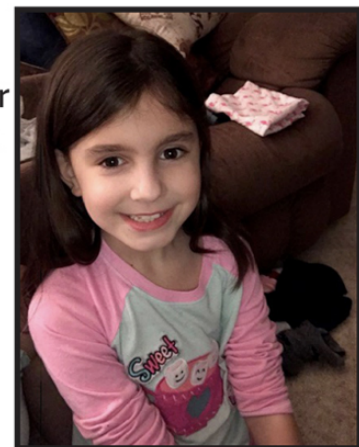
5) Starting in March, we have made some changes to the hosting responsibilities for the monthly Cottage dinner. Hosts are no longer asked to track RSVPs- this will be handled by the Business Office in the same manner as brunch. (A sign-up sheet will still be available at each dinner) We no longer ask hosts to handle money during check-in, you can pay in advance at the Business Office, or have the dinner added to your monthly statement. Our hope is these changes make the hosting experience more enjoyable and streamlined.

The RSVP dates for the next couple dinners are: 3-29 Dinner RSVP by 3-19 5-6 Dinner RSVP by 4-25

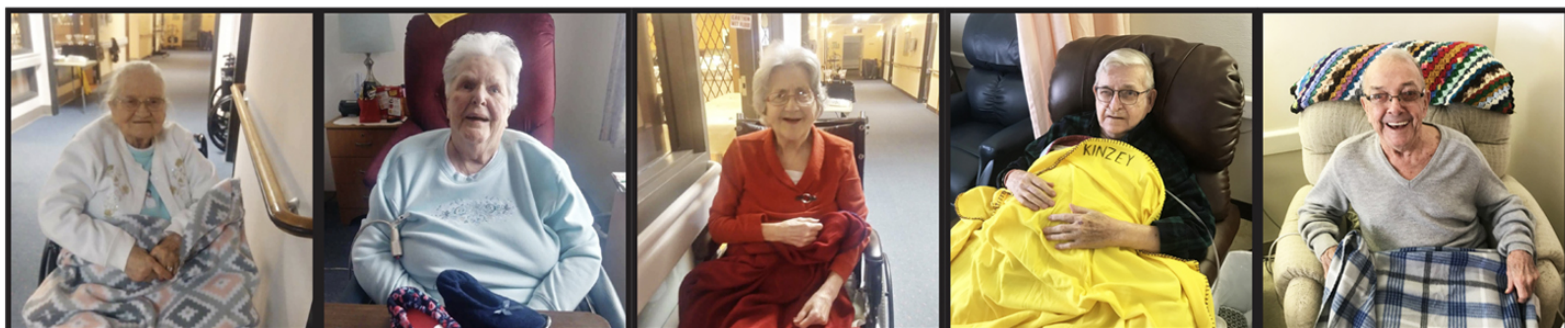
An Act of Kindness

Our Activities department was recently contacted by the mother of a local girl who had decided that in lieu of getting birthday presents, wanted to support and provide for seniors. Olivia's mother Ashley said "We have a special place in our hearts for our local seniors and we're so happy to be able to give back to them in some small way."

Olivia's incredible list of donations included: 23 blankets, 17 pairs of gripper socks or slippers, 1 furry pillow, 6 small decor pictures/frames, 3 word search/crossword books, 3 coloring books, 2 packs of pens, 1 flameless candle (small decor), 3 jigsaw puzzles, 4 tubes chapstick, 1 soft multi-side nail file, 12 small bottles lotion, 1 bottle hand sanitizer, 11+ pieces of jewelry, 6 bags of various types of mints, 22 bags other various candies.



We are all inspired by your generosity and selflessness. Thank you for your kindness Olivia!



Arbutus Park Snapshots

Row 1: Resident Appreciation Day Row 2: Skilled Blizzards & 1L Super Bowl Row 3: Mens Breakfast
Row 4: PC Chair Dancing Row 5: Cooking with Kerri, Restorative snow, & Ron delivering Pathways



Have you 'liked' us on Facebook?

We post more updates and pictures than we are able to feature in the newsletter!

facebook.com/ArbutusParkRetirementCommunity

Message from Rev Hollis

FROM THE CHAPLAIN

Holy Week falls in April but it is not too early to start contemplating the sufferings of our LORD. I wish to draw attention to a single word that he spoke from the cross. We read in John 19:28: **After this, when Jesus knew that everything was now accomplished that the Scripture might be fulfilled, He said, "I'm thirsty!"** 29 A jar full of sour wine was sitting there; so they fixed a sponge full of sour wine on hyssop and held it up to His mouth. 30 **When Jesus had received the sour wine, He said, "It is finished!"** Then bowing His head, He gave up His spirit.

In Greek and in Hebrew just one word is translated, "It is finished." The Greek is tetelestai. It comes from teleo, to complete, finish, conclude, fulfill, bring to full operation. In ancient times there was an interesting use of the word in business. When someone bought an item on layaway, the merchant would keep a running account of payments and when the full sum was paid he would write on the bill tetelestai, "paid in full."

The Hebrew word is nishlam, coming from the root shalam, meaning to finish, complete, make perfect, or make peace. Nishlam is the word that the High Priest would shout on Passover when the last lamb had been slaughtered. And remember that Jesus was being crucified at the very time that the Passover lambs were being sacrificed. And so he was both our High Priest and the **Lamb of God who takes away the sin of the world** (John 1:29).

The verb shalam is closely related to the noun shalom, often translated "peace" but it is much more than the absence of war or agitation. It is a condition of nothing missing, nothing broken, wellness, happiness, prosperity, safety and harmony. Ephesians 2:13 says: **But now, you [Gentiles] who were once far off have been brought near through the shedding of the Messiah's blood.** 14 **For he himself is our shalom....**

What has been finished by the death of Christ on Calvary?

1. The fulfillment of prophecies concerning his sufferings. Psalm 22:16 says: **For dogs have surrounded me; a gang of evildoers has closed in on me; they pierced my hands and my feet.** We read in Isaiah 53:5: **But He was pierced because of our transgressions, crushed because of our iniquities; punishment for our peace was on Him, and we are healed by His wounds.**

2. The defeat of Satan. Hebrews 2:14 says: **Now since the children have flesh and blood in common, Jesus also shared in these, so that through His death He might destroy the one holding the power of death—that is, the Devil—** 15 **and free those who were held in slavery all their lives by the fear of death.**

3. Opening the way for access to God. See Hebrews 10:19: **Therefore, brothers, since we have boldness to enter the sanctuary through the blood of Jesus,** 20 **by a new and living way He has opened for us through the curtain (that is, His flesh),** 21 **and since we have a great high priest over the house of God,** 22 **let us draw near with a true heart in full assurance of faith, our hearts sprinkled clean from an evil conscience and our bodies washed in pure water.**

4. Salvation from all sin. At the Last Supper Jesus took bread, blessed and broke it, gave it to the disciples, and said, **"Take and eat it; this is My body."** 27 **Then He took a cup, and after giving thanks, He gave it to them and said, "Drink from it, all of you.** 28 **For this is My blood that establishes the covenant; it is shed for many for the forgiveness of sins** (Matthew 26:26).

Let us rejoice in all that Christ has accomplished on our behalf.

Shalom,
Pastor John Hollis

MARCH CHAPEL GUESTS:

Sunday	Mar 3, 2:00 pm	"United" Christian Band. Harry Huzsek, Leader
Wednesday	Mar 6, 1:45 pm	Rev. Jean Smith, Belmont UMC
Sunday	Mar 10, 2:00 pm	Tim Rigby, WJAC-TV Anchor
Wednesday	Mar 13, 1:45 pm	"Meat & Potatoes & Gravy," Tony Arcuri on Banjo, Keith Inscho & Barry Miller on Guitars
Sunday	Mar 17, 2:00 pm	Rev. Dr. David Stains, Retired UM Pastor
Wednesday	Mar 20, 1:45 pm	Rev. Ed Houghton, Retired COB Pastor
Sunday	Mar 24, 2:00 pm	Becky Rusnak, Lay Speaker w/ music by Megan & Kaitlyn
Wednesday	Mar 27, 1:45 pm	Rev. Heidi Helsel, Windber Calvary UM
Sunday	Mar 31, 2:00 pm	Rev. Toby Holland, Trinity Evangelical Lutheran

ARBUTUS PARK RETIREMENT COMMUNITY
207 OTTAWA STREET
JOHNSTOWN, PA 15904

RETURN SERVICE REQUESTED



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

Park Profile

National Nutrition Month began in March 1973, and is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall well-being; as well as losing weight or staying at your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes. In celebration of National Nutrition Month, we want to highlight some of the all-stars of our Dietary staff. Read their profiles online at arbutusparkmanor.com or our facebook page!



Zane Bopp, Dietary Aide - Kerri Sanders, Cook - Katie Hostetler, Dietary Aide