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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.



#### **Arbutus Park Hosts Red Cross Blood Drive**

Thank you to everyone who supported the Red Cross Blood Drive held in the Community Room last month. We had 22 Presenting Donors and were able to collect 17 units of much needed blood to help others. Thank You!



#### **Senior Spirit Awards**

The sixth annual Senior Spirit Awards luncheon will be held on Friday April 26, at the Holiday Inn downtown Johnstown. Registration is \$25 and you can RSVP to the Business Office by April 17. All funds raised support the Benevolent Care Fund, which provides comfort and financial support for our residents who have exhausted their financial resources.



#### **Celebrating 101 Years**

Please join us in celebrating the 101st birthday of Sara Livingston! Sara has been a Personal Care resident for 4 years and is very active in many manor activities like bingo and shuffleboard. Happy Birthday Sara!



#### **Mr. Romanchock Jr. presented with medal**

Mr. John Romanchock, Jr. was presented with the 'Ambassador for Peace' medal by Mr. John Frick, Jr., JD, MBA of Senator Toomey's office. This commemorative medal is an expression of appreciation from the Korean government to American service men and women who served in the Korean War. John served on the USS New Jersey. Congratulations and thank you for your service!



#### **Manor in Need of Lift Chairs**

We currently have a need for additional lift chairs. If you would like to donate one, or sponsor one, please contact the Business Office.

#### **Independent Living Cottages Available**

Arbutus Park has a few opportunities to join our community:

#7 & 17 Wesley Drive #204 & 201 Jacob Albright 1 Parker Ridge Lot

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

CONNECT WITH  
ARBUTUS!



[www.ArbutusParkManor.com](http://www.ArbutusParkManor.com)

Arbutus Park  
Retirement Community  
207 Ottawa Street  
Johnstown, PA 15904

*We would like to extend a warm welcome to those who have joined the Arbutus Park community this past month!*

### *April Birthdays*

- 5 Robert Cable
- 8 Elaine Sweltz
- 8 Marilee Streets
- 8 Linda Michael
- 9 Elizabeth Connor
- 12 Mary Hershberger
- 14 Marietta Lowry
- 17 Betty Sheridan
- 20 Helen Gaunt
- 21 Earl Wadsworth
- 21 John Hollis
- 23 Margaret Brown
- 24 Dick Barber
- 24 Isabella Keim
- 25 Marylyn Harrison
- 27 Adam Calderone
- 28 Beulah Walls
- 28 Raymond Rafferty
- 28 Douglas Greig
- 30 Sharon Varner



### *April Anniversaries*

- 6 Roger & Bonnie Luther
- 23 Jack & Kathy Fagan

### **Attention Arbutus Residents**

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

### **2019 Auxiliary Events**

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

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 Apr 2 & 16**  
**Community Room**  
**7:00 PM**

*Mildred Pierce* 2nd  
*Monkey Business*  
The Adventures of Curious George's Creators

## **INDEPENDENT LIVING** in the Community Room



**APRIL 9 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

**Baked Pineapple Casserole** Prep: 15 Mins Cook Time: 60 Mins

This dish is easy to make and hard to resist. A wonderful complement to ham and chicken dinners.

## **Ingredients:**

- 1/2 cup butter
- 1 cup white sugar
- 1 pinch cinnamon
- 4 eggs
- 1 pinch of nutmeg
- 1 20oz can of crushed pineapple with natural juice
- 5 slices of torn white bread



## **Instructions:**

- 1) Preheat oven to 350 degrees F (175 degrees C).
- 2) Grease a medium-sized casserole dish.
- 3) In a mixing bowl, cream together butter and sugar. Beat in eggs one at a time.
- 4) Stir in cinnamon and nutmeg.
- 5) Add bread and crushed pineapple into the mixture. Transfer mixture to the prepared baking dish.
- 6) Bake in the preheated oven until bubbly and lightly browned, about 60 minutes.

# The 'Pathways' to Good Health

Help yourself by helping others! Volunteering benefits both mental and physical health.

## **Volunteering helps counteract the effects of stress, anger, and anxiety.**

The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Working with animals has also been shown to improve mood and reduce stress and anxiety.

## **Volunteering combats depression.**

Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

## **Volunteering makes you happy.**

By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

## **Volunteering increases self-confidence.**

You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. The better you feel about yourself, the more likely you are to have a positive view of your life and future goals. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.



## **Volunteering helps you stay physically healthy.**

Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

# Auxiliary Doings

Tickets are on sale now for the Silent Auction Luncheon on May 10 at noon in the Community Room. If you would like to attend, you can get a ticket from any Auxiliary member or at the Business Office. We are asking a donation of \$20. ANYONE can contribute a basket to be auctioned that day - you do not have to be an Auxiliary member. Donations can be dropped off Thursday May 9, in the Community Room.

The Auxiliary is also going to have a bake sale at the June 1 Bazaar. We are asking Cottagers to 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, May 31 from 8am-2pm or Saturday June 1 at 8am. We are also willing to pick up your baked goods at your home. Please call Judy at 322-5344 to arrange. If you have items for the Bazaar, please bring them to the Community Room on Thursday May 30, or Friday May 31 between 8am-2pm. If you need help with large objects, please call Judy to arrange pick-up.

Lastly, a note on how we spend the money you help us raise. We recently purchased three lift chairs and several bed-side tables to be used by Manor residents. Proceeds from our events directly benefit our residents. The Auxiliary appreciates the wonderful support you give us!

-Judy Eppley, Auxiliary President

Learn more at: [arbutusparkmanor.com/about/auxiliary](http://arbutusparkmanor.com/about/auxiliary)

## April Arbutus Park Manor Activities Calendar

<b>April 9</b>	1:30 pm	Elwood Kelly (Folk Singer) - Chapel
<b>April 12</b>	10:00 am	Volunteer Recognition Luncheon - RSVP by April 5 - Community Room
<b>April 19</b>	1:30 pm	Good Friday Program Hosted by the Activities Department - Chapel
<b>April 23</b>	1:30 pm	Retired Men's Group (Choir) - Chapel

## April Arbutus Park Food Service Calendar

<b>April 5</b>	12:00 pm	Golden Rods Lunch, IL Dining Room
<b>April 9</b>	12:00 pm	Beulahlanders Lunch, Community Room
<b>April 11</b>	12:00 pm	Belmont UM Church, IL Dining Room
<b>April 12</b>	12:00 pm	Volunteer Recognition Luncheon, Community Room
<b>April 18</b>	12:00 pm	Beulah UM Women Lunch, IL Dining Room
<b>April 19</b>	12:00 pm	Elderberries Lunch, IL Dining Room
<b>April 23</b>	12:00 pm	Retired Ministers Lunch, IL Dining Room
<b>April 24</b>	10:00 am	Cottager's Brunch, Community Room



## Changes to Holiday Meals

Over the past several years we have offered a family meal on the major holidays including Easter, Mother's Day, Thanksgiving, and Christmas. This year we have decided to plan a family celebration for each holiday that will replace the dinner.

The celebration will not be held on the holiday itself, but on a day close to the holiday. In lieu of the Easter and Mother's Day Luncheons traditionally offered at the manor, we will be hosting a 'Family Celebration Hors d'ourves Evening' on **May 1st** to celebrate. The evening begins at 6pm and ends at 8pm, offering hors d'ourves style food and fellowship at locations both upstairs and downstairs in the manor.

In summary, we will no longer be offering guest meals on these holidays but rather these new evenings of food and fellowship. On the actual holidays, please come and visit with your loved one, but meal service will be limited to residents and cottagers only. Thank you for your understanding, and we welcome the opportunity to serve you on May 1st! (Please RSVP to the Business Office by Friday April 19.)

# April is National Volunteer Month: We Thank and Appreciate Our Volunteers!

Cheryl Adams	Lois Gilbert	Sandy Moser	Norma Jean Simmons
Marjean Barber	Rebecca Griffith	Donna Neff	Judy Slifko
Margaret Barron	Randy Griffith	Louis Nicoletti	Carole Smith
Sandy Becker	Dr. Nancy Grove	Kristine Olsen	Nancy Sottile
Julian Beglin	Patricia Hillegas	Pastor Daryl Penrod	Ronald Sottile
Barbara Bird	Rev. John Hollis	Hannah Penrod	Marsha Springer
Linda Burkhard	Ruth Hollis	Lori Penrod	Margaret Sterle
Frank Burkhard	Pat Griffith Hughes	Judy Probert	David Streets
Jackie Burkhardt	Patricia Hull	Lois Pudliner	Sue Strohm
Rev. Earl Butterfield	Sandy Istvan	Patricia Reinbold	Connie Strazisar
Eleanor Callihan	Brian Johns	Ronald Reinbold	Kate Stutzman
Bonnie Camblin	Ruth Johns	John Rezk	Joseph Szczur
Josephine Carpenter	Anna Sheehan-Kamman	Maurice Rhine	Dennis Tawney
Esther Chestnutwood	Rose Karmanocky	Nancy Rhine	Cheryl Turgeon
Susan Crist	Wanda Keller	Barbara Rodgers	Pat Walkovich
Anne Cvrkel	Dr. Sarah Kelly	Margie Roseman	Delbert Wasser
Marilou Daniels	Shirley Kissell	Robert Roseman	Pearl Wasser
Charles Darr	James Knipple	Vernice Rosenberger	Joanne Weaver
Elaine Dutko	Carol Krone	Larisa Roth	Donna Wehner
Pauline Emerick	Vivian Layton	Lexie Roth	Kay Williams
Judy Eppley	Karen Lear	Natalie Rovanseck	Helen Wilson
Jack Fagan	Gayle Lehman	Sadie Rovanseck	Eleanor Wingard
Kathleen Fagan	Rev. Marvin Lowery	Sara Rovanseck	Jackson Wirick
Maryann Faust	Bonnie Luther	Susan Saylor	Gerald Witt
Carol Flynn	Roger Luther	Ryan Sedlak	Rowena Witt
Miriam Flynn	Connie McClain	Kimberly Sell	Sharon Wolf
Kathy Friedel	Leonore McGowan	Nancy Sell	Thomas Wolf
June Frye	Eleanor Meagher	Mary Shaffer	Donato Zucco
Melinda Frye	Joanne Messer	Betty Sheridan	
Michelle Gacka	Hilda Miller	Richard Sheridan	
Sandy Garland	Brenda Mills	Mary Ann Shull	



If we missed you, we apologize! Please contact the Business Office to ensure we get you added!

## Cottager Updates

- 1) The Arbutus Park van/bus offers rides to and from Chapel on Sunday (2 pm) and Wednesday (1:45 pm) Please call the Business Office during regular hours to request a ride in advance. 814-266-8621
- 2) We are sending the bus to the U.S. Army Field Band and Soldiers' Chorus Concert on Thursday April 11 at the Pasquerilla Performing Arts Center. The bus will leave at 6:45pm, please RSVP to Kurt by April 5.
- 3) The Johnstown Tomahawks are headed to the play-offs!  
We will be attending the Friday April 12 game. Tickets are \$8 and RSVP is due to Kurt by April 5.
- 4) Thank you again for your patience as we continue the sewage project on campus. Progress is being made, and we look forward to having it completed next year.
- 5) Upcoming Cottage Dinner RSVP Dates: May 6 Dinner RSVP by 4-25, June 10 Dinner RSVP by 5-30



# Arbutus Park Snapshots

Row 1: St. Patrick's Day Party Row 2: Shrove Tuesday Row 3: Cottager Brunch & Dinner  
Row 4: Academy Awards Party Row 5: BINGO!



Have you 'liked' us on Facebook?

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

[facebook.com/ArbutusParkRetirementCommunity](https://facebook.com/ArbutusParkRetirementCommunity)

# Message from Rev Hollis

FROM THE CHAPLAIN

April 19 is Good Friday, the day we remember Jesus' death on the cross. It is also the 14th of the Jewish month Nisan, when they celebrate the Passover. Let us here explore the connection between these two events.

In Jeremiah 7:30 God condemns human sacrifice, saying, "For the Judeans have done what is evil in My sight.".... "They have built the high places of Topheth in the Valley of Hinnom in order to burn their sons and daughters in the fire, a thing I did not command; I never entertained the thought."

Human sacrifice is so pagan and repulsive that we can hardly imagine it happening. Today we would find even animal sacrifice to be objectionable. And yet we find prophecy of a human giving his life for us 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. 6 We all went astray like sheep; we all have turned to our own way; and the LORD has punished Him for the iniquity of us all.

In Old Testament times, the worshiper would bring a lamb to the temple, lay his hands on it in a gesture of transferring his sin and guilt to the animal, and then he would slaughter it with his own hands. His child standing there and watching would cry out, "Daddy, what have you done?" And the man would answer, "Would you like to be in its place?" Leviticus 17:11 says, For the life of a creature is in the blood, and I have appointed [given] it to you to make atonement on the altar for your lives, since it is the lifeblood that makes atonement.

You notice that God does not say, "You are to give me the blood upon the altar." He has given us the blood upon the altar. But the blood of those animals was only a prophetic sign of what was to come. We read in Hebrews 10:1: Since the law has only a shadow of the good things to come, and not the actual form of those realities, it can never perfect the worshipers by the same sacrifices they continually offer year after year. ... 4 For it is impossible for the blood of bulls and goats to take away sins. Therefore, we read in verse 10: ...we have been sanctified through the offering of the body of Jesus Christ once and for all. The sacrifice of Jesus, unlike the repeated sacrifices in the Temple, was done once for all time .

Now, how did those early Christians, who were all Jews and steeped in the Law of Moses and used to the fact that human sacrifice was detestable to God, make the transition to embracing the cross? In the Upper Room, as they celebrated Passover, Jesus broke the matzah and said, "This is my body." He shared the cup and said, "This is my blood." They were taking in the information, but I'm sure they weren't fully processing it yet. But after he died, rose again, and returned to heaven and sent the gift of the Holy Spirit, Peter stood up and preached the death and resurrection of Jesus. Acts 2:37 tells us, When they heard this, they came under deep conviction and said to Peter and the rest of the apostles: "Brothers, what must we do?" 38 "Repent," Peter said to them, "and be baptized, each of you, in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit. They did as Peter instructed and 3,000 were saved.

In Hebrews 9:13 we read: For if the blood of goats and bulls and the ashes of a young cow, sprinkling those who are defiled, sanctify for the purification of the flesh, 14 how much more will the blood of the Messiah, who through the eternal Spirit offered Himself without blemish to God, cleanse our consciences from dead works to serve the living God?

In 70 AD animal sacrifice came to an abrupt end; the Roman legions destroyed the temple. But it has been replaced by the perfect sacrifice.

Shalom,  
Pastor John Hollis, Chaplain

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](mailto:kroberts@arbutusparkmanor.com)

## Park Profile

### Frank & Linda Burkhard

#### Q Tell us a little about yourselves!

Frank: Raised in Johnstown and worked at Penelec and Met-Ed for a total of 27 1/2 years. We met serving in the US Army and recently celebrated 48 years together. Linda: I was raised on a small farm in Michigan. Had my first job at age 16 working at a nursing home caring for residents there. I have always loved caring for seniors. We love traveling.

#### Q April is National Volunteer Month, why is volunteering important?

Linda: It fulfills me and I have always felt that if there is a need for help and I can do so, I will always be there to do it. I enjoy helping others. Frank: It keeps our minds and bodies active and I enjoy spending time with all our new found friends.

#### Q Which organizations are you involved in/why?

A Vietnam Veterans of America and Windber American Legion. As veterans we are proud to be helping fellow veterans and our community.

#### Q What is your favorite piece of advice?

Frank: Live well Laugh often Love much. Linda: Never be afraid to help without someone asking you first.

#### Q What is something that most people might not know about you?

Linda: I love to write poetry. Frank: In my younger days, I used to be a pretty good roller skater at the old and newer Skateland here in town.

#### Q If you could travel anywhere today, where would you go and why?

Linda: Rockport, Massachusetts is where we find quiet peace and warm friendship while sitting on granite rocks watching the waves and tides rolling in.

#### Q If you could have dinner with anyone- dead or alive, who and why?

Linda: Hands down, I would love just to be with my Mom if only for a short while. She has always been my Mother, my sister and my best friend. I deeply miss her every moment since she has been called home.

Frank: My maternal grandparents. Grandpap died young and grandma was a great cook.

