



IN THIS ISSUE:

- Arbutus Park News
- Calendar
- Recipe of the Month
- Snapshots

Arbutus Park News & Notes

Arbutus Park Joins Amazon Smile

Are you or your family online shoppers?

The AmazonSmile Foundation will donate .5% of your purchase price to Arbutus Park! Go to smile.amazon.com and select 'Arbutus Park Manor.'



Memory Star Campaign

A treasured tradition for Memorial Day and throughout the month of May and June is to decorate our sunporch with special Memory Stars honoring and memorializing loved ones sent by special donors like you. Join us by remembering someone special in your life with a meaningful gift. Gifts such as yours, are essential to continuing our ministry of caring for our residents. Memory Star gifts benefit the Benevolent Care Fund. arbutusparkmanor.com/donate



Birthday Milestones!

We are blessed to celebrate milestone birthday celebrations on campus. Happy 101st Birthday to Beulah Walls and Irene Murray! Happy 102nd Birthday to Elizabeth Zihalla!



Award Winning Certified Nurse Aide Training Continues

As we strive to deliver the best quality compassionate care to our residents, we continue to provide opportunities to both our current staff and the local community in the form of FREE CNA classes to join our team. Our next class starts on July 29, has ten spots, and will be geared to third shift. More information and an application can be found at arbutusparkmanor.com/careers



Campus Chit Chat

We have some interesting and talented residents at Arbutus, and we want to hear from you! Do you have a hobby you would like to share? Have you traveled recently, and would like to share your story and photos? Read any good books lately or see a great movie? We would love a review from you. Do you like to cook? Share a recipe with us! We will feature a new article titled "Campus Chit Chat," showcasing YOU! Submit your photos, articles, reviews, recipes, and any other items of interest to share with our readers to Kurt Roberts at kroberts@arbutusparkmanor.com or drop them off at the Community Affairs office!

Independent Living Cottages Available

Arbutus Park has a few opportunities to join our community:

#7 Wesley Drive #10 Wesley Drive Lot #16 Parker Ridge

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

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

June Birthdays

- 2 Nancy Wargo
- 2 H. Fred Barefoot
- 3 Elizabeth Zihalla 102!
- 5 Pat Griffith-Hughes
- 5 Rose Garaventa
- 7 Anna Croft
- 7 Sandy Martin
- 9 Thomas Slusser
- 9 Rev. Paul Scruton
- 12 Mary Koval
- 13 Lois Bender
- 16 Jean Bradley
- 17 Sassy!
- 23 Geraldine Peterson
- 24 Raymond Peters
- 27 Jack Fagan
- 28 Irene Murray 101!



June Anniversaries

- 17 Del & Pearl Wasser
- 23 W. Gerald & Rowena Witt

Attention Arbutus Residents

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

2019 Auxiliary Events

- 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

SAVE THE DATE!

PumpkinFest: Saturday September 28

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 JUNE 4
Community Room
7:00 PM**



**Support
Arbutus Park
Retirement Community.**

When you shop at smile.amazon.com,
Amazon donates.

Go to smile.amazon.com



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

Blue Cheese Burgers Prep: 15 Mins Cook Time: 10 Mins Ready In: 2 Hrs 25 Mins

Dad is going to LOVE these burgers for a Father's Day feast! Serve them with some homemade chips and coleslaw and it's a picnic fit for a king.

Ingredients:

- 3 lbs. Lean ground beef
- 1/2 cup minced fresh chives
- 1 1/2 Teaspoons salt
- 1 Teaspoon Worcestershire sauce
- 12 French rolls/hamburger buns
- 1 Teaspoon coarsely ground pepper black pepper
- 4 oz. Blue cheese, crumbled
- 1/4 Teaspoon hot pepper sauce
- 1 Teaspoon dry mustard



Instructions:

- 1) In a large bowl, mix the ground beef, blue cheese, chives, hot pepper sauce, Worcestershire sauce, black pepper, salt, and mustard. Cover, and refrigerate for 2 hours.
- 2) Preheat grill for high heat. Gently form the burger mixture into about 12 patties.
- 3) Oil the grill grate. Grill patties 5 minutes per side, or until well done. Serve on rolls.

The 'Pathways' to Good Health

Men's Health Week June 9 -15

Did you know women are 100% more likely to visit the Doctor for annual exams and preventive services than men? It's no wonder why men have shorter life expectancy and, according to recent statistics, live "sicker" lives.



The Wear Blue Campaign is hoping to change that.

On Friday, June 9, everyone is encouraged to #WearBlue

Wear BLUE day to raises awareness and money for education about men's need to seek regular checkups, or testicular cancer education, prostate cancer education, or other health issues that affect men. (Cardiovascular disease, skin cancer, lung cancer, diabetes, gout, and more.)

Men's health awareness can mean many different things.

It means raising awareness of making healthy lifestyle choices, making regular annual visits to the doctor, getting educated on heart disease or diabetes, starting general health conversations with their male friends, and much more.

menshealthnetwork.org/wearblue

Community Calendar

- June 1-2 PolkaFest 2019 - St Mary's Byzantine Catholic Church Pavilion Cambria City, Johnstown
- June 8 Music of Lynard Skynyrd, Allman Brothers, and More Arcadia Theater - Windber - 7:30 pm
- June 12-15 Sunnehanna Amateur Tournament - Sunnehanna Country Club sunnehanna.org
- June 16 Food Truck Rodeo - People's Natural Gas Park - 12-4 pm - \$5 Benefits St. Vincent de Paul
- June 21-23 Thunder in the Valley - Downtown Johnstown



Auxiliary Doings

If you are reading this issue of Pathways before June 1, don't forget to join us at the Bazaar in the Community Room. Treat yourself to great bargain shopping, with lots of good food and baked goods. And a really BIG 'thank you' to all who contributed to our bake sale - we wouldn't be able to succeed in our events if we didn't have you helping us.

Our next fundraiser will be August 2 - the Melodic Luncheon. More on that in the July Pathways. In the meantime, we have an Auxiliary Board meeting in the Community Room on Monday, June 24 at 7pm. (Past presidents and current officers please meet at 6pm for the Executive Board Meeting.) It won't be cold and it won't be snowing, so everybody can come!

What makes the Auxiliary group so special?
We asked a few members for an opinion:

Laughter: A member wore her coat to work the Bazaar, hung it over the back of a chair, and while she worked, we accidentally sold it! Imagine the hoots that brought!

Sense of Style: We know how to make a fashion statement. Just come and see the ladies who make the funnel cakes, all dressed in matching hospital gowns!



Inspiration: There's the story of the elderly male resident who received a Steelers hat as his gift during our 'Home for the Holidays' event. He was so happy that he wore it every day thereafter. Best \$15 ever spent by the Auxiliary.

Pride: Our activities raise money to support manor residents, but we also help with purchasing lobby furniture, painting and upgrading certain areas, and generally enhancing the appearance and atmosphere of the manor. Knowing we are responsible for improving something makes us proud.

Camaraderie: 42 women, all working to benefit manor residents, and yet knowing we are a support group for each other through the years- personal joys and sorrows, life's ups and downs- all understood and shared with each other. What a rare blessing.

So if your life needs some laughter, if you need to be inspired, feel proud, or feel a sense of camaraderie, please consider joining us on June 24 at 7pm for our meeting. You can be any age, male or female; you can be retired or still working; you can be a Cottager or live off campus. Come and be a part of something wonderful!

Learn more at: arbutusparkmanor.com/about/auxiliary



June Activities Calendar

June 4	1:30 pm	Gary Stewart - Folk Singer - Patio (Chapel for weather)
June 11	1:30 pm	Fred & Nancy - Trumpet & Vocals - Patio (Chapel for weather)
June 28	10 am - 2 pm	Summer Carnival - Patio



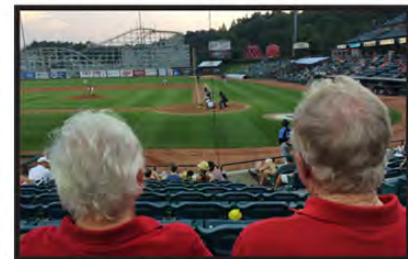
June Food Service Calendar

June 1	9:00 am	Auxiliary Bazaar and Chicken BBQ
June 5	8:30 am	Mens Breakfast, IL Dining Room
June 10	5:00 pm	Cottager's Dinner, Community Room
June 11	12:00 pm	Beulahlanders Lunch, Community Room
June 13	12:00 pm	Belmont UM Church, Community Room
June 14	12:00 pm	Golden Rods Lunch, IL Dining Room
June 19	10:00 am	Cottager's Brunch, Community Room
June 21	12:00 pm	Elderberries Lunch, IL Dining Room
June 25	12:00 pm	Retired Ministers Lunch, IL Dining Room



Cottager Updates

- 1) We are planning an evening trip to the Altoona Curve Baseball on Tuesday, June 11. (Normal 'Game Night') \$10 Ticket - 12 Seats on the bus available. RSVP to Kurt by June 5.
- 2) We look forward to attending a couple matinee shows at the Mountain Playhouse this season. July: 'Don't Dress for Dinner' September: 'The Flood: 5/31/1889' More info to come soon!
- 3) Upcoming Cottage Dinner RSVP Dates:
 July 1 Dinner RSVP by 6-20, August 5 Dinner RSVP by 7-25
 July Menu: NY Strip Steak, Baked Potato, Tomato/Cucumber Salad, Baby Carrots, Brownies w Peanut Butter Icing, Dinner Roll.



Arbutus Park Snapshots

Row 1: PC May Birthdays Row 2: Skilled Nursing Week & CNA Graduation

Row 3: Alzheimer's Walk Taco Bar Row 4&5: Senior Spirit Awards



Have you 'liked' us on Facebook?

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

facebook.com/ArbutusParkRetirementCommunity

A Butterfly to Remember



AseraCare would like to invite you, your family, and friends to **A Butterfly to Remember**, an AseraCare memorial event to honor the individuals and families we have cared for this year.

Wednesday, June 26, 2019
at 6:00 PM
RSVP by June 3, 2019

Greater Johnstown Christian Fellowship
3429 Elton Rd
Johnstown, PA 15904

**For more information,
please email or call Heather Malay, DHO
heather.malay@aseracare.com | 814-269-4172**

The Butterfly to Remember Memorial Service is made possible thanks to the generous donations of individuals and families to the AseraCare Hospice Foundation.
aseracarefoundation.org

Please join us for our annual memorial event, A Butterfly to Remember. This event is free, open to the public, and will include a live butterfly release.

JUNE CHAPEL GUESTS:

Sunday	June 3, 2:00 pm	Pastor Benji Zylka, Moxham 2nd Brethren
Wednesday	June 5, 1:45 pm	Leah Wagner, member of Heritage UMC
Sunday	June 9, 2:00 pm	Rev. Terry Knipple, Franklin Street UMC
Wednesday	June 12, 1:45 pm	Rodney Hatfield, ASERA Care Chaplain
Sunday	June 16, 2:00 pm	Michael Facciani, Christian Recording Artist
Wednesday	June 19, 1:45 pm	Rabbi Irvin Brandwein, Beth Sholom Congregation
Sunday	June 23, 2:00 pm	Stanley Supranowicz, Folk and Bluegrass Singer
Wednesday	June 26, 1:45 pm	Diane Tiffany, Certified Lay Speaker, Roxbury St.
Sunday	June 30, 2:00 pm	Jeannie Weible, Certified Lay Speaker, Kantner UMC

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

A colorful flyer for a "Family Picnic" event. The background is a vibrant illustration of a picnic scene with a red and white checkered tablecloth, a picnic basket, a red umbrella, and a picnic table. The text is arranged as follows: "Arbutus Park" in a script font with "RETIREMENT COMMUNITY" in a smaller sans-serif font below it. The words "FAMILY" and "PICNIC" are written in large, bold, blue and red letters respectively. To the right, a dark brown banner contains the event details: "Wednesday, July 17" in white, "FOOD-DRINK-GAMES-MUSIC" in yellow, "11:00 AM MANOR RESIDENTS & FAMILY" in white, and "12:00 PM INDEPENDENT LIVING & FAMILY" in white. At the bottom right, the website "ARBUTUSPARKMANOR.COM" is written in white.