



## Arbutus Park News & Notes

### Arbutus Park Major Gifts Campaign

We continue to share good news about our Revitalization Campaign and the progress made! At the time of publication, we are at \$393,421 in pledges and payments of our \$500,000 goal.

The latest project to begin is the replacement of the Doerr roof. Preparation included the removal of tons of river rock from the existing roof!



If you would like to learn more about the campaign, and our vision for supporting the seniors in our community, please contact Rick Wilson at (814) 262-2152. Learn more at [arbutusparkmanor.com/revitalize](http://arbutusparkmanor.com/revitalize)

### Goodwill Success!

In the short period of time the bins have been on campus, they have already been filled and emptied several times! Please remember the bins are great for items the Auxiliary doesn't accept for the Bazaar/Flea Market, like clothes and shoes!



### Video Calls with Residents

While our residents are unable to have visitors or participate in group activities, Adam & Emily Pudliner have generously donated 10 tablets to the Manor to facilitate residents being able to Skype with their family and friends. We sincerely appreciate your kindness!

### Mail from the Community

We would like to thank everyone that has taken time to send letters, cards, and artwork to the manor during the shutdown. With mail coming from friends, family, and school children at home, your thoughtfulness means a great deal to our residents during this challenging time.



### Cottager Shopping

During this time of 'social distancing' we want to make sure that our Independent Living residents have what they need and remain safe. Until no longer needed, we will be doing a weekly grocery run for any necessities you may need. Please submit items you need to Community Affairs by 4pm Tuesday, and deliveries will be made to your cottage Wednesday afternoon. We are all in this together, please be safe and stay home as much as possible!

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## CONNECT WITH ARBUTUS PARK!



[ArbutusParkManor.com](http://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!

### Birthdays

- 5 Robert Cable
- 8 Linda Michael
- 8 Elaine Sweltz
- 14 Marietta Lowry
- 17 Betty Sheridan
- 20 Helen Gaunt
- 20 Clifford Bush
- 21 John Hollis
- 23 Margaret Brown
- 24 Dick Barber
- 24 Beulah Walls 102!
- 27 Adam Calderone
- 28 Raymond Rafferty
- 28 Doug Greig
- 30 Joan Yeager
- 30 Sharon Varner



### Anniversaries

- 6 Roger & Bonnie Luther
- 6 Luke & Dorothy Weimer
- 23 Jack & Kathy Fagan

### Attention Arbutus Residents

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

The Business Office is open until 5:00pm Monday-Friday

Dear Arbutus Park Friends and Family,  
We would like to sincerely thank everyone for their patience and understanding during this difficult time.

Please keep an eye on our website and facebook page for regular updates!

Arbutus Park  
RETIREMENT COMMUNITY

The Employee  
Parking Spot for  
the Month:  
Mar 15-April 14

RESERVED  
PARKING

Tyler  
Gordon

ARBUS PARK  
RETIREMENT COMMUNITY

STAFF  
APPRECIATION  
MEALS ARE  
BACK!

You Spoke.  
We Listened!

2020

Arbutus Park  
RETIREMENT COMMUNITY

January 29  
March 25  
May 13  
July 15 Family Picnic  
September 25  
November 18  
Thanks for everything you do!

Let's congratulate our

ABOVE & BEYOND  
WINNERS

SHARON CONSALVO  
CNA SINCE 2018

DAN SZYMALA  
CNA SINCE 2018

Thank You!

Environmental Services

## Auxiliary Doings

If you are looking for a fun afternoon, filled with good food, laughs, and perhaps a shopping surprise, look no further than our Annual Silent Auction luncheon on Friday, May 8 at 12:00pm in the Community Room. Tickets are on sale from any Auxiliary member or at the Business Office. There is limited seating, so don't wait too long. The baskets are generally so creative, and you usually get more value in the basket than the auctioned amount, so it is a good deal all around! Please help us in this endeavor to raise money for our residents needs. For those contributing a basket, the baskets can be dropped off on Thursday, May 7 in the Community Room from 9-2. If you have a scheduling problem, call Judy at 322-5344.



And as we start our spring cleaning, don't forget about the Auxiliary Bazaar on June 6. If it is still useable, don't throw it away - give it to us! From extra bowls, decorations, linens, books, furniture - we sell anything and everything! (Just not clothing or shoes- put those in the campus Goodwill bins by the Maint. Dept. at the Manor.) More about the Bazaar in the next issue of Pathways!

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

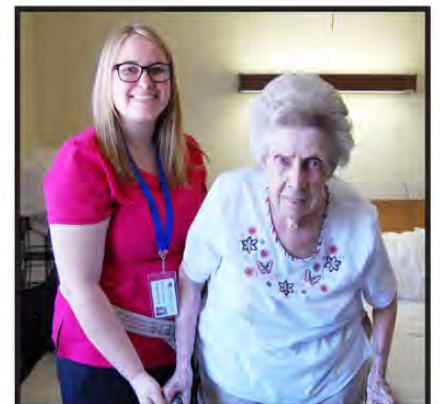


## Arbutus Park Star - Advantage Care

The Arbutus Park "Star" for April is Mary Jo!

Mary Jo came to Arbutus Park Manor after suffering a right lower leg injury. Mary Jo was unable to bear weight through her right leg and was limited in her functional levels and unable to complete tasks with independence.

Mary Jo was determined and worked hard with Physical Therapy, Occupation Therapy, and Speech therapy while at Arbutus Park Manor and progressed from being totally lifted by caregivers to being able to bear weight and transfer with nursing staff using a front wheeled walker. Once Mary Jo was able to transfer with caregivers, her strength continued to improve, and allowed for Mary Jo to begin to walk. Mary Jo thought walking was out of the question due to some set backs, but with her determination and mindset she is now able to walk using a front wheeled walker and assistance from caregivers.



Mary Jo continues to work hard to improve her leg strength, walking, and her functional levels to improve her quality of life and independence levels. Mary Jo stated "I received wonderful care here at Arbutus, and I feel much stronger than when I first arrived".

# Amy's Recipe of the Month

## CARROT PATTIES

### Ingredients:

- 1lb grated carrots
- 1 clove garlic (minced)
- 4 eggs
- 1/4 cup all purpose flour
- 1/4 cup bread crumbs
- 1/2 teaspoon salt
- 1 pinch ground black pepper
- 2 tablespoons vegetable oil



### Instructions:

- 1) In a medium mixing bowl, combine grated carrots, garlic, eggs, flour bread crumbs, salt and pepper.
- 2) Mix well.
- 3) Heat oil in frying pan over medium heat. Make the mixture into patties, fry until golden brown on each side.
- 4) Serve with unsweetened yogurt or sour cream if desired.



“

When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

## Cottager Updates

1) Upcoming Cottage Dinner RSVP Date: May 4 Dinner, RSVP by April 24 to the Business Office. Hosts are still needed for June, July, October, and November.

2) Due to COVID-19, the NAHL has cancelled the remainder of the season for the Johnstown Tomahawks. Thank you to everyone who attended games this season-our winning streak was never broken!

3) We sincerely appreciate your understanding during the sewer project and the manhole project. Please be patient with Grounds as they work diligently to not only repair yards from construction, but also get campus looking great for spring and starting to mow lawns!

4) Arbutus Park Retirement Community has current availability to join our community: Patio Homes #19 & 26 and Single Cottage #20 on Wesley Drive. If a Cottager makes a referral, they receive one month's maintenance FREE upon the move-in.



# Arbutus Park Snapshots

Row 1: Pie Program

Row 2: Pies with Ruth

Row 3 & 4: St Patrick's Day



Have you 'liked' us on Facebook?

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

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

# Pathways to Good Health

COVID-19, or the Coronavirus, has been in the news daily and with good reason. This is a virus that health officials know very little about. It is now considered a pandemic. What does it all mean? It means that everyone, of all ages should take precautions to help minimize the spread of this virus.

The information we are providing is not meant to be all inclusive. You should consult your health care provider for specific instructions and care.

## Who is at high risk?

Older adults and those who have a serious chronic medical condition

1. Heart Disease
2. Diabetes
3. Lung Disease
4. Cancer and Cancer Treatment

## Recomendations:

1. Have supplies on hand
2. Contact healthcare provider to obtain necessary medications to have on hand in case of quarantine.
3. Have over the counter treatment medication and supplies
4. Stock up on necessary household items and groceries for a two week period.

## Preventive Action

1. WASH YOUR HANDS, thoroughly and often. Pay attention to under the fingernails.
2. Use hand sanitizer with at least 60% alcohol when washing with hot water and soap isn't an option
3. Avoid "high touch" surfaces when possible. Elevator buttons, handrails, door knobs and shaking hands.  
Don't be afraid to wear gloves in public.
4. Avoid public places when possible. Enclosed areas with poor ventilation are prone to produce germs.

Cottagers, if you need something, don't hesitate to ask!



People of all ages can be infected by the new coronavirus (nCoV-2019).

Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

## Does the new coronavirus affect older people, or are younger people also susceptible?



# Message from Pastor Hollis

Dear Friends,

Let's consider the Resurrection; did it really happen? Scripture quotes are from the NIV.

*While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. 5 In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? 6 He is not here; he has risen!" (Luke 24:4-6)*

The women were looking for Jesus in the wrong place. Many scholars are still looking in the wrong place. Theories abound to try to explain away the resurrection.

One is the "Swoon Theory." It says that Jesus didn't die on the cross; he only passed out and the cool of the tomb revived him. But think about this: After all that suffering and blood loss, wouldn't he be horribly mangled coming out of the tomb? Would He inspire people to proclaim him risen from the dead? No, he would need a long stay in a hospital.

Another is the "Wrong Tomb Theory." Pilate put a guard on the wrong tomb and when the women arrived, there was nobody there. But we read in Matthew 27:61 that as Joseph buried the body, *Mary Magdalene and the other Mary were sitting there opposite the tomb. They knew which tomb to visit!*

The next thing we read is that the chief priests and Pharisees asked Pilate to post a guard for fear the disciples would steal the body and then proclaim him risen. *"Take a guard," Pilate answered. "Go, make the tomb as secure as you know how." So they went and made the tomb secure by putting a seal on the stone and posting the guard. (Verses 65-66).*

It looks like both the Jewish rulers and the governor had a keen interest in keeping rumors from starting. I think they would have checked carefully the location of the tomb. If the dead and moldering body of Jesus had been located, both the Jewish and the Roman rulers would have been delighted to put it on a cart and parade it through the streets of Jerusalem. That would have squelched right there the stories of his resurrection.

One of the most creative theories is that it was a "spiritual" resurrection. As the disciples thought about Jesus' life and teachings, he rose again in their hearts. The stories in the Bible are simply "myths" to try to convey this truth. But most of the original Twelve died defending this "myth." If you read the text carefully, you find that they proclaimed a literal, bodily rising again from the grave. If it were a myth, don't you think that at least one of them, as he was about to be executed, would have called a time out and said, "If you spare me, I'll tell you the truth about how we pulled this thing off"?

The Resurrection of Jesus is the most well-documented event in history. And, to me, one of the most powerful pieces of evidence is the existence of the Christian church. If the body of Jesus had been located and exhibited to the public, Christianity would have died in the womb. But here we are, twenty centuries later, and a humble Jewish carpenter is still the focus of all history.

It is significant that the Apostles themselves were not prepared for the event, even though he taught them in plain words that he would die and rise again. When the women reported the event to the men, *they did not believe the women, because their words seemed to them like nonsense.* (Luke 24:11). Even when they saw him alive they had difficulty. We read in Matthew 28:16 *Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. 17 When they saw him, they worshiped him; but some doubted.* (Emphasis mine.)

When the risen Lord drew alongside the two sad travelers on their way to Emmaus and asked why the long faces, they explained about the crucifixion and added the comment: *but we had hoped that he was the one who was going to redeem Israel* (Luke 24:21). Hope was long gone. What could have turned this disbelieving and dejected group into a powerful preaching machine who would go out and boldly proclaim that their Messiah was alive again? What would keep them going in spite of threats, beatings, and even death?

I submit to you that only the LORD Jesus coming out of the grave in power and glory could do that. Because he defeated death he was then able to send to us the gift of the Holy Spirit who empowered those early believers and still empowers us to tell the good news of salvation in Christ.

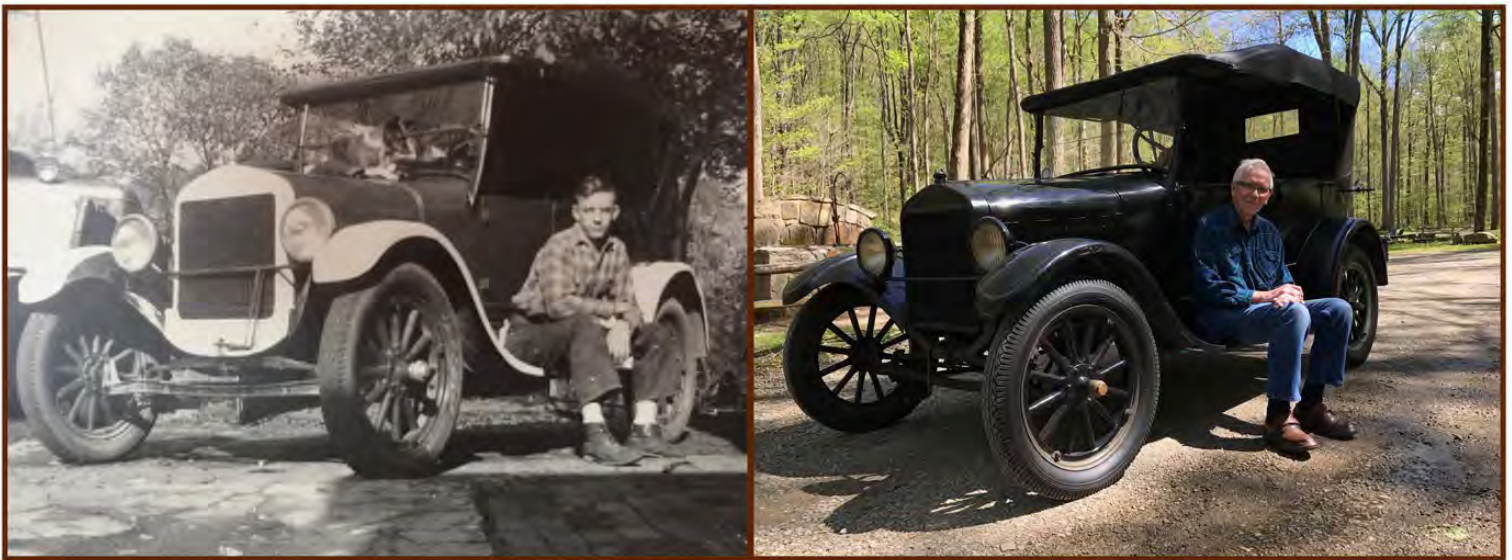
In His most excellent Name,  
Pastor John D. Hollis

ARBUTUS PARK RETIREMENT COMMUNITY  
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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)



Ben is one of our incredible Personal Care residents.

The pictures above are of Ben and his first car: a 1927 Model T Ford.

(The same year Ben was born!)

He bought it when he was 16 for \$20. It has never been restored. It is totally original.

It was repainted once around 1965. The roof was replaced.

But everything else is the same, including one of the original tires is on the back.

The first photo is from when he bought the car.

The picture was then recreated for his 90th birthday 2 years ago.