

# Pathways

MAY 2020

ARBUTUS PARK RETIREMENT COMMUNITY MONTHLY NEWSLETTER



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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*

- 3 Kathleen Harriger
- 4 Sophia Smatlak
- 5 Benton McKee
- 7 Jean Simmons
- 7 Rita Edwards
- 8 Lillian Dulak
- 11 Michael Kachmar
- 13 Gladys Gordon
- 17 Joyce Confer
- 20 Eleanor Callihan
- 20 Rose Zvonik
- 21 Shirley Fetzer
- 23 Linda Burkhard
- 24 Beverly Bonar
- 25 Jennie Moore
- 25 Janice Danasko
- 31 Judith Calaboyias



## *Anniversaries*

- 22 Ron & Nancy Sottile
- 23 Don & Lois Bender
- 28 Robert & Evelyn Cable

### 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



*Let's congratulate our*  
**ABOVE & BEYOND  
WINNERS**

|                                           |                                        |
|-------------------------------------------|----------------------------------------|
| <b>JASMINE FLORES</b><br>CNA SINCE 2019   | <b>MISSI CONONIE</b><br>CNA SINCE 2018 |
| <b>MELISSA ASHBROOK</b><br>CNA SINCE 2018 | <b>JEANINE HITE</b><br>LPN SINCE 2017  |

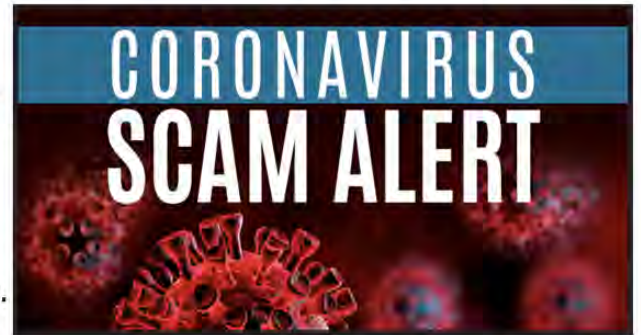




# Pathways to Good Health

Right now, scammers are scuttling out of their dark corners to offer false hope (Home test kits! A cure!) and use fear (Your Social Security number is about to be revoked! Your loved one is in trouble!) – all to get your money or information. (None of those things are real, by the way.) They're asking for your bank routing number to "help" you get your relief money – which is not how you'll get it, by the way. They're sending fake emails that look real, but those fake CDC or World Health Organization emails are trying to steal your personal information – or, if you click a link, put malware on your computer, tablet, or phone. Scammers are calling (and calling...and calling...), using illegal robocalls to pitch you the latest scammy thing. They're texting, and they're all over social media.

So, while you're washing your hands and working to stay safe, here are a few ways you can help protect yourself – and those you love – from scammers.



- Don't be rushed. Whatever the call, email, text, or social media post is about, remember that scammers try to rush you. Legit people don't.
- Check it out. Before you act on something or share it – stop. Do some research. Do the facts back up the story?
- Pass it on. If you get offered something great, or you're worried about something alarming: talk to someone you trust before you act. What do they think?
- Keep in touch with the FTC. Sign up for Consumer Alerts to help spot scams: [ftc.gov/subscribe](https://ftc.gov/subscribe). And watch for the latest at [ftc.gov/coronavirus](https://ftc.gov/coronavirus).
- Report scams to the FTC. Go to [ftc.gov/complaint](https://ftc.gov/complaint). Your report can help us shut the scammers down.

## Coping with Anxiety and Depression During Coronavirus

Those who struggle with anxiety frequently have intense, excessive fear about everyday situations. COVID-19 fears compound that everyday stress.

It's important to remember that we are all in this together. Millions of Americans, and those living around the world, worry about the same issues. **NO ONE IS ALONE IN THIS.**

So, here is the question...How do you cope with the stress this pandemic brings us?

- Begin each day with gratitude. Before your feet hit the floor, think of something that you are grateful for. If you are inclined, keep a notepad by your bed and write down each day's blessing.
  - Establish a daily routine. Consistency is comforting. Establishing a healthy routine helps our physical and emotional well-being. Experts suggest you start with making your bed. It starts your day with a completed task and a sense of order.
  - Get Outside. While social distancing is a must (6ft. apart from each other) fresh air and sunshine can go a long way to brighten your outlook. Go for a brisk walk, grab a favorite book and relax on your porch.
  - Stay in touch. Phone calls, Facetime, Facebook, Email or a good old fashion hand written card helps to ease the isolation.
  - Hobbies. If you want to learn to knit, cook or play guitar, this is a perfect time to do it!
  - Limit your media exposure. Yes, it is important to be updated and have necessary information, however, COVID-19 news all day long can be depressing and frightening. Schedule your media time in the afternoon, do not watch it at night or first thing in the morning.
  - "To all a good night." Proper restful sleep goes a long way for a healthy lifestyle.
- Remember, this WILL pass. Be safe and stay healthy.



## Auxiliary Doings

Because of printing deadlines, these articles are written several weeks prior to publication. At this time, the Manor is still restricting visits and activities due to the threat of COVID-19, which means the Auxiliary also decided to cancel our May Silent Auction & Luncheon. So disappointing, yet necessary, and a small price to pay if everyone stays healthy through this crisis.

But in the hope of 'this too shall pass,' let's move on to our next event- the annual Bazaar, scheduled for Saturday, June 6, 8-2 in the Community Room. We're hoping to be able to hold this event, and if we can, we'll be contacting Auxiliary members by phone and/or mail to arrange volunteer duty assignments, etc. In all honesty, this will be difficult to put together by phone or mail, so the possibility exists that the Bazaar will also be cancelled. If you have items that you intended to donate (furniture, household items, books, etc) we can still make arrangements for someone to pick up the items and store them for the October Flea Market. Call Judy at 322-5344 for help with pick-up.



A further note to our members: we want your opinions and ideas about the current situation. Feel free to call Judy (322-5344) or Sharon (266-2247) We're all in this pickle together, but it helps to share views.

Learn more about the Auxiliary and the schedule of events at:  
<https://arbutusparkmanor.com/about/auxiliary/>

## Arbutus Park Star - Advantage Care

The Arbutus Park "Star" for May is Kathryn!

Kathryn Deetscreek arrived at Arbutus Park Manor after a fall that left her unable to bear weight on her right leg. She required assistance to complete her everyday tasks like walking, transferring, getting in and out of bed, and getting dressed in the morning. Kathryn started out with just small steps towards recovery, but that slowly accelerated to her sprinting towards the finish line.

Kathryn's recovery wasn't without hardship, there were a few curve balls thrown her way, but she handled it all without becoming discouraged and kept her eyes on the prize. Kathryn has benefitted greatly from Occupational, Physical, and Speech therapies to guide her through the roadmap of recovery. She has learned to walk again with minimal assistance, she is able to get dressed in the morning without feeling like she's scaled the side of a mountain, and speech has improved safety with self feeding tasks. She also reports that she is grateful for all the wonderful CNAs and nurses here at Arbutus who have made her transition from home to long term living as smooth as is can be.



When asked what her biggest accomplishment has been so far, Kathryn is quick to state that raising her son has been the best thing she has ever done, and after that she would have to say being able to transfer and complete everyday tasks more for herself has been a great reward for all her hard work. Kathryn's hard work and perseverance has made her the shining star she is today!



# Amy's Recipe of the Month

## Spaghetti Carbonara

This is a super rich and super easy classic "Bacon and Egg" spaghetti dish. Makes a delicious meal or an unexpected brunch offering.

Prep Time: 20 min Cook Time: 20 min

### Ingredients:

- 1 lb Spaghetti
- 1/4 cup Dry Wine
- 1 Onion
- 1 Garlic Clove (minced)
- 4 Eggs
- 1 Salt & Pepper to taste
- 1 Tbsp Olive Oil
- 8 Slices diced Bacon
- 1/2 cup Parmesan Cheese (grated)
- 1 Tbsp Olive Oil (for cooking pasta)
- 2 Tbsp Chopped Fresh Parsley
- 2 Tbsp Parmesan Cheese (grated)



### Instructions:

- 1) In a large pot of boiling salted water, cook spaghetti pasta until al dente. Drain well. Toss with 1 tablespoon of olive oil, and set aside.
- 2) Meanwhile in a large skillet, cook chopped bacon until slightly crisp; remove and drain onto paper towels. Reserve 2 tablespoons of bacon fat; add remaining 1 tablespoon olive oil, and heat in reused large skillet. Add chopped onion, and cook over medium heat until onion is translucent. Add minced garlic, and cook 1 minute more. Add wine if desired; cook one more minute.
- 3) Return cooked bacon to pan; add cooked and drained spaghetti. Toss to coat and heat through, adding more olive oil if it seems dry or is sticking together. Add beaten eggs and cook, tossing constantly with tongs or large fork until eggs are barely set. Quickly add 1/2 cup Parmesan cheese, and toss again. Add salt and pepper to taste (remember that bacon and Parmesan are very salty).
- 4) Serve immediately with chopped parsley sprinkled on top, and extra Parmesan cheese at table.

**The Annual 'Memory Star' direct mail campaign will be hitting mailboxes this month. Rebranded as 'Light the Way,' the funds will go towards all of the efforts made during the pandemic, and provide an opportunity to send a message to be displayed on our resident hallways. We appreciate your support!**



## Cottager Updates

1) Cottage Dinners: Once we adjust to the 'new normal' we will communicate upcoming host opportunities for the remaining 2020 Cottage Dinners. We miss you!

2) The Wednesday Market Basket trips will continue until circumstances change and it is no longer needed. Please leave Kurt a voicemail by the end of Tuesdays. Thank you for the opportunity to serve you!

3) 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. We are not currently meeting or giving tours, but are mailing promotional materials and having discussions by phone.





# *Arbutus Park Snapshots*

Row 1: Easter Parade

Row 2: Elton UM Support

Row 3: Acts of Kindness

Row 4: Root Beer Floats

Row 5: Easter Hats & Bonnets



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)



# Message from Pastor Hollis

Dear Friends,

May presents two occasions to celebrate. Mother's Day is May 10 and Pentecost is May 31. Let's see if we can find a link between them. Every time we pray the "Our Father," we are reminded that Jesus' favorite title for the Almighty was "Father." But there are Scriptures that tell us that the Most High is also our Mother.

In Genesis 49 Jacob is blessing his sons and he says, *"Joseph is a fruitful vine, ... 23 The archers attacked him, shot at him, and were hostile toward him. 24 Yet his bow remained steady, and his strong arms were made agile by the hands of the Mighty One of Jacob, by the name of the Shepherd, the Rock of Israel, by the God of your father who helps you, and by the Almighty who blesses you with blessings of the heavens above, blessings of the deep that lies below, and blessings of the breasts and the womb."* (Verses 22-25). In Hebrew that is a play on words because Almighty is *Shaddai* and breast is *shad*, the root word for *Shaddai*. The Almighty provides for us from Her full breasts.

In Isaiah 49:15 God says, *"Can a woman forget her nursing child, or lack compassion for the child of her womb? Even if these forget, yet I will not forget you."* In Isaiah 66:13 God says, *"As a mother comforts her son, so I will comfort you, and you will be comforted in Jerusalem."*

Even our Lord Jesus Christ takes upon himself motherly imagery. As He weeps over Jerusalem, knowing the destruction and loss of life that will take place in 70 AD, he says, *"Jerusalem, Jerusalem! She who kills the prophets and stones those who are sent to her. How often I wanted to gather your children together, as a hen gathers her chicks under her wings, yet you were not willing!"* (Matthew 23:37).

Now, get a white-knuckle grip on your chair arm because this one may put you on the floor. In Revelation 1:12-13 John writes: *And I turned to see the voice that spake with me. And being turned, I saw seven golden candlesticks; 13 And in the midst of the seven candlesticks one like unto the Son of man, clothed with a garment down to the foot, and girt about the paps with a golden girdle.* (KJV) Most modern translators don't have the courage to render accurately the phrase, "girt about the paps." They say, "with a gold sash wrapped around His chest." NO! If John had wanted to say "chest", he had the Greek word *stethos*. He instead used *mastois*, breasts. The risen Christ is El Shaddai, the Full Breasted One. *Indeed, we have all received grace after grace from His fullness....* (John 1:16). Out of his fullness He pours out the Holy Spirit as on the day of Pentecost. In Acts 2, in his great sermon, Peter explains, *"God has resurrected this Jesus. We are all witnesses of this. Therefore, since He has been exalted to the right hand of God and has received from the Father the promised Holy Spirit, He has poured out what you both see and hear"* (verses 32-33).

On the day that we celebrate and honor our mothers, let us also remember our great Mother/Father, the One who provides everything we need for spirit, mind and body.

Shalom,  
Pastor John Hollis, Chaplain





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)

A large poster for a "SUMMER KICK-OFF" event. The background is a photograph of a garden with a stone wall, flower boxes, and a gazebo. The text "SUMMER KICK-OFF" is in large, bold, blue letters with a black outline. Below it, "w/ JACKIE KOPCO" is in yellow letters with a black outline. In the bottom right, there is an inset photo of a woman playing a keyboard. At the bottom, "May 29 - 1:30pm - Patio" is written in green, stylized letters with a black outline.

# SUMMER KICK-OFF

w/ JACKIE KOPCO

May 29 - 1:30pm - Patio

As the pandemic situation evolves and stay-at-home orders are adjusted, please check our website and facebook page for updates and potential changes to our plans for the Summer Kick-Off.