

## Arbutus Park News & Notes

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#### **Memory Star 2020: Light the Way**

Support Arbutus Park and share a message to our residents via the 'Light the Way' campaign. Traditionally a memorial campaign, we have rebranded this year to support our pandemic efforts of keeping our residents safe and in good spirits. Our mission of faith, care, and compassion has never been more important than in this challenging and difficult time.

Learn more or donate at: [arbutusparkmanor.com/light-the-way-2020](http://arbutusparkmanor.com/light-the-way-2020)



#### **The Longest Day: Alzheimer's Association**

The Longest Day is the day with the most light - the summer solstice. On June 20, people from across the world will fight the darkness of Alzheimer's through a fundraising activity of their choice. For years, we have participated in the annual walk, now to be held at Revloc Recreation Park on September 12. To learn more, join the team, or donate, please visit: [act.alz.org/goto/APRC](http://act.alz.org/goto/APRC)



#### **Won't You Be Our Pen Pal?**

It's not easy making new friends these days with social distancing rules in place. However, it is easy to be a Pen Pal to children in our community.

We are asking school age children to write to Arbutus Park in search of a Pen Pal. You will have the opportunity to exchange hand-written cards and letters and in the process make a new friend. It's a wonderful activity for kids, and it will introduce them to the lost art of writing a letter. When our stay at home order is lifted, we will plan a Meet Your Pen Pal event in the Community Room.

Interested? Contact Community Affairs and we will add you to the list!



#### **Independent Living Opportunities**

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.

### 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*

- 2 Nancy Wargo
- 2 Fred Barefoot
- 3 John Huey
- 5 Pat Griffith-Hughes
- 7 Sandy Knavel
- 12 Mary Koval
- 13 Lois Bender
- 15 Tokiko Mishler
- 17 Norman Goetz
- 17 Sassy
- 18 Mary Joan Sigmund
- 23 Geraldine Peterson
- 24 Raymond Peters
- 25 Merle Fetzer
- 27 Jack Fagan
- 30 Ray Deneen



### *Anniversaries*

- 15 Thomas & Mary Joan Sigmund
- 17 Del and Pearl Wasser
- 25 W. Gerald and Rowena Witt

### 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



Thank you Custom Cake and Cookies.net and the donor who made this beautiful smile possible! Our residents were so happy and loved the cupcakes!



# Pathways to Good Health

The purpose of Men's Health Awareness Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men.

Friday, June 12 is "Wear Blue Friday" as a way to acknowledge Men's Health Awareness Month.

We encourage the men in our lives to schedule an annual exam with their doctor to discuss any emotional or physical issues they might be facing. Men tend to put off important annual visits and routine exams such as colonoscopies, bloodwork, etc. If you make June the month you schedule these appointments, you won't forget.

Visit [www.menshealthnetwork.org](http://www.menshealthnetwork.org) for more information.



## REOPENING PHASES

### WORK AND CONGREGATE SETTINGS

#### YELLOW PHASE

- Telework Must Continue Where Feasible
- Businesses with In-Person Operations Must Follow Safety Orders
- Child Care Open with Worker/Building Safety Orders
- Congregate Care and Prison Restrictions in Place
- Schools Remain Closed for In-Person Instruction

### SOCIAL SETTINGS

- Stay-at-Home Restrictions Lifted in Favor of Aggressive Mitigation
- Large Gatherings Prohibited
- In-Person Retail Allowed, Curbside and Delivery Preferred
- Indoor Recreation, Health Wellness Facilities (such as gyms, spas), and all Entertainment (such as casinos, theaters) Remain Closed
- Restaurants and Bars Limited to Carry-Out and Delivery

**WHILE CAMBRIA COUNTY ENTERS THE YELLOW PHASE, NURSING HOMES AND LONG-TERM CARE FACILITIES ARE STILL EXPECTING TO BE RESTRICTED FOR SOME TIME. AS A RESULT, WE HAVE EXTENDED OUR CANCELLATION OF GROUP EVENTS AND OUTSIDE GROUPS FOR THE MONTH OF JUNE. WE APPRECIATE YOUR PATIENCE, AND WILL CONTINUE TO POST REGULAR UPDATES TO OUR FACEBOOK PAGE AND WEBSITE.**

## Manor Builds 'Chatterbox'

We are incredibly excited to share with our friends and family the construction of a 'Chatterbox' at the manor. While restrictions continue for the health and safety of our residents and staff, this venue of visitation will facilitate the much needed in-person visit for your loved one. Our Activities Director Melinda is scheduling 30 min visits during the day Mon-Fri. Please express your interest to [mfrye@arbutusparkmanor.com](mailto:mfrye@arbutusparkmanor.com) or 814.262.3880. The support and understanding you've demonstrated through this unprecedented situation has been sincerely appreciated, and we hope to see you soon! Thank you to those who submitted the idea, and maintenance who did a wonderful job constructing it!





# Auxiliary Doings

There was a song called 'Undecided' with the lyrics of:

First you say you will  
And then you won't  
And then you say you do  
And then you don't  
You're undecided now  
So what are you gonna do?

That should be the theme song for this uncertain time relating to COVID-19.

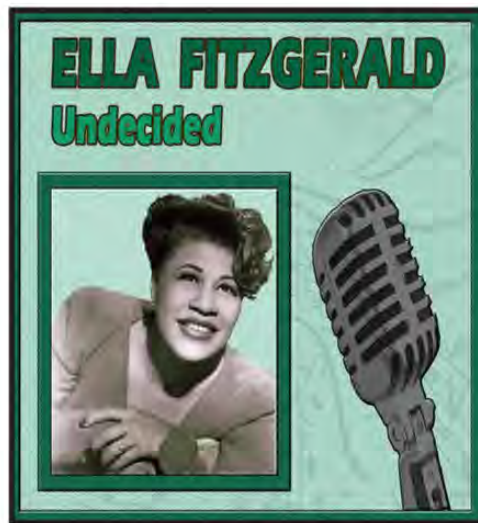
Let's keep this simple:

-The Bazaar scheduled for June 6 has been cancelled.

-The Executive Board meeting and Auxiliary Board meeting scheduled for June 22 has been cancelled. As of this writing, we will try to reschedule both meetings for July 20. Please check the July Pathways for updates.

Until then, keep safe!

Learn more about the Auxiliary and the schedule of events at: [arbutusparkmanor.com/about/auxiliary/](http://arbutusparkmanor.com/about/auxiliary/)



## Arbutus Park Star - Advantage Care

The Arbutus Park "Star" for June is Janet!

Janet came to us in the beginning of March with a broken leg. She needed maximum help to complete all bathing and dressing, to sit up in bed, and to stand up. She was in significant pain and needed the assist of two people to walk. Her strength had declined in her arms and legs.

If you know Janet, then you know that she is a very independent woman. She couldn't wait to get back to normal and knew that it was a long road. She was very determined and through physical and occupational therapy she was making progress. Her strength was improving, as well as her mood.

In the midst of her recovery, the COVID-19 pandemic occurred and visitors were not allowed into Arbutus. But Janet didn't let that get her down. She was even more determined to get better and back home. She said 'Throughout this whole quarantine thing, everyone has been so kind and caring. They really go out of their way to make things more fun. I even got to video chat with my family.'

Janet is now able to walk on her own using a walker. She can make her own bed, make a light meal, hang clothes in her closet, and get dressed herself using all the techniques and strategies taught to her by therapy and with her own determination.

Her advice to others going through the same thing: 'Be kind. Always be kind to everyone. Everyone is trying to help you to get better and they want the best for you.' Janet is ready to go home and couldn't be more excited. She will be missed here at Arbutus Park and we wish her well!





# Amy's Recipe of the Month

## Island Kielbasa (in a slow cooker)

**Prep Time: 20 min Cook Time: 5 hrs**

### **Ingredients:**

- 2 lbs Kielbasa Sausage (sliced into 1/2 inch pieces)
- 1 (15 oz) can Pineapple Chunks, undrained
- 2 cups Brown Sugar
- 2 cups Ketchup

### **Instructions:**

1) Place the sausage, ketchup, sugar, and pineapple in the slow cooker and mix together.



Cook on low setting for 5 to 6 hours until sausage is cooked through.

## Did You Know? Gift Shop

The Gift Shop located in the main lobby of the Manor is maintained and operated by our incredible Auxiliary. Visitors, staff, and residents have a wide variety of options from fresh baked goods and beverages, to decor and reading material. When you support the Gift Shop, you support the Auxiliary, who supports our residents!

We would like to thank June for her dedication to keeping the Gift Shop operational during the pandemic- our residents and staff really appreciate it! (May we suggest the peanut butter pie or scones?)



## 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) 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) June 2 Primary Elections will be held at Arbutus Park Church of the Brethren on Erickson Drive and NOT our Community Room due to the pandemic.

4) The Town Hall meeting normally held this time of year will be rescheduled and communicated via robo-call.

5) We are glad to recently have Wesley Drive repaired, and Grounds has quite the 'to-do list' repairing yards from sewage work (almost complete!) and replacing the fence going up the right side of Wesley. Thank you for your patience, they are a great crew and will accomplish these projects as quickly as possible!





# Arbutus Park Snapshots

Row 1&2: Birthdays!      Row 3: Mother's Day  
Row 4: Cinco de Mayo      Row 5: Celebrating Nursing Week



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,

June 21 is Father's Day. I had a loving father but I know that many people reading this had an absent or abusive father. A poor relationship with one's father has negative consequence throughout life. A greeting card company once offered Mother's Day cards to prison inmates. Almost everyone accepted one. The effort was so successful that they repeated it for Father's Day. Out of the whole prison population they had two takers. What does that say to you?

Our relationship with our earthly father has a large bearing on our concept of God. We pray the "Our Father" and we can't help thinking of what fatherhood has meant to us, either good or bad. The writer of the book of Hebrews recognizes that even good fathers make mistakes. He writes in chapter 12, verses 9-11: *We had natural fathers discipline us, and we respected them. Shouldn't we submit even more to the Father of spirits and live? For they disciplined us for a short time based on what seemed good to them, but He does it for our benefit, so that we can share His holiness.* (All quotes from Holman Christian Standard Bible).

Our fathers did what seemed good to them. If they were good fathers, it was good most of the time but they made mistakes. Sometimes their actions were misguided, short-sighted, or lacking sufficient information. God always has the full picture and has a good outcome in mind.

A lot of people have a distorted picture of God. I did. I saw him as an old man sitting on His throne and pulling on His beard and scowling as He looked down upon His creation. He had a club the size of a railroad tie and He was just waiting for me to mess up and then He was going to beat me senseless. Is that your picture? Others see Him as just not being present. He's off in the distance somewhere and just has no concern about what is happening here.

I wish I knew what buttons to push to change the picture. Mine changed and so I know it can change. The writers of Scripture do their best to push our buttons for positive change. David declares in Psalm 68:4-5: *Sing to God! Sing praises to His name. Exalt Him who rides on the clouds—His name is Yahweh—and rejoice before Him. God in His holy dwelling is a **father of the fatherless** and a champion of widows.* Popular Christian author, C.S. Lovett, testifies that when he accepted Jesus as Savior, he felt for the first time in his life like he had a father.

David also writes in Psalm 27:10: *Even if my father and mother abandon me, the LORD cares for me.* When your parents die, you feel abandoned. God's promise in Hebrews 13:5-6 is: *I will never leave you nor forsake you.* Have you ever felt like God had abandoned you? He didn't. Psalm 22 begins with a cry of dereliction: *My God, my God, why have You forsaken me?* That's one of the things Jesus said from the cross. Long before Christ's life on earth, the rabbis recognized it as a Messianic Psalm, prophetic of the Savior. And so, as you read the rest of it, you see that it is a shocking, graphic description of our LORD's Crucifixion. But even so, it ends on a positive note. We read in verses 23-24: *You who fear Yahweh, praise Him! All you descendants of Jacob, honor Him! All you descendants of Israel, revere Him! For He has not despised or detested the torment of the afflicted. He did not hide His face from him but listened when he cried to Him for help.* Even though the Father may have turned away from the Son as He was being made sin for us, the end of the Psalm shows that Christ's prayer was heard; His sacrifice was accepted and His life was restored. Since our great Savior has paid the price of redemption for us, we never need to utter that cry of dereliction.

Paul writes in 2 Corinthians 1:3-4: *Praise the God and Father of our Lord Jesus Christ, the **Father of mercies and the God of all comfort.** He comforts us in all our affliction, so that we may be able to comfort those who are in any kind of affliction, through the comfort we ourselves receive from God.* If you didn't have a loving earthly father, your Heavenly Father presents a vivid contrast. In His mercy He comes alongside us with a comforting arm around the shoulder when we face difficulties.

Whether you had a good, mediocre, bad, or absent father, he needs your forgiveness for his mistakes. I know a woman whose life is miserable just because she refuses to forgive her father, who is now dead. There is only one way to forgive anyone who has harmed or disappointed you. You can't wait until you **feel** like it; you make it a decision of your will and you simply say, "In Jesus Name, I forgive." Then the Holy Spirit moves in and empowers you to really forgive from the heart. And that is when peace floods in.

Shalom and Happy Father's Day,  
Chaplain John Hollis

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)



As the pandemic situation evolves, please check our website and  
facebook page for updates and potential changes to our plans like the annual family picnic.