



## Arbutus Park News & Notes

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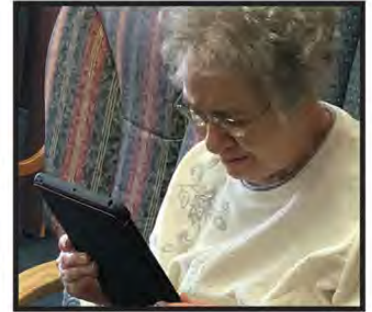
#### **Chatterbox Renovation**

After reuniting residents and their loved ones via the 'Chatterbox,' we have expanded it for the comfort of our residents. Completed in a matter of hours, our maintenance team doubled the depth to better accommodate access and mobility. Please remember to contact the Activities Department to schedule your visit in the 'Chatterbox' or virtually via Facetime or Skype. Since introducing the programs, we have had over 400 virtual visits and over 400 'Chatterbox' visits!



#### **Harrisburg Grant Delivers Additional iPads**

With a communication grant provided by the Department of Human Services, we have provided eight additional iPads to our Activities Department. They will be used for virtual visits, church services, and additional resident programming.



#### **Alzheimers Walk**

Due to the pandemic, the physical walk portion of the annual fall 'Walk to End Alzheimers' has been cancelled. However, our team continues to fundraise. On the day the walk was to be held, September 12, we will be posting a gallery on our Facebook page of our staff and team in their purple attire. We invite you to submit a picture of you in your purple outfit in support of finding a cure. If you would like to join our team or submit your picture, please email [kroberts@arbutusparkmanor.com](mailto:kroberts@arbutusparkmanor.com) by Sept 10.



### CONNECT WITH ARBUTUS PARK!



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

Arbutus Park  
Retirement Community  
207 Ottawa Street  
Johnstown, PA 15904

#### **Independent Living Opportunities**

Arbutus Park Retirement Community has current availability to join our community: Patio Homes #10, 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.

#### **Thank You for Your Support!**

It is hard to believe it has been over four months since COVID started changing all of our lives. We sincerely appreciate the support, understanding, and kind gestures during this difficult time. Please keep an eye on our Facebook page and website for regular updates and changes to our campus operations. Stay safe, and God Bless!

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

### *August Birthdays*

- 1 Lena Heming
- 3 Mary Rager
- 5 Alice Mickel
- 6 Jim Davis
- 6 Joan Fabina
- 6 Joyce Fabina
- 6 Elizabeth Merx
- 6 Betty George
- 9 Patricia Kipp
- 9 Mary Jenkins
- 12 Audrey Tollis
- 12 Betty Sterle
- 14 Anna Walko
- 16 Joan Gregory
- 19 Virginia Thomas
- 21 Elmer Weis
- 24 Anne Cvrkel
- 24 Kristine Olsen



### *August Work Anniversaries*

- Todd Beisel – Maintenance – 2 years
- Melissa Cononie – CNA – 2 years
- June Frye – Gift Shop – 6 years
- Michelle Gacka – Nursing – 34 years
- Patricia Gvozdich – Cook – 33 years
- Alyssa Krause – RN – 4 years
- Heidi McCusker – CNA – 1 year
- Alexandra Pritt – CNA – 3 years
- Bridgette Ramsey – CNA – 1 year
- June Studinary – Admin. Asst. – 1 year
- Sylvia Walter – Personal Care Aide – 11 years
- Barbara Weyandt – Personal Care Aide – 8 years
- Dawn Yeager – Personal Care CNA – 1 year

### *Anniversaries*

- 4 Ben & McKee
- 10 Dick & Marjean Barber
- 17 Les & Sandy Knavel
- 28 John & Ruth Hollis

#### **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



**Today you are You,  
that is truer than true.  
There is no one alive  
who is Youer than You.  
- Dr. Seuss**

# Pathways to Good Health

## Backyard BBQ Safety

COVID-19 has really turned the Summer of 2020 into an intimate affair. Theme parks, festivals, concerts and large gatherings have scaled back or cancelled entirely.

Luckily, we are still able to gather in smaller groups so the backyard bbq is alive and well. With some simple changes, you can enjoy the company of a few family and friends and remain safe.



The CDC (Center for Disease Control) recommends the following steps:

1. Don't hug or shake hands with your guests.
2. Require that everyone wear a mask and have extras on hand in case someone forgets.
3. Set out hand sanitizer.
4. Provide cleaning supplies that allow guests to wipe down surfaces before they leave
5. Arrange tables and chairs to allow social distancing. Remember, not everyone needs to be 6 ft apart, members of the same household can sit together.
6. Limit people going in and out of areas where food is prepared.
7. Play cornhole, frisbee, and get out the sidewalk chalk for the kids.
8. Replace hand towels in the bathroom with paper towels.
9. IMPORTANT - keep a list of individuals who attended for future tracking purposes should someone be positive.

With a few safety precautions in place, we can make the most of the Summer!

## Manor Carnival



# Auxiliary Doings

I guess we should all be used to hearing about event cancellations this year. Sadly, the Auxiliary has to add another cancellation to the list - we will not be able to have our August themed luncheon this year. While the theme is different each year, there are several traits about these luncheons that I will miss very much: Seeing the Community Room filled with 125 ladies, the chatter of friends, laughter shared, seeing the varied decorations of each table being the beneficiary of the unique gifts each table hostess gives away, hearing your name called as a lucky winner of a gift card to Wal-Mart, and the food- about 100 steps above my normal PBJ or ham sandwich. All these memories and fun for the small price of \$20!



But never fear...the Auxiliary is still here, still biding its time to return to normal activities. The anticipation of next year's August luncheon is something to hold onto and look forward to!

**Hang in there, friends...the best is yet to come!**

Learn more about the Auxiliary and the schedule of events at: [arbutusparkmanor.com/about/auxiliary](http://arbutusparkmanor.com/about/auxiliary)  
Tenative 2020 Schedule:           October 4: Auxiliary Benefit Dinner - October 12: Flea Market  
December 6&7: Home for the Holidays

## Arbutus Park Star - Advantage Care

The Arbutus Park Star for August is Louise!

Louise came to Arbutus Park Manor a little over a year ago for long term care services. At the time of admission, she required a pureed diet consistency due to difficulty chewing and swallowing and was completely dependent on staff for completion of daily living tasks such as feeding, dressing, and mobility. She was unable to walk and required a lift machine to transfer from the bed to her wheelchair.

During Louise's time at Arbutus, she has received Physical Therapy, Speech Therapy, and Occupational Therapy services to improve her function and maximize her independence in completing daily living tasks in her new environment. Louise has improved her swallow function and has advanced to a soft diet consistency with chopped meats. She is now able to walk and transfer with the help of only one staff member and she is able to independently propel herself in her wheelchair throughout the facility where she enjoys participating in the many daily activities offered here.

Through Louise's hard work and support of her family and the staff at Arbutus Park, she has been able to make significant progress toward her goals and transition to long term care. Therapy services will remain available as needed to help her maintain her current level of function.



# Amy's Recipe of the Month

## Rosemary Ranch Chicken Kabobs - Makes 6 Servings

### Ingredients:

- 1/2 cup olive oil
- 1/2 cup ranch dressing
- 2 teaspoon salt
- 1 teaspoon lemon juice
- 3 Tablespoons Worcestershire Sauce
- 1 Tablespoon minced fresh Rosemary
- 1 teaspoon white vinegar
- 1/4 teaspoon black pepper
- 1 Tablespoon white sugar
- 5 skinless, boneless chicken breast halves cut into 1 inch cubes



### Instructions:

- 1) In a medium bowl, stir together the olive oil, ranch dressing, Worcestershire sauce, rosemary, salt, lemon juice, white vinegar, pepper, and sugar. Let stand for 5 minutes. Place chicken in the bowl, and stir to coat with the marinade. Cover and refrigerate for 30 minutes.
- 2) Thread chicken onto skewers and discard marinade.
- 3) Lightly oil the grill grate. Grill skewers for 8 to 12 minutes, or until the chicken is no longer pink in the center, and the juices run clear.



## Cottager Updates

1) On Wednesday August 12 we will be hosting a Cottager Drive-Through Picnic Lunch from 11:30am-1:00pm. Please contact the Business Office to reserve your lunch by Wednesday, August 5. We will be setup on Otterbein: please enter by the Rosemans and exit by Zigas. Menu is Hot Dog, Hamburger, Potato Salad, Baked Beans, Cantaloupe, Gob, and Iced Tea!

If you are unable to drive/walk-through, please let the Business Office know you are requesting delivery, which will be completed prior to the 11:30am start. We hope to see you!



2) Trivia! Did You Know? In his career at APRC, John has trapped and re-homed 118 skunks! Surely that has to be some kind of record, right?

3) Please remember to submit your Maint/Grounds requests through Community Affairs for tracking purposes.



# Arbutus Park Snapshots

Row 1: Happy 4th of July!

Row 2: Making SLIME!

Row 3-5: Birthdays



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 Pastor Hollis

Dear Friends,

We are all tempted to lose patience with conditions as they are today. Rick, our Administrator, went on U Tube telling us that, here at the Manor, we are still on strict guidelines. Certain portions of the building are inaccessible except by necessary staff. He also gave us a list of states to which staff may travel only if they are prepared to be on 14 day quarantine upon their return. Our chapel will not be open in August. The local church which Ruth Anne and I attend is just in the planning stage of how to reopen safely. Everywhere we go, we must wear a mask.

All of this is wearing upon us. We need to hear the exhortation of Paul in Romans 12:12: *Rejoice in hope; be patient in affliction; be persistent in prayer.*

We have to keep the long view. We have to keep reminding ourselves that this world is not our home; we're just passing through. Paul writes in 2 Corinthians 4:16-18: *Therefore we do not give up. Even though our outer person is being destroyed, our inner person is being renewed day by day. For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory. So we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.*

The Apostle also writes in Colossians 1:3-6: We always thank God, the Father of our Lord Jesus Christ, when we pray for you, for we have heard of your faith in Christ Jesus and of the love you have for all the saints because of the hope reserved for you in heaven. You have already heard about this hope in the message of truth, the gospel that has come to you (Bolding mine).

He also writes in 2 Timothy 4:7-8: I have fought the good fight, I have finished the race, I have kept the faith. There is reserved for me in the future the crown of righteousness, which the Lord, the righteous Judge, will give me on that day, and not only to me, but to all those who have loved His appearing.

We take the long view. We keep the goal in mind. And who set the example for us? Hebrew 12:1-2 says: ...[L]et us lay aside every weight and the sin that so easily ensnares us. Let us run with endurance the race that lies before us, keeping our eyes on Jesus, the source and perfecter of our faith, who for the joy that lay before Him endured a cross and despised the shame and has sat down at the right hand of God's throne. When facing the most horrendous death anyone could ever die, Jesus still kept the long view.

Now, because we have this great hope laid up for us in heaven, do we just sit around waiting for Jesus to return and take us away? No. Jesus told a parable in Luke 19, beginning in verse 11: As they were listening to this, He went on to tell a parable because He was near Jerusalem, and they thought the kingdom of God was going to appear right away. Therefore He said: "A nobleman traveled to a far country to receive for himself authority to be king and then return. He called 10 of his slaves, gave them 10 minas, and told them, 'Engage in business until I come back.'" The KJV says, "Occupy till I come." Those who did business and turned a profit were rewarded and the one who just hid the money out of fear was sharply rebuked.

Paul writes in 2 Thessalonians 3:10-12: In fact, when we were with you, this is what we commanded you: "If anyone isn't willing to work, he should not eat." For we hear that there are some among you who walk irresponsibly, not working at all, but interfering with the work of others. Now we command and exhort such people by the Lord Jesus Christ that quietly working, they may eat their own food. Brothers, do not grow weary in doing good.

Modern day prophets are saying that, out of these difficult circumstances will come the greatest worldwide awakening and the greatest harvest of souls that has ever been. They are saying that the church is going to come alive and that miracles will abound, proving the truth of the Gospel. What each of us needs to do is to ask God how we can be a part of what He is doing. How can He use my life and yours to prove that Jesus is real and to draw souls to Him? And while you are about His business, keep your eye on the eastern sky!

Shalom,

Chaplain John Hollis, Arbutus Park Manor

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)

## A Blast from the Past, Thanks to Our Friends at Vintage Johnstown Memories

