



Arbutus Park News & Notes

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Moving into the Next Phase

We have completed our state mandated resident and staff COVID-19 testing, with 100% negative results! The next step in the process is to introduce limited indoor face-to-face visits with your loved one in the Community Room. The 'Chatterbox' visits, which are less restrictive, will continue on the days that indoor face-to-face are not offered. These visits, along with Skype and Facetime, will continue to be facilitated by the Activities Department. Please visit our website and Facebook page for the specifics of the indoor face-to-face visits. Thank you for your continued support and encouragement!



A Cause for Celebration

With 46 years of faith, care, and compassion dedicated to Arbutus Park, we congratulate Bonnie on her well-deserved retirement at the end of August. No words can adequately express our appreciation and gratitude for everything she does at APRC. Her enthusiasm, knowledge, and dedication to excellence for residents and staff truly exemplify our mission. On behalf of every resident, cottager, and staff member, we thank you - you will be greatly missed!



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 yourself 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 by Sept 10.



Independent Living Opportunities

Arbutus Park Retirement Community has current availability to join our community: Patio Homes #10, 19 & 26, Single Cottage #20, and upcoming Townhouse. If a Cottager makes a referral, they receive one month's maintenance FREE upon the move-in.

CONNECT WITH
ARBUTUS PARK!



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!

September Birthdays

- 1 George Benko
- 2 Barbara Siciliano
- 4 Audrey Nahorniak
- 7 Blanche Varnecky
- 8 Eva Reighard
- 18 Ron Sottile
- 18 Mona McKee
- 18 Alverda Semich
- 19 Fred Saintz
- 20 Joycelyn Sides
- 21 James Larison
- 21 Cecilia Bencie
- 22 Mary Salay
- 22 Anna Bassi
- 22 Dorothy Weimer
- 24 Emma Hoffman
- 25 Kathleen Fagan
- 26 W. Gerald Witt
- 27 Margaret Rachael
- 28 Kathryn Deetscreek
- 28 Judy Eppley
- 28 Josephine Carpenter
- 28 Blanche Vargo
- 29 Catharine Tedjeske



September Work Anniversaries

- Melissa Babcock – CNA – 8 years
Sharon Bassett – PC LPN – 12 years
Amanda Beisel – Laundry – 3 years
Tyler Bodenschatz – Grounds – 3 years
Bonnie Camblin – B.O. Mgr. – 46 years
Donald Dabbs – Maintenance – 1 year
Kaylee Dayton – Dietary – 9 years
Courtney Deitke – CNA – 1 year
Julia Delic – LPN – 3 years
Paul Drobnick – Maintenance – 8 years
Tim Forish – Maintenance – 6 years
Meagan Fyock – CNA – 2 years
Caroline Gerber – RN – 9 years
Lisa Gratosky – PC LPN – 11 years
Becky Griffith – Activities – 11 years
Shalandra Holmes – CNA – 1 year
April Hurt – PC LPN – 9 years
Kayla Kaufman – Dietary – 5 years
Apryle Kukenberger – Dietary – 5 years
Brenda Lasinsky – Restorative – 19 years
Cathy Partsch – Cook – 18 years
Michael Partsch – Maintenance – 4 years
Denise Petrosky – RN – 2 years
Lois Pudlinder – PC Director – 46 years
Tammy Selders – Restorative – 20 years
Hope Snoeberger – Dietary- 1 year
Nathan Spisock – LPN – 1 year
Sue Sterner – LPN – 16 years
Dan Szymala – CNA – 2 years
Jane Vann – Restorative – 18 years
Jodi Wible – Activities – 4 years
Sue Witkosky – Medical Records – 24 years

Anniversaries

- 18 Denton & Cheri Haynes
- 20 Bob & Margie Roseman
- 28 Robert & Daryle Brown
- 28 Jerry & Sharon Varner

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



Pathways to Good Health

It's no big secret that sugar is not healthy. Americans consume more sugar than we realize because the food industry uses over 56 different names in their ingredients. The good news is there are many natural and delicious alternatives to sugar.

Stevia is a natural sweetener that's extracted from the leaves of a South American shrub that's scientifically known as *Stevia rebaudiana*. Stevia is 100% natural, contains zero calories, and has no known adverse health effects. It has been shown to lower blood sugar and blood pressure levels.

Monk fruit sweetener is extracted from monk fruit, a small round fruit grown in Southeast Asia. This natural alternative contains zero calories and is 100–250 times sweeter than sugar so you will need to adjust when replacing it in recipes that call for sugar.



Yacon syrup contains one-third of the calories of regular sugar. It's also very high in fructooligosaccharides, which feed the good bacteria in the gut and may aid weight loss.

Coconut sugar is extracted from the sap of the coconut palm. It contains a few nutrients, including iron, zinc, calcium, and potassium, as well as antioxidants. It also has a lower glycemic index than sugar, which may be partly due to its insulin content.

Honey is a thick, golden liquid produced by honey bees. It contains trace amounts of vitamins and minerals, as well as an abundance of beneficial antioxidants. The phenolic acids and flavonoids in honey are responsible for its antioxidant activity, which can help prevent diabetes, inflammation, heart disease, and cancer.

Maple syrup is a thick, sugary liquid that's made by cooking down the sap of maple trees. It contains a decent amount of minerals, including calcium, potassium, iron, zinc, and manganese.

Life can be sweet without added sugar. Experiment with alternatives for a naturally sweeter healthier lifestyle.



Auxiliary Doings

The above blank space is brought to you courtesy of COVID-19.

Cottager Updates

1) Thank You to everyone who participated in the drive/Walk-Through Cottage Picnic! We served 77 lunches and really enjoyed seeing everyone- we miss you! We hope to have something similar in mid/late October- more info next month and via robocall!



2) We are excited to welcome Dave & Kathy Mills and Richard & Wanda Holtzman to our community!

3) Event cancellations continue through October as the Manor remains locked-down. We are unfortunately unable to hold our annual PumpkinFest event, but encourage you to decorate your porch!

4) Please remember to submit your Maint/Grounds requests through Community Affairs for tracking purposes. Thank you for your positive feedback on the gentleman cleaning exteriors and gutters!

5) Do you follow us on Facebook? We are always posting news, pictures, and updates about campus!

47.7 MILLION
AMERICANS
OVER 65

 HAVE A CELLPHONE **78%**

 HAVE A TABLET **32%**

 HAVE A DESKTOP
OR LAPTOP **52%**

INTERNET AND SOCIAL MEDIA USAGE

USE THE INTERNET **59%**

GO ONLINE EVERY DAY **71%**

USE FACEBOOK **49%**



OF OLDER ADULTS WHO
USE SOCIAL MEDIA
REPORT SOCIALIZING WITH
OTHERS ON A DAILY BASIS

Amy's Recipe of the Month

Apple Cheddar Chicken Breast

Ingredients:

- 4 Boneless Chicken Breasts
- 1/2 cup Apples, (cooking apples are best)
- 1/4 cup Cheddar Cheese
- 1 tablespoon Bread Crumbs (seasoned)
- 1 tablespoon Salted Butter
- 1/4 cup White Cooking Wine
- 1/4 cup Water
- 1 1/2 teaspoons Corn Starch
- 1 Tablespoon Parsley



Instructions:

- 1) Combine apple, cheese, and bread crumbs. Set aside.
- 2) Flatten chicken breasts between sheets of waxed paper to 1/4 inch thickness. Divide apple mixture between chicken breasts, and roll up each breast. Secure with toothpicks.
- 3) Melt butter or margarine in a 7 inch skillet over medium heat. Brown stuffed chicken breasts. Add wine and 1/4 cup water. Cover. Simmer for 15 to 20 minutes, or until chicken is no longer pink.
- 4) Transfer chicken to a serving platter. Combine 1 tablespoon water and cornstarch; stir into juices in pan. Cook and stir until thickened. Pour gravy over chicken, and garnish with parsley. Serve.

Arbutus Park Star - Advantage Care

The Arbutus Park Star for September is Ray!

Ray came to Arbutus Park Manor after becoming ill in his home and suffering a fall that left him unable to get back to his feet for an extended period of time before someone arrived to help. After a short stay in the hospital, Ray was not able to return back home with full independence. After being recommended by his doctor, Ray decided to come to Arbutus Park Manor to recover with his wife, who had recently been living there as well.

Ray received Occupational and Physical therapy services to regain his lost function. Ray was extremely determined to get back to his prior level of function so that he could be independent again. Ray excelled very quickly with therapy services, going from barely being able to stand up and frequently losing balance to making a full recovery. Ray recently started therapy services again due to some minor pain and discomfort with his shoulder. Ray states that "The therapy services and nursing staff have just been great. Everyone here is very nice. You guys have done a good job with me when I was sick and the same for my shoulder".

Ray has made outstanding progress with everything throughout his time here at Arbutus Park Manor and was chosen for star of the month because of his ability to keep a positive outlook on all situations and continue to improve in all aspects of his life.



Arbutus Park Snapshots

Row 1-3: Crossroads Carnival

Row 4: Chapel Ramp Construction

Row 5: Enjoying the Patio, Gail Goes Home!, and Chapel



Have you 'liked' us on Facebook?

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

facebook.com/ArbutusParkRetirementCommunity

Message from Pastor Hollis

Dear Friends,

We read in Leviticus 23:23-27: *The Lord told Moses, "Tell the Israelis that on the first day of the seventh month you are to have a Sabbath of rest for you—a memorial announced by a loud blast of trumpets. It is to be a sacred assembly. You are not to do any servile work. Instead, bring an offering made by fire to the Lord." The Lord spoke to Moses, "However, on the tenth day of this seventh month is the Day of Atonement. It's a sacred assembly for you. Humble yourselves and bring an offering made by fire to the Lord.*

The ten days beginning with the Feast of Trumpets (Rosh Hashana) and ending with the Day of Atonement are known as the Ten Days of Awe or Ten Days of Repentance/Return. Observant Jews use those days to fast, pray, repent of sins, and make amends for anything they have done wrong to anybody. This year those days fall on September 19-28. Rabbi Jonathan Cahn and others are calling for an International Day of Prayer and Repentance on Saturday, September 26. There will be a gathering on the National Mall in Washington DC and in communities across America and around the world.

Rabbi Cahn has written several amazing books, including [The Harbinger](#) and [The Paradigm](#), in which he shows how God warned ancient Israel of impending doom and gave them space to repent but they would not and the nation fell to its enemies. Then he draws startling parallels between the events in ancient Israel and those in America. For example, 9/11 was like the invasion of Israel in 732 BC by the ancient Assyrians. They invaded, caused limited havoc, and withdrew. God was warning them that He had removed His hedge of protection.

Instead of turning to God they defiantly said, *"The bricks have fallen, but we will rebuild with cut stones; the sycamores have been cut down, but we will replace them with cedars."* (Isaiah 9:10). On September 12, Senate Majority Leader Tom Daschle made a speech and quoted that verse; immediately he fell to scandal. On September 11, 2004, vice presidential candidate John Edwards made a speech in which he quoted Isaiah 9:10 at the beginning; immediately he fell to scandal. Both of these men thought they were using that verse to inspire and encourage their audience but they were unwittingly pronouncing judgment. In those two pronouncements, America and ancient Israel were linked together in arrogant defiance against God. There's more. When the North Tower fell, a large piece of debris uprooted a sycamore tree; it was replaced by a cedar, which later died. When rebuilding started at Ground Zero, a massive cut stone from upper New York was laid as the cornerstone.

Rabbi Cahn believes that America is at a critical turning point. God is warning us and giving us time to repent. If there isn't a great spiritual awakening, the nation is in grave peril. After 9/11 the houses of worship were filled for a few weeks. Some of us thought it was the beginning of a return to God but it didn't last because there was no true repentance. Many times recently we have heard the verse from 2 Chronicles 7:14. Let's hear it again: *If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.*

I invite you to commit to observing September 26 as a special day of prayer and repentance in behalf of the country. You may wish to fast but if you have any special dietary needs, please consult your doctor first. And, those who have a computer please visit TheReturnWebsite.org.

Love and Shalom to All,
Chaplain John D. 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

Arbutus Park Revitalization Campaign Update:

Our goal is to raise \$500,000 by July 2022 (a three-year fundraising campaign). To date, we have raised \$400,197 toward the campaign goal with pledges and gifts from generous donors like you! We are only one year into this important campaign and we are nearly to our goal with a remaining \$99,803 to raise!

Status of Improvements:

- New Doerr roof and air handler have been installed
- Several new windows have been installed in the manor; with more on order towards full replacement
- Both a new resident transport van and new bus were purchased and are in service
- A new family gathering area/indoor 'Chatterbox' has been designated inside the manor and construction will begin after state approval to include COVID-19 safety precautions



We appreciate your continued support of this campaign. It will truly make an impact on the lives of our residents. Your support of our mission to provide comfort and care as an independent, faith-based, non-profit care community means so much. We hope you will share this important update with your friends and family so they see the progress we are making! Perhaps they will feel led to give to the Revitalization Campaign and help us reach our goal!

If you have questions about the campaign or ongoing improvements, please call me at 814-262-2152. Thank you for your support!

Rick Wilson