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This picture of Tom makes us smile...so we put it on the cover!



CONNECT WITH ARBUTUS PARK!



ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

Arbutus Park News & Notes

Revitalization Campaign Update

We are excited to report that the campus Revitalization Campaign currently stands at \$417,685 of our \$500,000 goal. In addition to all the project progress we have previously shared, we are about to do another batch of new windows in resident rooms.

<https://arbutusparkmanor.com/revitalize>



Senior Crimestoppers

We have been recognized with the 2020 'Safe Facility Award' from the Senior Crimestoppers Program, for ensuring a zero tolerance to crime environment for residents, family members, and employees.

Alzheimer's Association Fundraising

Registration for the 2021 Alzheimer's Association Walk has opened. We invite you to join our team via arbutusparkmanor.com/alzheimerswalk. We are also selling Mid's candy bars as a fundraiser via the Business Office.



Indoor Chatterbox

The finishing touches have been accomplished on the indoor chatterbox and we have applied for our occupancy permit! Once we have been inspected and have the permit we will announce scheduling details through the Activities department.



Cottage Spring Cleaning

If you find yourself cleaning and forming a pile of items to be donated, don't forget about the Auxiliary Bazaar/Flea Markets! Just call Grounds or Maintenance and they will be glad to pick-up your items and place them in storage for the next sale.

Independent Living Opportunities

We have current availability to join our community: Patio Homes #10, #19 & #26, Single Cottage #20, and Townhouses #301 and #402. If a Cottager makes a referral, they receive one month's maintenance FREE upon the move-in. Please contact Community Affairs for the status of available cottages.



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

March Birthdays

- 2 Richard Sheridan
- 2 Tom Wolf
- 4 Bill Eggert
- 4 Ruth Anne Hollis
- 6 Nancy Rhine
- 7 Del Wasser
- 8 Judy Davidson
- 8 Sue Strohm
- 10 Glenn Orris 90!
- 12 Connie McClain
- 16 Daniel Leonard
- 18 Mary Bimeal 90!
- 22 Veronica Danatsko
- 22 Kathleen Dravis
- 22 Sara Livingston 102!
- 24 Leonard Fornadel
- 24 Laverne Peters
- 25 Roger Luther
- 25 Howard Price
- 26 Don Bender
- 26 Judylee Pepon
- 26 Lois Wingard
- 28 Les Knavel



March Work Anniversaries

- Raylene Mangus - Dietary - 32 Years
- Brian Johns - Activities - 16 Years
- Renae Shearer - PC - 15 Years
- Brooke Patteron-Myers - Nursing - 13 Years
- Linda Greer - PC - 9 Years
- Diane Walker - Activities - 7 Years
- Paula Bernardo - Nursing - 6 Years
- Kristen Russell - Nursing - 6 Years
- Toni Weeks - Nursing - 3 Years
- Karen Rose - Housekeeping - 2 Years
- Kayla Lloyd - Nursing - 2 Years
- Karry Landis - Nursing - 1 Year
- Allison Macy - Finance - 1 Year
- Davin Winfield - Maintenance - 1 Year
- Alexis Makin - Nursing - 1 Year
- Alcesta Pannone - Activities - 1 Year
- Dillan Martell - Nursing - 1 Year
- Stephanie Lewis - Nursing - 1 Year
- Miranda Kenno - Nursing - 1 Year

Anniversaries

- 2 Tom & Judy Davidson

Taxes Due April 15

Do you need some help with tax preparation this year?

Cambria County Area on Aging offers senior citizens FREE tax preparation.

You can call and visit the following locations for information:

Johnstown Senior Center - 550 Main Street

Tax documents collection on Tuesday's & Thursday's

11 am - 12 pm. (814) 535-8634

East Hills Senior Center - 1425 Scalp Avenue

Tax documents collection on Tuesday's & Thursday's

11 am - 12 pm. (814) 266-6040

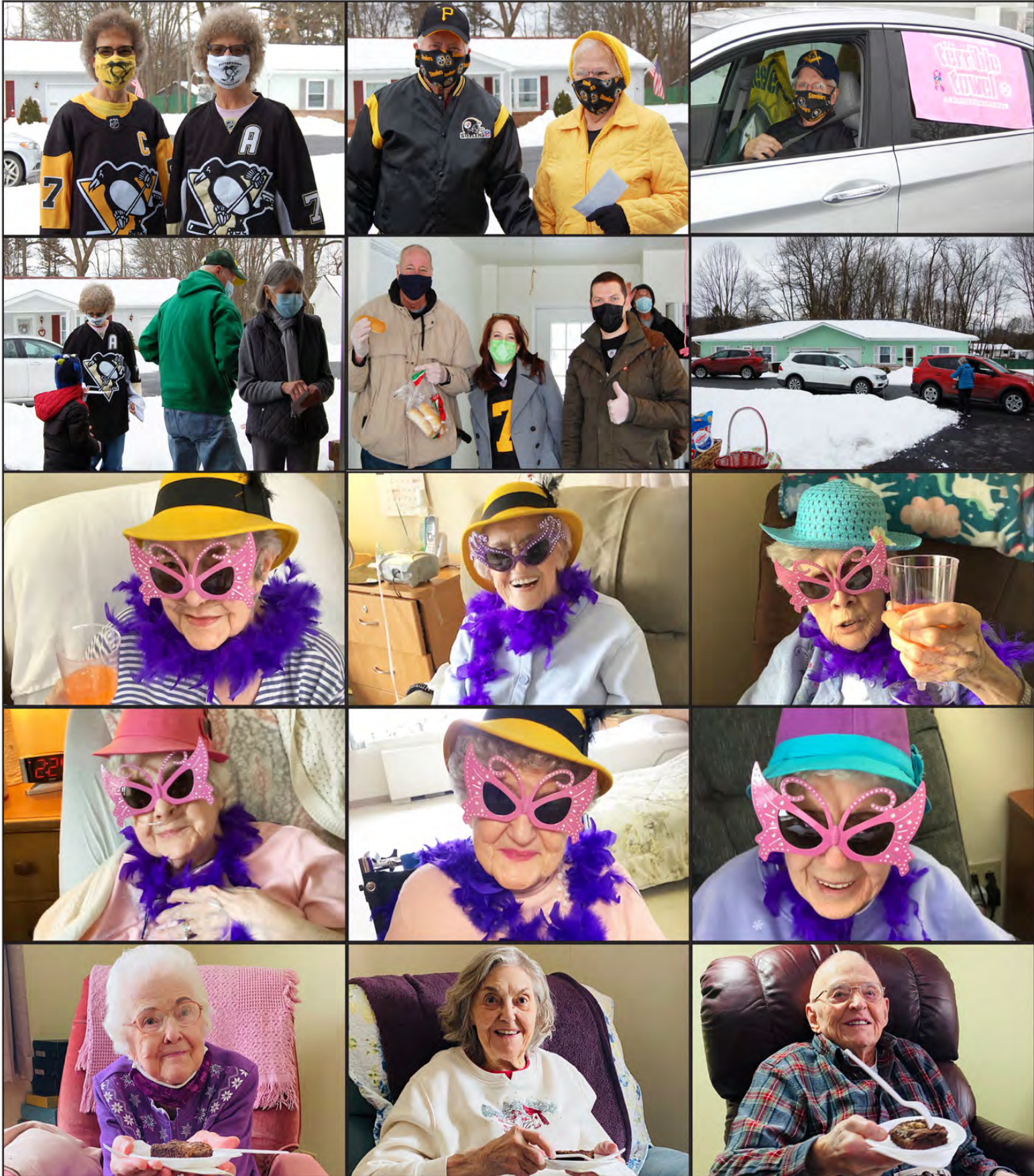


Arbutus Park Snapshots

Rows 1&2: Cottager Drive-Thru Tailgate

Rows 3&4: 'National Crazy Old Broad Day'

Row 5: National 'Cream Cheese Brownie Day'



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://www.facebook.com/ArbutusParkRetirementCommunity)

Arbutus Park Star - Advantage Care

The Arbutus Park Star for March is David!

David has come a long way since his arrival in December, just before Christmas. David was diagnosed with COVID-19 mid-December and was admitted to Conemaugh Memorial Medical Center where he experienced complications from the virus including hypoxia, respiratory failure, and viral encephalitis. When David arrived on campus, he was on a gastric feeding tube due to his severe weakness, lack of appetite, and inability to eat. He was so deconditioned that when the Occupational Therapist and Physical Therapist went in to complete his initial assessments, he was barely able to keep his eyes open or sit upright at the edge of the bed. He could not speak or recognize anyone around him.



David underwent several months of Occupational Therapy, Physical Therapy, and Speech Therapy, focusing on his balance, gait training, safety, and sequencing while getting himself dressing and in/out of the bathroom. He went from unable to sit up with two people assisting him to walking laps through the Manor with the use of a cane and only therapist supervision for safety. The Speech Therapist helped David work his way off of the feeding tube while building his appetite back up. She also worked with him on his memory and cognition after the effects of the viral encephalopathy had left him with some confusion. Slowly, David began recalling all aspects of his surroundings and his life.

David always had a smile on his face through the whole ordeal. He was always optimistic, motivated, pleasant, and willing to put in the hardwork and effort necessary to gain back his strength and independence to get back home. Before COVID, he was completely independent in the community.

We are happy to say that on 1/22/21, David "graduated" from his therapy services and was discharged back home the following day. His hard work and effort paid off. Thank you, David, for allowing us to care for you. It was a pleasure.

More Pepsi Smiles!

Our friends at Johnstown Pepsi Co continue to show incredible kindness and support to our wonderful residents. For Valentine's Day, they had roses delivered to every resident in the Manor! Thank you for your continued support and kindness, we are appreciative of your thoughtfulness and generosity.



Pathways to Good Health

March is National Nutrition Month

Nutritional needs, along with taste, evolve as we age. Healthy eating no longer has to be dull and tasteless. It's easy to make healthy and delicious variations to meals and snacks.

Instead of table salt, try pink Himalayan salt in a grinder. Or, if you are salt free, experiment with different spices to create bold and savory creations.

Instead of white table sugar, try other natural sweeteners. Stevia, honey, and monkfruit are just a few examples of natural sweeteners that won't cause harsh spikes and lows in blood sugar. *Consult a nutritionist or your doctor if blood sugar is a health issue for you.

Instead of cooking with butter, or purchasing store bought salad dressing, experiment with flavored olive oils and balsamic vinegars. Creating your own unique dressings and marinades can be a healthy and fun alternative to those that are usually high in sugar and corn syrups.

Visit local Farmers Markets for the best of in season fruits and vegetables. If fresh isn't available, purchase fruits packed in 100% juice and vegetables with little or no added salt.

Choose whole grains over white bread, rice and pasta. It's more filling and contains less sugar, or replace it with gluten free options. Cauliflower pizza crust and rice pasta are delicious.

Dairy can be a real issue as we age. It can cause inflammation in the gut and digestive issues. Today there are many alternatives to dairy. Try almond, coconut or oat milk, plant based butter and even cashew cheeses. You just might like it.

Overall, a healthy lifestyle needs a balanced diet and exercise. Try 20 to 30 minutes of activity a day (walking, treadmill, or bike riding as an example)

Consult your doctor before starting a new meal plan or exercise program.

Please feel free to share healthy recipes with us! We would love to hear what's cooking!

Cottager Updates

1) With the retirement of John Sidor, we are taking the opportunity to restructure our Grounds and Maintenance departments. Mike Yeager, our Maintenance Director, will be managing both crews, with Logan and Todd serving as leads for each department. Continue to submit your slips through Community Affairs, and don't be surprised if you see a Maintenance crew member mowing or a Grounds crew member showing up to fix your sink!

2) The end of the sewage project is in sight! Each quarter of 2021 we will complete a townhouse quad.



Kurt would like to thank everyone who so kindly sent Isaac Valentines and goodies after the tailgate!



Amy's Recipe of the Month

Grasshopper Pie: Prep Time - 15 min plus freezing time - Serves 8

"Go Green" in March and this delicious minty treat is perfect for St. Patrick's Day. Bonus...you can use those Girl Scout Thin Mint cookies for this recipe. I have also used Mint Oreos and Keebler Grasshopper cookies. They are all equally delicious.

Ingredients:

- 6 ounces cream cheese, softened
- 1 can (14 oz) sweetened condensed milk
- 15 drops green food coloring
- 24 chocolate covered mint cookies (divided)
- 2 cups whipped topping (Cool Whip)
- 1 chocolate crumb crust (9 inches)



Instructions:

- 1) In a large bowl, beat the cream cheese until fluffy. Gradually beat in milk until smooth. Beat in the food coloring.
- 2) Coarsely crush 16 cookies; stir into the cream cheese mixture. Fold in whipped topping. Spoon into the crust.
- 3) Cover and freeze overnight. Remove from the freezer 15 minutes before serving. Garnish with remaining cookies and festive sprinkles if desired.

Saint Patrick's Day Trivia

1) **ST. PATRICK WASN'T IRISH.** Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales in the late 4th century.

2) **THERE'S A REASON FOR THE SHAMROCKS.** According to Irish legend, the saint used the three-leafed plant (which is not to be confused with the four-leaf clover) as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.

3) **WE SHOULD REALLY BE WEARING BLUE ON ST. PATRICK'S DAY.** Though we've come to associate kelly green with the Irish and the holiday, the 5th-century saint's official color was "Saint Patrick's blue," a light shade of sky blue. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.

4) **THERE ARE NO FEMALE LEPRECHAUNS.** In traditional Irish folk tales there are no female leprechauns, only nattily attired little guys who spend their days making and mending shoes (meaning they earned that gold they're always guarding).

5) **THERE'S NO CORN IN THAT BEEF.** Corned beef and cabbage, which has become a St. Patrick's Day staple for Irish Americans, doesn't have anything to do with the grain corn. Instead, it's a nod to the large grains of salt that were historically used to cure meats, which were also known as "corns".

6) **THE LINGO MAKES SENSE!** You can't attend a Saint Patrick's Day event without hearing a cry of "Erin go Bragh." What's the phrase mean? It's a corruption of the Irish Éirinn go Brách, which means roughly "Ireland Forever."

7) **SAINT WHO?** According to Irish legend, St. Patrick wasn't originally called Patrick. His birth name was Maewyn Succat, but he changed it to Patricius after becoming a priest.



Message from Pastor Hollis

Dear Friends and Family,

March 28 is Palm Sunday, the beginning of Holy Week. On that day Jesus rode into Jerusalem on a donkey to the exultant shout, *Hosanna to the Son of David! He who comes in the name of the Lord is the blessed One! Hosanna in the highest heaven!* (Matthew 21:9; see Psalm 118:25-26). The word Hosanna means "Save now!" It is the cry of an oppressed people to their king or to God.

"Son of David" is a high Messianic title. In Matthew 9:27 we read that *two blind men followed Him, shouting, "Have mercy on us, Son of David!"* In Matthew 12:23, after Jesus healed a blind and speechless man, the text says, *And all the crowds were astounded and said, "Perhaps this is the Son of David!"* In Matthew 15:22 we even learn that *a Canaanite woman from that region [Tyre and Sidon] came and kept crying out, "Have mercy on me, Lord, Son of David! My daughter is cruelly tormented by a demon."* She wasn't even Jewish but yet she recognized who He was. After some conversation, He granted her request.



Jesus didn't sneak into Jerusalem under cover of darkness; He was presenting Himself as the Messiah. It was a bold and courageous act. He knew the authorities planned to kill Him. This was preparation for His ultimate sacrifice. John the Baptist had already proclaimed Jesus as *the Lamb of God, who takes away the sin of the world!* (John 1:29). It was 10 Nissan when Jesus rode into town. Exodus 12:3 marks that as the day when the Israelites were to choose a sacrificial animal for Passover and keep it for the next four days and inspect it for blemishes. For four days the religious authorities questioned, probed, and tested Him from every angle. At the end of that period, Pilate declared, *I find no fault in this man.* (Luke 23:4). On 14 Nissan He was slaughtered as the perfect Passover Lamb. He arose the following Sunday, which was the Jewish festival of Firstfruits, and thus became *the firstfruits of them that slept.* (1 Corinthians 15:20). How good it is to trust in and to cling to this blessed Savior.

Love and Shalom,
Chaplain John Hollis

Auxiliary Doings

With only a few cautious months inside 2021, we are starting to look more hopefully and expectantly to the time when we can move forward with our festive luncheons, delicious fund-raising banquets, bargain-filled flea markets, and other special events that we hold each year. We all miss the camaraderie as we work alongside each other in supporting the dear residents of the Manor.

We are grateful and thank all those who have generously contributed to our 2021 Membership Drive. Here's the good news...if you haven't donated yet- it's not too late! Contributions are always welcome!

We wish to give a special 'Thank You' to Buddy, Kerri, and the Dietary Department for donating to the Auxiliary from the profits from their sale of strawberries, pumpkin rolls and soup. Teamwork!

Over 40 women serve on the Arbutus Park Auxiliary Board and they warmly welcome anyone who wishes to join the group. If you have a yearning to volunteer and be of help to the residents in some way, we highly recommend being part of our mission.

We regret the Gift Shop had to be closed due to the pandemic. It's always a welcome spot in the Manor where you can find some 'goodies,' a sweet treat, or a special little something for yourself or for someone you love. So when it is safe to do so, we are more than ready to get back to work! We eagerly await these welcome words...

'FORWARD MARCH.'

More info: arbutusparkmanor.com/about/auxiliary



ARBUTUS PARK RETIREMENT COMMUNITY
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RETURN SERVICE REQUESTED



Pathways is a monthly newsletter. Please contact Arbutus Park Community Affairs with questions or comments at kroberts@arbutusparkmanor.com

Park Profile Dolores 'Doe' Berkey

Dolores recently joined our team as our Purchasing Coordinator and has hit the ground running! Let's take the opportunity to welcome and get to know 'Doe!'

Tell us a little about yourself: I was previously employed at Pitt-Johnstown where I held many roles throughout my career with the most recent being lead purchaser and budget manager. I am a graduate of Pitt-Johnstown and hold a Bachelor of Arts degree which I earned as an adult learner.

Where does your nickname 'Doe' come from? I am named after my aunt. She and I both share the nickname Doe.

So far, what is your favorite thing about being at APRC? My favorite thing so far at APRC is the friendly people and being so warmly welcomed.

When you aren't working, what do you like to do? I like to craft. My go-to is crocheting. It relaxes me.

If you could travel anywhere, where would you go? I think I'd like to go to Hawaii. It's all about the beaches.

Finish this sentence: "The Best Thing in Life is..." spending time with family.

What is something most people don't know about you or wouldn't expect from you? I tend to yell at the TV when watching sports and my team is not doing well. Truthfully, I have been known to yell even when they are doing well.

What is your favorite sports team? My favorite sports teams are any in black and gold that are located in Pittsburgh with the Penguins leading the list. I also cheer for the Pitt Panthers. My daughter and I enjoy going to an occasional game in Pittsburgh and look forward to being able to do so again hopefully soon.

Favorite meal? My favorite meal would definitely include pizza.

Favorite film? National Treasure

Favorite musical artist? Pentatonix

