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Arbutus Park News & Notes

Indoor Chatterbox

The Indoor Chatterbox is open! The response has been wonderful, and we are grateful for family and friends to be able to comfortably visit with their loved one in this new space. Special thanks to the donors of our revitalization campaign and PepsiCo Johnstown for making the room possible! Please contact Lois Pudliner for Personal Care or Melinda Frye for Nursing to schedule your visit!



Happy Birthday Sassy Girl!

Our beloved therapy dog Sassy turns 12 this month! Sassy provides warmth and affection to residents and staff alike.



Positive Changes Abound

March was a month of many changes. Dining rooms were opened again, small group activities resumed, the indoor chatterbox opened, and we were able to facilitate vaccines for our cottagers. As things evolve and change, please check our website and Facebook page for timely news and announcements.



Area Code Now Required

Starting April 3, the 814 area code will have mandatory 10-digit dialing on all calls. To begin preparing for 10-digit dialing, you should check devices that store telephone numbers — including cell phones and other devices with “speed dial” functions — to be certain that all the stored contacts include the area code.

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.



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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!

April Birthdays

- 8 Elaine Sweltz
- 8 Linda Michael
- 14 Alice Mason
- 16 Clarence Mock
- 17 Betty Sheridan
- 20 Clifford Bush
- 21 John Hollis
- 21 Lucille Smolko
- 23 Margaret Brown
- 23 Stanley Debias
- 24 Dick Barber
- 24 Isabella Keim
- 28 Douglas Greig
- 28 Ray Rafferty
- 30 Denton Haynes
- 30 Sharon Varner
- 30 Joan Yeager



April Work Anniversaries

- Carissa Dabbs - 1 Year
- Johnathan Hurt - 1 Year
- Meghan Cole - 1 Year
- Robert Evans - 5 Years
- Maura Trabold - Dietary - 5 Years
- Andrew Koval Jr - 5 Years
- Karen Podrasky - 7 Years
- Kelly Taylor - Activities - 7 Years
- Mike Yeager - Maint/Grounds - 20 Years
- Mary J Watkins - 11 Years
- Alexis Stenger - 17 Years
- Dona Flynn - Activities - 32 Years
- Jodi McCloskey - 33 Years
- Tracey Schiling - 35 Years

Anniversaries

- 6 Roger & Bonnie Luther
- 6 Luke & Dorothy Weimer
- 23 Jack & Kathy Fagan

Attention Arbutus Residents

Did we miss your birthday or anniversary?
Please let us know by calling 814-262-2150



Arbutus Park Star - Advantage Care

The Arbutus Park "star" for April is Dave!

Dave came to Arbutus after a hospital, he was recovering from COVID-19. He had multiple medical complications upon admission to Arbutus, making his transition home much more difficult.

The medical staff worked their magic and they got Dave on the right track for healing! The therapy staff worked daily with him on strengthening his body, maximizing his endurance, and improving his balance so he would have a safe transition back into the community. Dave had some difficult days of recovery here, but he always kept his eye on the prize. I'm happy to announce he made a successful recovery, and is back home living life again!

Dave is a prime example to never give up on your goals. With hard work, perseverance, and a positive attitude you can achieve anything! Congratulations, David!



Amy's Recipe of the Month

Bird's Nest Breakfast Cups

Everyone loves a delicious Easter Brunch. Once again, this holiday will be scaled back on friends and family but you don't have to scale back on delicious options for a smaller celebration.

These are delicious served with cheesy grits, fresh fruit and Easter Breads.

BONUS: You can prepare these ahead of time!

Ingredients:

- 1 1/2 teaspoons salt
- 2 Tablespoons water
- 12 eggs
- 1 (30oz) package frozen shredded hash brown potatoes, thawed
- 2/3 cups shredded cheddar cheese
- 1/4 cup shredded cheese (divided) * this is in addition to the 2/3 cups of cheese mentioned above.
- 1 teaspoon ground black pepper
- 1 1/2 Tablespoons olive oil
- 8 slices cooked bacon, crumbled-divided

Instructions:

1) Preheat oven to 425 degrees F (220 degrees C). Grease 24 muffin cups.

2) Mix hash brown potatoes, salt, black pepper, olive oil, and 2/3 cup shredded Cheddar cheese in a bowl. Divide mixture between prepared muffin cups and use your fingers to shape potato mixture into nests with hollows in the middle.

3) Bake in the preheated oven until hash browns are browned on the edges and cheese has melted, 15 to 18 minutes. Remove hash brown nests.

4) Reduce oven temperature to 350 degrees F (175 degrees C).

5) Whisk eggs and water in a bowl until thoroughly combined; season with salt and black pepper. Pour equal amount of egg mixture into each nest; sprinkle with bacon crumbles and 1 teaspoon Cheddar cheese.

6) Bake in the oven until eggs are set, 13 to 16 minutes. Let cool in pans and remove by sliding a knife between potato crust and muffin cup.



Auxiliary Doings

On December 6, 1971 the wives of the Board of Directors of the Arbutus Park Manor met at the home of Dr. Harry J. Fisher to discuss the organization of an auxiliary for the Manor. On January 31, 1972, those present at the first official meeting of the newly organized Auxiliary donated a total of \$16.00 as dues. From that humble beginning grew an energetic and caring Auxiliary which today consists of over 40 members. Thousands and thousands of dollars have been raised since the beginning for the purpose of rendering service and support to the residents of the Manor.

We are grateful for the continuing donations to the 2021 Membership Drive. It's never too late to donate! Your contributions are helping us keep our ongoing commitments to the Manor up to date.

Another way to help....Spring Cleaning! It's almost a guarantee that you have unneeded items that you can donate to the Auxiliary for their next Flea Market or Bazaar. Simply call the Manor to make arrangements for pick-up.

Volunteering is Awesome! When you volunteer in the Auxiliary it changes people's lives....the residents of the Manor...and YOURS! We always welcome new members who have a giving and willing heart to bless others. If you are interested in joining the Auxiliary Board call our President Judy Eppley (814-322-5344).

"And do not forget to do good and to share with others, for with such sacrifices God is pleased."
Hebrews 13:16



A Baby Shower in a Retirement Community?

Kurt and Stacy would like to thank the campus community for the incredibly thoughtful and generous surprise 'Drive-Thru Baby Shower!' Sophia Grace was born at 35 weeks on Thursday March 11, weighed 5 lbs 2 oz, and was 17 inches long. Thank you!



Pathways to Good Health

Sleep Patterns Change As We Age
Most adults age 65 and over need seven to eight hours of sleep each night to feel rested and alert. As we age, our sleep patterns change causing some to wake often throughout the night, while others find it impossible to fall asleep leaving them to feel drowsy and exhausted during the day. Proper sleep is essential to your health. Recent studies have linked lack of sleep to weight gain, heart disease and early onset dementia.



The most common sleep changes include

- Getting tired earlier in the morning
- Waking up earlier in the morning
- Waking up in the middle of the night, unable to go back to sleep
- Insomnia

Many factors can contribute to sleep issues

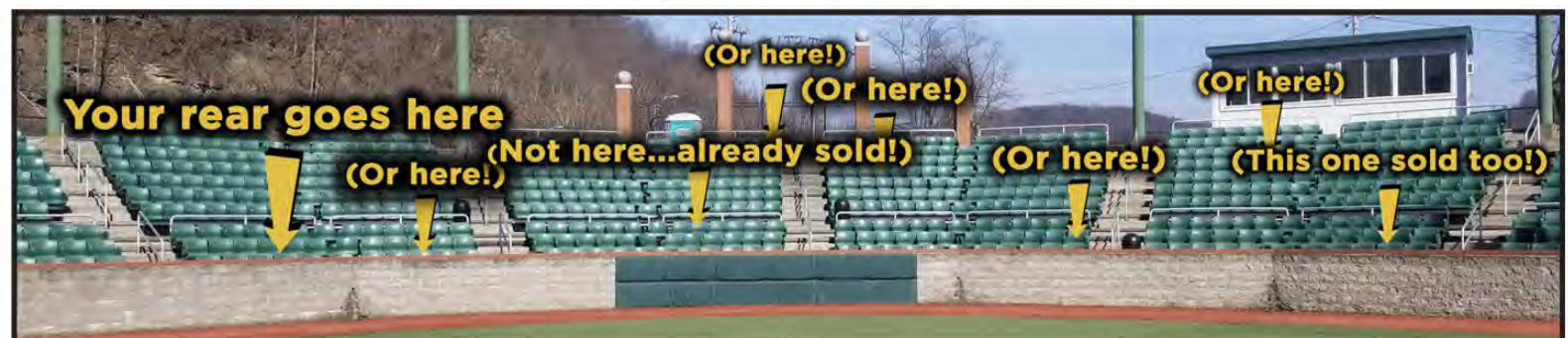
- Medications
- Lifestyle habits, alcohol, smoking and caffeine
- Sleep APNEA - condition associated with snoring causing breathing to stall and stop abnormally
- Restless Leg Syndrome
- Physical activity too close to bedtime
- Certain foods and time of meals

If your sleep cycle changes, here are a few things to consider

- Stay in a routine. Go to bed and wake up at the same time each day, even on the weekends.
- Do not nap longer than 20 minutes a day
- Avoid caffeine for at least eight hours prior to bedtime
- Exercise 30 minutes a day. Taking a brisk walk can be a great way to ensure a restful night sleep.
*Be careful not to exercise too close to bedtime.
- If lack of sleep is causing a disruption to your life, consult your physician.

Cottager Updates

- 1) The PA Insurance Department requires us to file an annual disclosure statement. The most recent copy is available at the Business Office. If interested, please contact the business office Monday - Friday from 8:00 am to 5:00 pm.
- 2) Would you be interested in forming a walking club on campus? Potentially once a week as a social distanced gathering activity? Contact Community Affairs.
- 3) Reminder that we still have a few former apartments available as storage units. \$30 per month.
- 4) As the weather starts to turn, hopefully we can start to hold some outdoor gatherings and activities. Anyone up for a Johnstown Mill Rats game at the Point Stadium?



Arbutus Park Snapshots

Row 1: Back in the Dining Rooms! Row 2: Small Group Activities Return!
Row 3: Dr. Seuss Birthday Row 4: Mardi Gras! Row 5: National Nutrition Month



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)

Message from Pastor Hollis

Dear Friends and Family,

Easter! Resurrection! The very words bring excitement. But there are many in this world who do not believe such a miracle could ever happen. Their world view just does not include the miraculous. Let's examine one account of the event. We read in Matthew 28:11-15 that after Christ rose from the dead, *...some of the guards came into the city and reported to the chief priests everything that had happened. After the priests had assembled with the elders and agreed on a plan, they gave the soldiers a large sum of money and told them, "Say this, 'His disciples came during the night and stole Him while we were sleeping.' If this reaches the governor's ears, we will deal with him and keep you out of trouble."* So they took the money and did as they were instructed. And this story has been spread among Jewish people to this day.

The penalty for a Roman soldier falling asleep at his post was that he was to be burned alive using his own clothes and equipment as part of the fuel. That's why there was a concern for the governor's ears. With such a heavy punishment attached, would they all go asleep at the same time? Wouldn't they take turns? And, if they were sleeping, how did they know who did the stealing? If they knew who the culprits were, why didn't they arrest them?

You could argue that Matthew made up the whole story just to make the religious authorities look stupid. There never was a guard, a report, a bribe, a false story. It was all fabricated from start to finish. If that were the case, you would expect some contemporary of Matthew to accuse him. A search of ancient writings reveals no such charge was ever leveled against him. They all just repeat in some form or another the story that Matthew claims they are spreading. We have to decide which narrative is credible—Matthew's account of the resurrection or the tale told by the guards.

A most blessed Easter to all!
Love and Shalom,
Chaplain John Hollis

Easter Trivia

1) Easter baskets have special symbolism.

The woven containers represent nests and new life, especially when filled to the brim with eggs. Plus, they're a pretty utilitarian way to collect goodies on your Easter egg hunt.

2) There's a reason you probably eat ham for Easter dinner.

Historically, most early Easter celebrants would have eaten lamb for this special occasion as the holiday has its roots in Jewish Passover. Most American Easter dinners now feature ham, however, because of the timing of the holiday. Years ago, hams cured over the winter months would have been ready to serve in the early spring.

3) We can thank Germany for the bunny.

The idea of the Easter bunny giving candies and eggs is said to have originated in Germany during the Middle Ages, with the first written mention of this tradition dating back to the 16th century. Dutch settlers in Pennsylvania brought the bunny to the United States in the 1700s.



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

