Pathways

MAY 2021

ARBUTUS PARK RETIREMENT COMMUNITY MONTHLY NEWSLETTER

IN THIS ISSUE:

- Arbutus Park News
- Recipe of the Month
- Snapshots
- From the Chaplain

Arbutus Park News & Notes

National Skilled Nursing Care Week

The theme this year is "Together Through the Seasons". It will take place May 9-15, and the theme honors the collaborative commitment of skilled nursing care facilities and their staff in providing compassionate care to their residents during the pandemic.

Together Through the Seasons
National Skilled Nursing Care Week • May 9-15, 2021

Over the past year, despite the challenges of the pandemic, skilled care centers and their staff have shown an incredible and steadfast commitment to providing quality care and ensuring the safety of their residents.

Each new season brings new beginnings, new strategies, and new information. Together we will get through this and together we will begin to heal.

Friends and Family Return!

After a challenging year, we are thrilled to have friends and family back in the Manor, visiting their loved ones. You have been missed! Amongst all the emotional reunions, Jim and Blanche each got to meet new great granddaughters for the first time!

Vaccinations

Many thanks to Giant Eagle who hosted our Cottager vaccination clinics in April and May! The availability of vaccines locally has increased signifigantly and are now more readily available. For locations and appointments, visit: mainlinepharmacy.com/covid-vaccine-scheduling/

Independent Living Opportunities

It has been a busy spring! We are in the process of welcoming several new residents to the cottage community this summer!
We have current availability to join our community:
Patio Homes #10, #19 & #26, and Townhouse #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.

Regular Updates

At the rate things can change during this challenging time, be sure to visit our website and facebook page for updates. arbutusparkmanor.com
facebook.com/ArbutusParkRetirementCommunity

CONNECT WITH ARBUTUS PARK!

ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

May Birthdays

3 Kay Harriger
4 Sophia Smatlak
7 Jean Simmons
7 Rita Edwards
11 Michael Kachmar
13 Gladys Gordon
20 Eleanor Callihan
20 Rose Zvonik
23 Linda Burkhard
25 Janice Danasko
25 Jennie Moore

Anniversaries

22 Ron & Nancy Sottile

Attention Arbutus Residents

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

May Work Anniversaries

Tammy Moyer - Dietary - 25 Years
Susanne Martin - Nursing - 21 Years
Gail Yost - Nursing - 19 Years
Melinda Frye - Activities - 17 Years
Travis Knapp - Activities - 15 Years
Tracey Smith - Housekeeping/Laundry - 13 Years
Mary Anne Eicher - Nursing - 13 Years
Gina Tanaka - Nursing - 12 Years
Ann King - Nursing - 11 Years
Cindy Koval - Housekeeping/Laundry - 7 Years
Julie Hassan - Human Resources - 7 Years
Cynthia Penrose - Housekeeping/Laundry - 6 Years
Tammy Forney - Nursing - 5 Years
Diane Metzgar - Nursing - 5 Years
Robert Sellers - Security - 5 Years
Kirstie Miller - Nursing - 4 Years
Tori Sterner - Business Office - 3 years
Timothy Rubal - Grounds - 2 Years
Jacob Buchanan - Grounds - 2 Years
Brandy Goldberg - Nursing - 1 Year

Help Spread the Word! APRC Job Openings

Apply online at arbutusparkmanor.com/careers

Nursing: RN's & LPNs: 2nd/3rd Shifts – FT & PT
Nursing: CNA's: 2nd/3rd Shifts – FT & PT
Housekeeping/Laundry Aide: All Shift Rotation - FT
Activities Aides: 1st/2nd Shift Rotation - FT & PT
Personal Care LPN: All Shift Rotation - FT
Dietary Aide: 1st/2nd Shift Rotation - PT

Arbutus Park Retirement Community is an Equal Opportunity Employer

Arbutus Park Star - Advantage Care

The Arbutus Park Star for May is Mary Louise!

Unfortunately, Louise is no novice to hardships in her life, but nothing would prepare her for what she would endure at the end of February 2021. After she was unable to get up out of a chair in her home, she was taken by ambulance to the hospital and admitted with an infection in her Pacemaker wires and around her heart. On top of the IV antibiotics she was receiving, she also had severe swelling and pain to her left wrist and knee which was making walking difficult. Unable to go home and care for herself from the hospital, she came to Arbutus Park to continue receiving her IV antibiotics and Physical and Occupational Therapy services to assist in her recovery.

Upon her arrival, Louise was unable to get up on her own and required extensive assistance with all of her self-care needs. Her knees would not bend due to swelling and pain and she could not put any weight through her left hand or wrist at all. Physical and Occupational therapy began working with her using a platform wheeled walker that helped ease Louise into walking and getting up out of her recliner chair without putting too much pressure on her left upper arm and legs.

Louise was determined to get better, and despite having renal dialysis Mondays, Wednesdays, and Fridays which added to her fatigue, she pushed through and worked hard every therapy session. Over the next few weeks, sure enough Louise began to progress and was able to dress more independently and no longer needed the platform wheeled walker. Using a standard wheeled walker, Louise would walk over 250 ft with the physical therapists down the hall with just stand by assistance. She was able to get herself dressed in the morning with just minimal assistance at times to put on socks and shoes.

Louise is now preparing for her discharge home again where she is living independently. With much support from her daughter and family and friends she is anxious to get back to her prior level. Louise is a true example of what the Arbutus Star is all about: determination, hard work, and overcoming the odds. Through it all, Louise had a smile on her face and a positive attitude.

Betty's Recipe of the Month

Apple Bread Pudding
Makes 6 Cups - Serves 8-12

Ingredients:
- 2 cups nonfat milk
- 3/4 cup maple syrup
- 1 Tablespoon ground cinnamon
- 1 cup egg whites (approx. 6-8 eggs)
- 2-3 cups apples, peeled, cored and diced
- 4 cups diced bread
- 1 cup raisins

Instructions:
1) In a large bowl combine the milk, maple syrup, and cinnamon. In another bowl, beat egg whites until frothy. Add egg whites to the milk mixture and stir to combine thoroughly. Add the bread and toss well. Side aside to soak for 30 minutes.

Fold in the diced apples and raisins and pour into a greased nonstick 8x12x2 baking dish.

Bake at 350 degrees for 45-50 min. or until the top is crisp and brown. Serve warm.

Auxiliary Doings

Reasons to Volunteer with the Arbutus Park Manor Auxiliary:
1. Help others
2. Make a difference
3. Find purpose
4. Use your skills in a productive way
5. Meet new people
6. Expand your horizons
7. Make new friends
8. Feel better about yourself
9. Share your love with your community
10.....Get out of the house!

When our regular activities fully resume we will be needing new Auxiliary members who can help with the Luncheons, Flea Markets, Bazaars, Home for the Holidays, and other fun functions. **We also need volunteers to work in the Manor Gift Shop!** Don't hesitate to join the team!

Give our President Judy Eppley a call today at 814-322-5344.
"What do we live for if not to make the world less difficult for each other." - George Eliot
arbutusparkmanor.com/about/auxiliary/

Pathways to Good Health

Get Moving and Grooving in the Arbutus Park Walk & Roll Club!

Beginning this June, Community Affairs wants you to step out with us in the Arbutus Walk & Roll Club. We know our campus is a beautiful place to take a stroll and we are encouraging our cottagers to join us for a stroll once a week throughout the Summer and Fall.
The day of the week is still to be determined.
While the details of the club are in the works, we are going to start sign-ups in May.

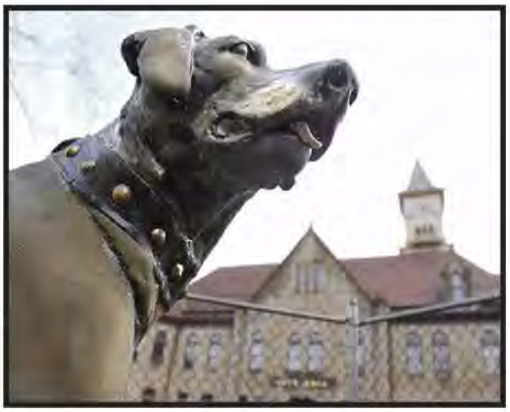
Less than 24% of adults get enough physical activity.
Just 30 minutes a day offers great health benefits:
Maintains good health
- Decreases risk for chronic illness such as
- High blood pressure
- Diabetes
- Obesity
- Depression
- High cholesterol
- Cancer
- Arthritis

So, let's get moving!
Contact Kurt or Amy to get your name on the list and we will get information to you as we develop the club. It's going to be a Walkin' Good Time!!!!

Did You Know? By Jim Gindlesperger

Many of us grew up hearing that the statue known as Morley's Dog was a sculpture of a real dog owned by a family named Morley that became a hero when he saved several children during the 1889 flood. It's a great story, and tourists love it, but unfortunately it is just that. A story.

The only factual part of the story is that the statue of the dog was owned by the family of James Morley, an executive with the Cambria Iron Works. Notice that I said the Morley family owned the statue of the dog, not an actual dog. So, technically speaking, the statue was "Morley's Dog". However, hundreds, maybe even thousands, of identical statues had been mass produced by a New York City company in the mid to late 1800s as lawn ornaments, and that is exactly what the Morley family used it for.



When the 1889 flood hit it took the statue with it. It was eventually found during a cleanup operation, buried in the rubble at the Stone Bridge. There are no Morley's listed on the register of the dead, so it must be assumed that the family all survived. Apparently they never got their "dog" back, though, because it was eventually put on display as a symbol of the city's toughness and resiliency. For years it sat in the small parklet on the northwest corner of Main and Market Streets. It may actually be the second-most photographed structure in the city, with the Inclined Plane likely being number one. It was so popular that it even got a mention in the hit cult movie "Slap Shot," starring Paul Newman and extensively filmed in Johnstown.

As so often happens, though, Morley occasionally fell victim to vandals, the most blatant coming when a group of baseball players from Buffalo, in town for the AAABA baseball tournament, caused extensive damage several years ago. Once repaired, Morley's Dog, or just plain 'Morley' as many refer to him affectionately, once again assumed his quiet vigil over the park. But Morley was constructed of zinc-alloy, a material not compatible with severe weather. Eventually, the statue began to show signs of wear and tear from the weather and the manhandling from children and over-exuberant adults who felt the best photograph was the one where they sat on the dog's back.

A series of repairs only delayed the inevitable. One of the repairs had filled the interior of the statue with concrete in a well meaning, but damaging gesture. The metal and the concrete did not expand and contract at the same rate with temperature changes, causing more problems than it fixed. Finally, in 2004, Morley was taken out of service, replaced by a replica. He was taken to Concurrent Technologies, where he was subjected to metallurgical analysis and underwent a repair and rebuild by several employees who volunteered their time. Cost estimates for the repair came to $14,000 for the statue, which cost $200 when it was purchased.

But if you ask any Johnstowner, it was worth every penny. Morley once again stands tall, but now he stays in his new home in the lobby of the Heritage Discovery Center. He is such a symbol of Johnstown that replicas can now be seen all around town in different costumes and disguises, based on how each owner wishes to show him off. And that 2004 replica? He still stands guard in the park, and he's becoming as much a symbol as the original.

Reprinted from the 'Positively Johnstown' Facebook group.

Arbutus Park Snapshots

Row 1: Enjoying the Sunshine Row 2&3: Easter in the Manor
Row 4: Campfire & S'mores Row 5: Good Friday

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 and Family,

May has three big days. The 9th is Mother's Day, also known as Festival of the Christian Home. I thank the LORD that I had a good and a godly mother. I can't help but think about a famous poem by W. R. Wallace:
Blessings on the hand of women! Angels guard its strength and grace,
In the palace, cottage, hovel, / Oh, no matter where the place;
Would that never storms assailed it,/ Rainbows ever gently curled;
For the hand that rocks the cradle / Is the hand that rules the world.

Almost every person who has become great can look back and recall the influence of his or her mother. If you have a living mother, honor her this Mother's Day.

The 23rd is Pentecost. It comes from the Hebrew celebration of Shavuot, which is 50 days after Passover. Our Jewish friends commemorate it as the day when God gave Moses the Ten Commandments. One day, as he spoke in Chapel, our local rabbi told us that, on that day, the whole congregation of the house of Israel was filled with the Holy Spirit. History is prophecy.
We read in Acts 2:1-4: *When the day of Pentecost [Shavuot] had arrived, they were all together in one place. ... Then they were all filled with the Holy Spirit ....*
From that day, the followers of Jesus began to speak and act with such great power that some people in Thessalonica complained in Acts 17:6: *"These men who have turned the world upside down have come here too...."*
That was a left-handed compliment. Modern day prophets are saying that, in these last and closing days of this age, we will see even greater manifestations of the power of the Holy Spirit.

And then, on the last weekend of May, we have Memorial Day. Fly the flag! Remember and honor those who have served our country with valor and courage. Freedom is not free. It cost the toil, sweat, and blood of patriots. Ronald Reagan reminded us: "Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."
Please never stop praying for our country.

Love and Shalom,
Chaplain John Hollis

ARBUTUS PARK RETIREMENT COMMUNITY
207 OTTAWA STREET
JOHNSTOWN, PA 15904

RETURN SERVICE REQUESTED

Arbutus Park
RETIREMENT COMMUNITY
Pathways

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