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Arbutus Park News & Notes

Congratulations, April!

Please join us in congratulating April on successfully completing all the requirements to become an officially licensed Personal Care Director! We appreciate your hard work and dedication to APRC and your care and compassion to your residents! You are an asset to our community, and we thank you for advancing your career with us!



Seeking Fabric Donations

Activities is looking for donations of fabrics, any style, any shape! We are creating multiple boxes of fun fabrics for Crossroads. This is fun for everyone, but especially for someone who used to enjoy sewing or fabric crafts. The box will have dozens of pieces of assorted fabrics inside of different colors and textures like lace, felt, silk, velvet, wool, cotton, etc. Residents will enjoy touching, folding, and sorting the fabrics.



Generosity of Independent Living Residents

Since the pandemic began, we have been humbled by the support of our cottagers making masks, facilitating staff meals, making donations, and much more. Recently, Nancy kindly donated 11 handmade afghans for our manor residents. Nancy is accepting yard donations which can be left with the Manor receptionist. We thank you!



CONNECT WITH ARBUTUS PARK!



ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

Independent Living Opportunities

We have current availability to join our community: Patio Homes #10 & #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 speed things can change during this challenging time, be sure to visit our website and facebook page for updates. arbutusparkmanor.com
facebook.com/ArbutusParkRetirementCommunity

June Birthdays

- 2 Fred Barefoot
- 5 Pat Griffith-Hughes
- 7 Sandy Martin
- 15 Tokiko Mishler
- 17 Norman Goetz
- 17 Sassy
- 18 Betty Hoover
- 18 Mary Joan Sigmund
- 25 Merle Fetzer
- 27 Jack Fagan



Anniversaries

- 15 David & Kathy Mills
- 15 Thomas & Mary Joan Sigmund
- 17 Del & Pearl Wasser
- 25 W. Gerald & Rowena Witt

Attention Arbutus Residents

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

June Work Anniversaries

- Kimberly Sell - Laundry - 37 Years
- Sawa Yannutz - Dietary - 36 Years
- Tammy Pitera - Nursing - 30 Years
- Kimberly Kohler - Dietary - 28 Years
- Robert Parks - Maintenance - 27 Years
- Jane Vann - Nursing - 22 Years
- Alvin Brumbaugh - Maintenance - 19 Years
- Mary Cherokee - Activities - 19 Years
- Sandra Scaife - Nursing - 19 Years

Giving Back

Tony's mother, Rose, was a resident on the Doerr wing of the Manor for five years at the age of 101. Tony regularly visited and spent time with his mom, and they enjoyed quality time together walking both around the mound and the cottage community. They conversed while enjoying the flowers and the trees blooming around campus, and the blueberry bushes along the sidewalk leading up to the cul-de-sac were always a favorite. Now retired, Tony is giving back in memory of his mom by planting new flowers around the mound and volunteering with our grounds department. Thank you Tony for your kindness and generosity, we are blessed to have you as part of the APRC family!



Auxiliary Doings

OH! What we are finding! Sorting has begun through all the great donated items that are given for our Flea Markets and Bazaars. And it is revealing great bargains galore! Thanks to the generosity of many donors, the next sale will be a 'doozie'. You won't want to miss it!

And here's a little secret...(that may have been made known by the time you read this) Plans are underway to make these bargains available on a more regular basis.



After a long period of time having events on hold, it is more than exciting to have a new project underway. More information coming soon!

In the meantime...you can support the Auxiliary by participating, if you wish, in the Auxiliary Lottery Wreath located at the Business Office.

What: Auxiliary Lottery Wreath When: Available May 31 thru June 14.
Tickets: One for \$1.00 Three for \$5.00 Seven for \$10.00

Needs continue.....and so does our desire to help the residents of the Manor. Thanks

for being alongside the Auxiliary with your support!

arbutusparkmanor.com/about/auxiliary

Cottager Updates

Moving Community Affairs into a Patio Home was a result of the challenges we faced in establishing different zones and additional nurse stations in the manor amidst ever changing pandemic circumstances. We have seen the benefit of having Community Affairs IN the community! Dropping off maintenance/grounds requests, answering questions, being more accessible, more easily facilitating tours, and being close for vendors working on cottages has proven to be a better way to serve our community. We are excited to share that the Community Affairs office will be staying in #19 Wesley, establishing both an office/meeting space as well as a 'show home' for prospective new cottagers.

Amy's Recipe of the Month

Ultimate Apple Cinnamon Grilled Cheese Sandwich

Totally indulgent! This sandwich is a perfect "Father's Day" breakfast treat served with fresh fruit and juice. The cinnamon buns can be purchased from your favorite bakery.

Ingredients:

- 2 Tablespoons butter
- 2 purchased cinnamon buns
- 4 slices of Brie cheese, divided
- 4 slices deli ham, shaved and divided
- 4 slices aged Cheddar cheese, divided
- 1 small apple- peeled, cored, sliced and divided.
(Granny Smith apples are a great choice)
- 2 eggs
- 2 Tablespoons butter
- 1/4 cup milk



Instructions:

1) Slice each bun in half, and place the slices on a work surface. To assemble a sandwich, place the toppings in this order: bottom of cinnamon bun, 1 slice Cheddar cheese, 1 slice of Brie cheese, apple slices, shredded ham, 1 slice of Brie cheese, 1 slice of Cheddar cheese, top of cinnamon bun. Repeat for 2nd sandwich, and gently press each sandwich together.

2) Melt butter in a skillet over medium heat. Whisk eggs and milk together in a bowl.

3) Dip both sides of each sandwich quickly into the egg mixture, and pan-fry the sandwiches until golden brown on each side, about 2 minutes per side.

Have a favorite recipe? Please share with us for publication?

Arbutus Park Star - Advantage Care

The Arbutus Park Star for June is Ann!

Ann is a family oriented, high spirited, fun loving individual who came to Arbutus Park to recover from a hip injury following a fall at home. She has a strong will and determination to return home living independently.

The PT and OT department worked their magic to help her regain her prior level of independence. Ann worked hard to master the multiple steps she needed as her final hurdle to return home safely. Ann has made outstanding progress with everything during her time with us. She was selected as star of the month because she never lost sight of her goals and worked hard and persevered.



Way to go, Ann! We wish you all the best!

Pathways to Good Health

National Migraine and Headache Awareness Month

While nearly everyone experiences a headache once in a while, some suffer with chronic debilitating headache pain up to 15 times a month. That is why June is National Migraine and Headache Awareness Month. A month dedicated to helping headache sufferers understand and treat their headaches. Headaches can be defined as pain "in any region of the head." The cause, duration, and intensity of this pain can vary according to the type of headache you are experiencing.

Understanding your headache symptoms can go a long way to helping you manage your symptoms with lifestyle changes and, if needed, medications. The most common types of headaches are tension, sinus, and migraine. Tension and sinus headaches are easily treated with lifestyle changes and over the counter medications. Migraine headaches, however, are a different story.

Over 4 million Americans suffer from chronic migraine. Chronic migraines are defined as 15 or more headache days a month with each migraine lasting four or more hours. These headaches account for lost workdays, family events, and poor quality of life for so many. Stroke symptoms can mimic a migraine so it can make these headaches tricky.

Symptoms include:

- Aura's
- Vomiting
- Ringing in the ears
- Burning in your eyes, nose and face
- Numbness in your arms and legs
- Intense throbbing pain usually on one side of the head
- Pain can last up to four days followed by a "Migraine Hangover" which is deep sleep for up to 16 hours.
- Nausea
- Dizziness
- Sensitivity to light & sound



**National
Migraine &
Headache
Awareness
Month**

Migraines occur more often in women than in men due to hormonal changes. Migraines are hereditary.

Migraines can be caused by sleep disruption, dehydration, skipped meals, food sensitivities, hormone fluctuation, and chemical exposure as well as other factors.

There are over the counter medications available for migraine treatment, but most suffers require a prescription for treatment and prevention. Consult a doctor to find out what would work best for you. Visit migraineheadacheawarenessmonth.org for more information.

Did You Know? By Jim Gindlesperger

On May 10, 1943 an organization known as the War Memorial of Greater Johnstown received a charter to do business from the Cambria County Court of Common Pleas. The application for the charter had been signed by a representative of each of 57 separate civic organizations. Three years later, wishing to be more inclusive, the name was changed to Cambria County War Memorial Inc. In 1949 the group received permission from the court to obtain and clear land on Napoleon Street where the old Union Cemetery was located. The cemetery was prone to flooding and many of the headstones had been washed away. Once that permission was granted, the site was designated for a new arena, to be dedicated to veterans of all wars. On October 31, 1949 ground was broken.



Two Medal of Honor recipients from World War II, Capt. Edward Silk and Lt. John Tominac, both of whom were subjects of earlier posts here, were asked to place the cornerstone of the new arena. That cornerstone was placed on May 19, 1950 as part of the Armed Forces Day celebration. That same day, the Eastern Hockey League awarded Johnstown a franchise, and the arena suddenly had its first tenant. On October 16, 1950 the arena opened to the public, and 5,000 fans filed in to witness the first event ever held in what was now being called the Cambria County War Memorial Arena. That event was an Ice Capades performance. Three weeks later the Johnstown Jets played the first hockey game in the facility, a 7-5 loss to the New York Rovers. The wins became more abundant, however, and on April 24, 1952 the Jets, who had just won the Eastern Hockey League championship, defeated International League champion Toledo, 7-1, to win the Amateur Hockey Association of the United States Cup.

Arguably the signature event for the arena came in 1976 when Paul Newman came to town to film the iconic movie, Slapshot, with most of the hockey scenes filmed at the arena. The only possible rival to the filming of Slapshot came in 2015 when Johnstown was named the first Hockeyville USA by a national vote of fans. The arena was packed when the announcement was made on national television. The honor came with a game between the Pittsburgh Penguins and the Tampa Bay Lightning, plus thousands of dollars for arena improvements.



In 2002, the arena underwent a major renovation when the commonwealth of Pennsylvania provided \$8 million. Additional funds were donated by the Tampa Bay Lightning, the parent club for the Johnstown Chiefs. The facelift for the arena included new seating, dasher boards, a new HVAC system, an elevator, and other general upgrades throughout the building.

In addition to hockey, the arena has served as the host of political rallies, concerts featuring some of the biggest names in music, championship contests for a variety of sports, circuses, military and trade shows, ice shows, and conventions. The arena is also the home of a small Veterans' Museum, and the concourse walls are adorned with military uniforms. Seats inside the arena are adorned with plaques containing the names of veterans from across the county. Luxury suites provide a unique seating arrangement that is available to any group wishing to reserve one.

In 2017 the arena marked two milestones. First, a new digital scoreboard was installed, and second, the arena awarded naming rights to 1st Summit Bank under a 10-year agreement. The new name became the 1st Summit Arena at Cambria County War Memorial. Now 70 years old and still going strong, the 1st Summit Arena at Cambria County War Memorial boasts of a history that few venues in America can come close to matching.



Arbutus Park Snapshots

Row 1: 'Shots for Shots!' Vaccine Clinic Row 2: Gardening in Crossroads
Row 3: Cherry Cheesecake Day Row 4&5: Ice Cream Trips to The Ranger



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,

June has three big days—Flag Day, Father's Day, and the First Day of Summer. I will be writing a devotion for Father's Day and so here I will comment on Flag Day.

The Flag Resolution, passed by the Second Continental Congress on June 14, 1777, stated: "Resolved, That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation." Before that time, troops fighting in the Revolutionary War marched under various banners; they had no unifying flag.

The observance of the day has developed over time. Bernard J. Cigrand, a Wisconsin schoolteacher, in 1885 urged his students to observe June 14 as "Flag Birthday." He later wrote an essay published in a Chicago newspaper that urged Americans to proclaim this date as the day to celebrate the flag. In 1888 William T. Kerr of Pennsylvania founded the American Flag Day Association of Western Pennsylvania, an organization to which he dedicated his life. In 1916 Pres. Woodrow Wilson proclaimed June 14 as the official date for Flag Day, and in 1949 the U.S. Congress permanently established the date as National Flag Day. Although Flag Day is not an official federal holiday, Pennsylvania celebrates the day as a state holiday. Each year the U.S. president delivers an address that proclaims the week of June 14 as National Flag Week, and all Americans are encouraged to fly U.S. flags during that week.



I am neither a prophet nor the son of a prophet, but I can confidently predict that this year there will be protests where the Stars and Stripes will be trampled and burned. Some will declare that Old Glory is a symbol of racism, bigotry, and white supremacy. Betsy Ross will be vilified. This is all part of a false narrative that paints the United States as being evil from its founding and was based on slavery. As patriotic Americans who love the country, we must celebrate all that is good and seek to amend that which is flawed in this great nation, which, I believe, was established on this continent by the grace of God.

Love and Shalom,
Chaplain John Hollis

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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



Many thanks to Ron S & Tina T for their efforts in keeping the cul-de-sac looking great and festive!