

IN THIS ISSUE:

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

"I am certain in my heart that all that I am, I have received from God."

- Saint Patrick

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ARBUTUS PARK!



ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

Arbutus Park News & Notes

A Cause for Celebration

Thanks to all of our lovely friends and family, we received over 160 cards to celebrate Mercedes 102nd birthday! Cards arrived from 14 states: from California to North Carolina, from Florida to New Jersey! She had a wonderful birthday, including a citation from Senator Wayne Langerholc, Jr. Thank you all for coming together to help us make a very special lady's milestone birthday memorable!



Goodwill Bins

We have been notified by Goodwill Industries that they are discontinuing the program that provided us with two donation bins on campus. Please keep the Manor Auxiliary in mind for any furniture, home goods, and other miscellaneous donations (except for used clothing) for our Flea Market which will reopen in the spring!



Nursing Scholarship Fund

We are excited to report that our Nursing Scholarship Fund has received a total of \$8,126 in donations. This includes \$1,100 in designated Christmas Angel Appeal donations. Thank you to everyone who has contributed. Our short-term goal is to raise a total of \$10,000 by June. This will enable us to award two \$5,000 scholarships this year. Our first scholarship will be awarded during National Nurses Week, May 6th - May 12th. If you would like to donate please visit: cfalleghenies.org/funds/scholarship-funds/



Independent Living Opportunities

We continue to operate on a waitlist basis for cottage availability. Once a cottage is renovated, we contact our waitlists for touring before advertising them online. If a cottager makes a referral, they receive one month's maintenance FREE upon the move-in.



March Birthdays

- 2 Richard Sheridan
- 2 Tom Wolf
- 4 Bill Eggert
- 4 Ruth Anne Hollis
- 6 Agnes Ferri
- 6 Nancy Rhine
- 8 Judy Davidson
- 8 Sue Strohm
- 10 Glenn Orris
- 11 Bill Barclay
- 12 Connie McClain
- 18 Mary Bimeal
- 22 Veronica Danatsko
- 22 Kathleen Dravis
- 22 Sara Livingston 104!
- 24 Geraldine Atkins
- 24 Laverne Peters
- 25 Roger Luther
- 26 Don Bender
- 26 Judylee Pepon
- 26 Lois Wingard
- 28 Les Knavel
- 30 Mary Hershberger



March Work Anniversaries

- Raylene Mangus - Food Services - 33 Years
- Brian Johns - Activities - 17 Years
- Renae Shearer - Personal Care - 16 Years
- Brooke Patteron - Nursing - 14 Years
- Kristen Russell - Nursing - 7 Years
- Diane Walker - Activities - 8 Years
- Paula Bernardo - Nursing - 7 Years
- Miranda Kenno - Nursing - 2 Years
- Karry Landis - Nursing - 2 Years
- Allison Macy - Finance - 2 Years
- Alexis Makin - Nursing - 2 Years
- Bethany Dozier - Laundry - 1 Year
- Alexis Grattan - Nursing - 1 Year
- Ashley Hanlin - Laundry - 1 Year
- Heather Hendrickson - Nursing - 1 Year
- Heidi Hendrickson - Nursing - 1 Year

Anniversaries

- 2 Tom & Judy Davidson

'HANDS' by Pastor Jon Estes

Weathered and worn, blemished and bent.
Each has a story of a life that is spent.

Stories of war and peace, that need expressed.
Of hardships and joy, the hearer is blessed.

They shake, they bump, they're strong, they're weak.
They're rough, they're tough, they hold a pure mystique.

I see all kinds as I walk through the halls.
The story each holds is sure to enthrall.

I am going to stop and ask the story to be told.
I need to hear it, it will be something to behold.

I'll ask about the lines, the scars, the stories they bear.
The bends and the stiffness that they currently wear.

Each has an amazing story that we all need to hear.
Let's stop long enough while the tales are still clear.

And as we think of the stories we have been told.
Look at our own hands at what stories they hold.

Tell someone your story...



Arbutus Park Star - Advantage Care

The Arbutus Park "Star" for March is Florence!

Florence became a Manor resident in January 2017 following an extensive decline in her health and an extended stay at a local rehabilitation center. She had to relearn the simplest of tasks that we all take for granted, in which she ended up working hard to regain her abilities. She is now able to complete self-care tasks and walk with assistance using a wheeled walker. Her mission was accomplished.

Then in 2022, she again was impacted with a viral set back, which caused her to become deconditioned again. After some extensive thinking, Florence agreed to be re-evaluated by therapy to regain her strength and ability to walk her previous distance in the second-floor hallway. Florence was seen by therapy services three times a week, and also followed by restorative care. Her strength has resumed and her ambulation distance has also resumed.

As you walk past her room at the right moment, you will see her doing her exercises of upper body strengthening with an overhead pulley and ankle weights to sustain her strength and ROM. Great job Flo!



Cottager News & Notes

Cottage Dinners

March 7, RSVP required by March 3 to Community Affairs.

Menu: Irish Stew, Irish Soda Bread, Pepperslaw, Mint Grasshopper Cake

Upcoming: April 4, May 2, June 6, July 11, August 1, September 12, October 3, November 7, December 5.

Cottage dinner charges will be made to your monthly statement.



Brunch is Back!

March 23, RSVP required by March 16 to Community Affairs.

We are excited to start making omelettes and serving mimosas again! Friends & family welcome!

2022 Schedule: April 20, May 18, June 22, July 20, August 4, September 21, October 19, November 16.

Brunch charges will be made to your monthly statement. (Dates subject to change)

Smoke-free Campus

As a healthcare facility, the Manor has been smoke-free for years. We are excited to announce that our cottage community is now a smoke-free living environment as well! If you have any questions, please contact Kurt for a copy of the new policy that has been added to our residential agreement.

March Johnstown Tomahawks Game

Let our 'lucky charm' streak continue! The next game is Saturday March 19. Bus leaves the sunporch at 6:30pm for a 7:00pm puck drop. RSVP and \$10 due by Friday, March 11 to Kurt in Community Affairs.

Events and format are subject to the constantly changing pandemic restrictions. Changes and cancellations will be communicated by robocall.



Amy's Recipe of the Month

Stewed Tomato Pork Chops

Prep 10 min - Cook 25 min - Serves 4

These Italian-style pork chops include lots of onion, garlic, tomatoes, and savory herbs. This quick and easy recipe is a great topping for pasta or smashed potatoes.

Ingredients:

- 1 cup chopped onion
- 3/4 cup chopped celery
- 2 cups chicken broth
- Salt & Pepper to taste
- 1 (14 oz) can cream-style corn
- 1 lb. bulk breakfast sausage
- 1/2 teaspoon paprika
- 1 (14oz) can whole kernel corn
- 1 (12 fluid oz) can evaporated milk
- 3 cups diced red potatoes cut 1/2 inch thick
- 1/4 teaspoon cayenne pepper (optional or to taste)



Instructions:

- 1) Heat a Dutch oven over medium-high heat. Cook and stir sausage, onion, and celery in the hot Dutch oven until sausage is browned and crumbly, 5 to 7 minutes; drain and discard grease.
- 2) Mix potatoes, chicken broth, salt, and pepper into sausage mixture; bring to a boil. Reduce heat and simmer until potatoes are soft, about 10 minutes. Add whole kernel corn, cream-style corn, evaporated milk, paprika, and cayenne pepper; simmer until heated through, 5 to 10 more minutes.

Auxiliary Doings

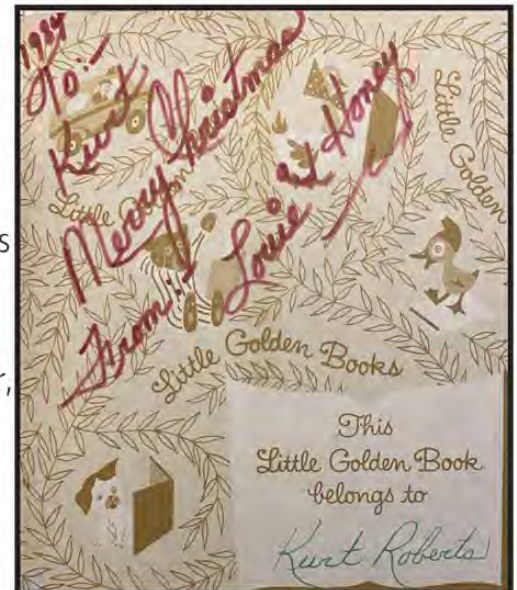
A Little Golden Story from the Auxiliary Flea Market ...

While volunteering at the Auxiliary Flea Market last Fall I was sorting through boxes of donated items. In one box I found several Little Golden Books that were from the era of the 1950's. As I was checking on the condition of the books, so I could put them out for resale, I discovered familiar hand written names in two of the books.

The first one was the name of my daughter's brother-in-law. Thinking it could have belonged to him as a child I called my daughter (who lives in Ohio) and told her about the book. She was excited. She said, "Buy it and send it to me." So I did. She then wrapped it in Christmas wrapping paper and mailed it to her brother-in-law (who lives in California). On Christmas morning she watched (through the modern miracle of technology) as a large smile crossed his face as he opened his Christmas gift. He remembered the book from his childhood, one of his favorites, and even remembered the one page he had sadly torn as a child.

The second book had belonged to our own Community Affairs Manager, Kurt Roberts, when he was a child. He also beamed with that familiar wonderful smile of his when I gave it to him.

I am just a little amazed that I was the volunteer who sorted through that particular box....who recognized those names...and who was able to reunite those childhood books with their original owners. What are the odds? I wonder if there were some "Little Golden Hands" behind the scenes directing me. This will be my Little Golden Flea Market memory for a long time....and I just wanted to share it with all of you. Love is where you discover it! - Lois Gilbert



Pathways to Good Health by Doc Z

Introducing a monthly column from a member of our cottage community.

This article about Coronavirus is being written as an information piece to help all of us understand more about the virus, how it spreads, what causes it to mutate, and what you can do to protect yourself and your family.



First, Coronavirus are a type of virus. There are many kinds of virus and some, not all, cause disease. A Coronavirus identified in 2019, SARS-COV-2, caused a pandemic of respiratory illness called COVID-19.

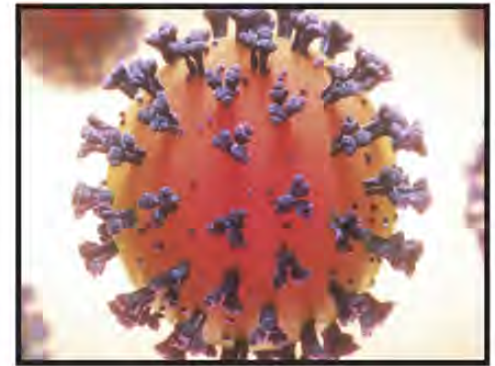
COVID-19 is a highly contagious disease that is spread through tiny droplets and virus particles released into the air when an infectious person breathes, talks, laughs, sings, coughs, or sneezes. Tiny infectious particles can linger in the air and accumulate in indoor spaces, especially when many people are gathered with poor ventilation. That is why wearing a proper N95 mask is essential to prevent COVID-19.

The symptoms of Coronavirus may include: cough, fever, chills, body aches, sore throat, new loss of taste or smell, diarrhea, headache, new fatigue, nausea or vomiting, congestion or runny nose.

Not everyone diagnosed with COVID-19 will have these symptoms. COVID-19 can be mild or deadly. In the USA to date, 902,635 deaths have been reported. World-wide, over 5,722,490 have died from COVID-19. Anyone suspected of having COVID-19 should be tested as quickly as possible to help prevent infecting others.

Why is it called coronavirus?

Coronaviruses are named for their appearance: 'Corona' means 'crown.' The out layer of the virus are covered in spike proteins that surround them like a crown. There are many different variants of the virus. Like other viruses, the coronavirus that caused COVID-19 can change or mutate. With the advent of three vaccinations and a booster, they are the most effective way to stop the spread of COVID-19.



COVID Variants:

By now we are all aware of the variants caused by mutation. Since the beginning of the pandemic, the virus that causes COVID-19 has mutated resulting in different variants of the virus. One of these is called the Delta variant, which is considered the most contagious form and can be prevented by being vaccinated, using masks, and avoiding contact with those who have tested positive. Spreading more rapidly than the Delta variant is the Omicron variant. The Omicron variant spreads more easily than the original virus. Even a person who has been fully vaccinated can get Omicron. The severity of symptoms are affected by the COVID-19 vaccination status, the presence of pre-existing medical conditions, age, and the person's history of prior infection.

COVID-19 Vaccines:

Vaccines remain the best public health measure to prevent new variants from emerging. There will be more variants as long as the virus continues to spread and Delta and Omicron continue to evolve.

In conclusion, we need to continue to take precautions by washing hands regularly, wearing N-95 masks, avoiding crowds, and maintaining a balanced lifestyle. According to John Hopkins University, there are 2,462 new deaths each day. Many Americans still remain unvaccinated, and the vast majority of current hospitalizations and deaths are of those unvaccinated. Unvaccinated adults have 68 times higher risk of dying from COVID than adults who are fully vaccinated with the booster.



Topic Next Month: Memory

For more information, please visit the Centers for Disease Control and Prevention website at [CDC.gov](https://www.cdc.gov)

Arbutus Park Snapshots

Row 1/2: Groundhog Day! Row 3: Roses from PepsiCo of Johnstown
Row 4: Valentines from Forest Hills 1st Graders Row 5: Balloons from Dollar Tree



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)

Park Profile: Andrew Jenkins

When did you join the team at APRC? I started as Food Service Director here on September 13, 2021.



Tell us a little about yourself! I was born and raised in Johnstown, specifically in Roxbury. I graduated from Greater Johnstown High School in 2005. I played several sports growing up and played music all throughout school. I attended the University of Pittsburgh at Johnstown originally to get into civil engineering. Those plans changed when I discovered hospitality and the kitchen. I also met my wife at UPJ. I previously worked for Crown American Associates for over 16 years. My last position was the Food & Beverage Director where I oversaw all banquets between the Holiday Inn downtown and the Frank J. Pasquerilla Conference Center. I also oversaw Harrigan's Café & Wine Deck and managed their award winning wine program. I have amazing twin daughters, Salem & Rian. They just turned two in January and are more fun than I could have ever imagined. My family and I currently live in Stoystown.

What is your favorite thing about being at APRC? The people, staff and residents equally. The fact that I get to feed them here where they live and feed the staff that takes care of them, is a great feeling. Cooking food, or serving food is how I show someone I care about them. The fact that I get to be a part of this community in that way is amazing.

When you aren't at work, what do you like to do? Cook for family, or play with food in the kitchen!

If you could meet anyone, living or deceased, who would it be? Marco-Pierre White. He's the original "celebrity chef". His original book White Heat created everything you know or have seen on tv and in movies about what working in kitchens is really like. His biography is one of my favorite books. I have it on audio and I listen to it all the time.

If you could travel anywhere, where would you go? My top ones are, Switzerland, Jerusalem, Singapore, Monaco.

Favorite film? Chef with John Favreau. The famous chef Roy Choi oversaw it, so the movie has a very authentic feel to me. It highlights the struggle in cooking and putting your efforts into your career while trying to balance your home life. Moreover, it has a great soundtrack and will make you unbelievably hungry!

Favorite music genre/recording artist? A little bit of everything but I love guitar. Anything from Led Zeppelin, Gary Clark Jr., to the black keys. I also really enjoy Jazz music. It's often playing in the background when I'm cooking at home.

Finish this sentence: The Best Thing in Life is: My family. My wife is truly my best friend and my daughters make me feel as if I have the world in the palm of my hand.

What is something that few people know about you? I can clap with one hand, it's fine- you can ask next time you see me!

Time for Some Food Questions!

Favorite ingredient? Pork, so many amazing things come from a pig!

Favorite meal to cook? Half chicken with crispy skin and browned butter on the grill and whipped potatoes

How do you become a better cook? Learn how to control heat and practice making every different type of egg. Cooking eggs is often a test given to applicants in kitchens. You can learn a lot about how someone cooks by how they cook eggs!

Thanks Andrew, welcome to Arbutus Park!

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



ST PATRICK'S DAY

Trivia Game

WHICH COUNTRY IS ST
PATRICK THE PATRON
SAINT OF?

- IRELAND

HOW MANY LEAVES
DOES A SHAMROCK
HAVE?

- 3

WHAT WILL YOU GET IF
YOU DON'T WEAR
GREEN ON ST
PATRICK'S DAY IN THE
US?

- A PINCH

WHAT COLOUR WAS
ORIGINALLY
ASSOCIATED WITH ST
PATRICK?

- BLUE

ACCORDING TO
LEGEND, WHAT
CREATURE DID ST
PATRICK CHASE OUT
OF IRELAND?

- SNAKES

WHAT IS THE
NICKNAME FOR
IRELAND?

- THE EMERALD ISLE