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"I still believe in Santa, the Easter Bunny, the Tooth Fairy, and true love. Don't even try to tell me different."

- Dolly Parton

## *Arbutus Park News & Notes*

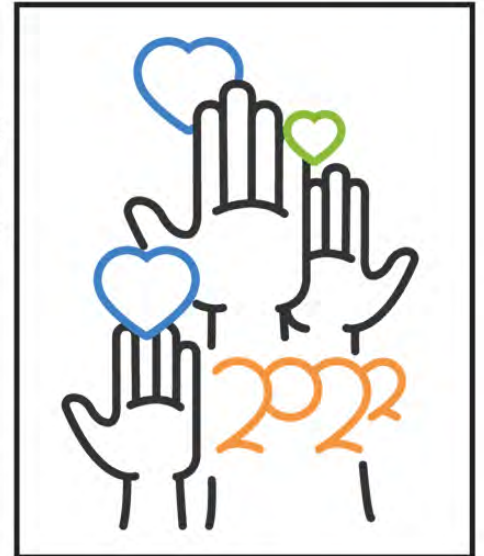
### Revitalization Campaign Update

As a component of our ongoing campus revitalization campaign, we are replacing all 374 windows in the Manor. This past month, we installed 40 windows in resident rooms, leaving 104 to complete in the coming months. Thank you to everyone who has made the campaign such a success, enabling us to make several needed upgrades to our campus!



### National Volunteer Week: April 17-23

National Volunteer Week is an opportunity to recognize the impact of volunteer service, the power of volunteers to tackle society's greatest challenges, to build stronger communities, and be a force that transforms the world. During National Volunteer Week, we will "Shine a Light" on some of our dedicated volunteers via our Facebook page. Whether they are active fundraisers, performing community outreach, or assisting with the comfort and care of our residents, we are grateful for their time and dedication. Now more than ever, the world needs people who are willing to give of their time and talents. Thank you to all the volunteers past and present who have served our community.



### Last Regular Season Tomahawks Game

The next hockey game is Friday April 15. Bus leaves the sunporch at 7:00pm for a 7:30pm puck drop. RSVP and \$10 due by Friday, April 8 to Kurt in Community Affairs. This is the final regular season homestand. If there is interest, we may attend a play-off game.



### 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. Regular updates are posted at: [arbutusparkmanor.com/independent-living/](http://arbutusparkmanor.com/independent-living/)



CONNECT WITH  
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[ArbutusParkManor.com](http://ArbutusParkManor.com)

Arbutus Park  
Retirement Community  
207 Ottawa Street  
Johnstown, PA 15904

## April Birthdays

- 3 Clair Barker
- 7 Susan Hunt
- 8 Elaine Sweltz
- 14 Alice Mason
- 17 Betty Sheridan
- 18 Bernadine Brennstein
- 18 Dennis Johnson
- 20 Clifford Bush
- 21 John Hollis
- 21 Lucille Smolko
- 23 Margaret Brown
- 23 Stanley Debias
- 23 Ronald Geiser
- 24 Dick Barber
- 25 Jim Smay
- 27 Bob Wertz
- 28 Doug Greig
- 30 Denton Haynes
- 30 Sharon Varner
- 30 Joan Yeager



## April Work Anniversaries

- Tracey Schilling - Nursing - 36 Years
- Jodi McCloskey - Nursing - 34 Years
- Dona Flynn - Activities - 33 Years
- Alexis Stenger - Nursing - 18 Years
- Mike Yeager - Maintenance - 10 Years
- Andrew Koval Jr - Maintenance - 6 Years
- Maura Trabold - Dietary - 6 Years
- Tessy Sheppard - Nursing - 4 Years
- Johnathan Hurt - Personal Care - 2 Years
- Mark Bennett - Grounds - 1 Year
- Amanda Confer - Dietary - 1 Year
- Crystal Fama - Nursing - 1 Year
- Diamond Hamp - Dietary - 1 Year
- Kassandra Wiley - Nursing - 1 Year

## Anniversaries

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

## Cottager News & Notes

### Cottage Dinners

April 4, RSVP required by March 30 to Community Affairs.

Menu: Stuffed Pork Chop, Roasted Red Skin Potatoes, Broccoli Au gratin, Fruited Jello, Carrot Cake

Upcoming: 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!

April 20, RSVP required by April 15 to Community Affairs. Friends & family welcome!

2022 Schedule: 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)

### Grief and Grieving Presentation

Dr. Zitnay will be hosting a presentation at the Community Center on Nadona on Thursday, April 28 from 1-3pm. This workshop will be about grief and the grieving process after the loss of a loved one. We will discuss the seven stages of grief and how to manage the process. We will also discuss what to tell young children about death and how we cope. Feel free to extend the invite to friends and family.



Ruth Anne Hollis will have surgery for lumbar spinal stenosis on April 13. Please pray that there will be no issues and that everything is successful.

Events are subject to the constantly changing pandemic restrictions.  
Cancellations will be communicated by robocall.

# Amy's Recipe of the Month

## Special Italian Easter Pizza

Prep: 40 mins

Cook: 50 mins

Additional: 25 mins

Total: 1 hr 55 mins Servings: 10

### Ingredients:

- ½ pound bulk Italian sausage
- 1 (1 pound) loaf frozen bread dough, thawed
- ½ pound sliced mozzarella cheese
- ½ pound sliced cooked ham
- ½ pound sliced salami
- ½ pound sliced provolone cheese
- ½ pound sliced pepperoni
- 16 ounce container ricotta cheese
- ½ cup grated Parmesan cheese
- 1 teaspoon water
- 1 egg
- olive oil
- 8 eggs, beaten



### Instructions:

- 1) Cook and stir Italian sausage in a skillet over medium heat, breaking the sausage into crumbles as it cooks, until well browned, 5 to 8 minutes. Drain excess grease; set sausage aside.
- 2) Preheat oven to 350 degrees F (175 degrees C).
- 3) Oil the bottom and sides of a 10-inch springform pan with olive oil.
- 4) Cut 1/3 of the dough off the loaf and set aside under a cloth. Form the remaining 2/3 dough into a ball and roll into a 14-inch circle on a floured work surface.
- 5) Line the springform pan with rolled dough, allowing dough to hang over the edge by 2 inches.
- 6) Layer half the cooked Italian sausage, half the mozzarella cheese, half the ham, half the provolone cheese, half the salami, and half the pepperoni into the pie crust.
- 7) Spoon and spread half the ricotta cheese over the layers of meat and cheeses.
- 8) Sprinkle half the Parmesan cheese over the ricotta.
- 9) Pour half the 8 beaten eggs over the layers; continue layering the remaining meats, sliced cheeses, ricotta cheese, and then Parmesan cheese.
- 10) Pour remaining beaten eggs over the last layer of Parmesan cheese.
- 11) Roll out the remaining piece of bread dough to a circle about 12 inches in diameter; lay the piece over the pie to form the top crust. Roll and pinch the bottom crust overhang over the top crust to seal in the filling.
- 12) Beat 1 egg with water in a small bowl; brush the top of the pie with egg wash.
- 13) Bake pie in the preheated oven until the crust is golden brown and the filling is set, 50 to 60 minutes. A toothpick inserted into the middle of the crust should come out without raw egg.
- 14) Allow pie to cool in the pan for at least 25 minutes before releasing the spring and removing pie from the pan. Transfer to a serving platter and cut into wedges for serving.

## Johnstown Trivia

- In the late 1800s, Cambria Iron Company of Johnstown was the leading steel producer in the United States.
- Charles Dickens visited Johnstown in 1842.
- The Johnstown Inclined Plane is the steepest vehicular inclined plane in the world.
- Slinky toys used to be made from steel that was produced in Johnstown.
- Roxbury Park used to be called Luna Park and had a lake, a horse-racing track, and an amusement park.
- The films 'Slapshot' (1977) and 'All the Right Moves' (1983) were filmed in and around Johnstown.
- George's Song Shop on Market Street Downtown is the oldest record store in the United States.



# Pathways to Good Health by Doc Z

## Memory:

As someone who has spent most of my life working in the field of brain research, treatment, and rehabilitation, I am often asked, "Why can't I remember where I left my phone? Do you think I'm losing my memory?" There is no simple yes or no answer, memory is very complex. Memories come in many different forms. There is still much we do not understand about human memory and how it works.



There are many theories about the types of memory within the human brain. Most scientists believe there are at least four general types of memory: Sensory memory, Working memory, Short-term memory, and Long-term memory. Many consider that there are no distinct types of memory, but rather stages of memory. In their view, memory begins in sensory memory, transitions to short-term memory, and then may move to long-term memory. Here is an example of why memory is complex: A memory a person uses for only a brief time, such as a word they use at the beginning of a sentence, is part of working memory and may never move to another part of memory.

**Sensory memory** helps a person piece together a sense of the world around them based on sights, sounds, and other sensory experiences. When a specific sensory experience becomes relevant, such as the smell of something cooking in the kitchen, it may move to other types of memory. Otherwise, sensory memories are very short-term and are easily forgotten. However, a person may recall a specific sound or smell if there is a reason to remember them.

**Short term memory** is not just memory that does not last long. Instead, it is a type of short-lived storage that can only hold a few pieces of information. Here are examples of short-term memory: Remembering a string of 5 to 7 words and repeating it back. Remembering a phone number while going to get a pen to jot it down.

**Working memory** is similar to short-term memory. However, unlike short-term memory, working memory is where a person manipulates information. This helps the person remember details. Some behaviors that use working memory include: Solving a complex math problem where a person must remember several numbers, baking something, which requires the person to recall the ingredients they already added. There is significant overlap between working memory and short-term memory.

**Long-term memory** stores a wide range of memories and experiences. Explicit long-term memories are conscious memories of events, autobiographical facts on things a person learns. Episodic memory are memories of events and autobiographical facts such as remembering an election, events from childhood, and personal facts.

Semantic memories are general knowledge about the world in which we live. This includes facts or events we did not experience because we learned or studied them. Implicit long-term memory are memories that influence a person's behavior. These are memories a person does not consciously think about. For example, procedural memory helps a person perform familiar tasks. Often we are primed or conditioned to perform specific behaviors in response to certain experiences. Making a bed, washing dishes, etc.

Working, sensory, and short-term memory have smaller capacities. This is because these types of memories only last for a short period. With short-term memory, there is usually a specific limit on how much information a person can retain, usually about seven items. You can increase short-term memory capacity with practice. Remember, the brain is not a computer, and memories do not take up physical space in the brain. In theory, there is not a specific limit on the capacity of long-term memory. However, the quality of memories and their details may vary and change with time. The brain does not record memories perfectly, so memories may change or disappear with time. Numerous scientific studies suggest that memories are not always reliable. In summary, the memory is a complex system, not a single organ or process. Next month will cover memory loss and how to preserve and improve memory.

Reference: Medical News Today

# Easter Traditions

There are many traditions that surround the entire Lent season, Holy Week, and Easter Sunday. Generally observed traditions across the globe include the Easter bunny, colored eggs, gift baskets, and flowers. We will dive into specific traditions below in more detail, but here are a few more interesting traditions from around the world:

- In Australia, bunnies are considered pests that ruin crops and land. Aussies celebrate with their native marsupial, the Bibby, which has large ears and a more pointy nose.
- In Poland on Easter Monday, boys try to soak people with buckets of water. This tradition has its roots in the baptism of Polich Prince Mieszko on Easter Monday in 996.
- In Europe, there are large bonfires called Easter Fires that are lit on Easter Sunday into Monday. The Saxon origin is that the fires will chase away winter and Easter will bring spring.
- In Greece, the morning of Holy Saturday is known as the annual "pot throwing" where residents throw pots out of windows. It is a tradition used to mark the beginning of spring and new crops being gathered in new pots.



**1 PETER 1:3: "PRAISE BE TO THE GOD AND FATHER OF OUR LORD JESUS CHRIST! IN HIS GREAT MERCY HE HAS GIVEN US NEW BIRTH INTO A LIVING HOPE THROUGH THE RESURRECTION OF JESUS CHRIST FROM THE DEAD."**

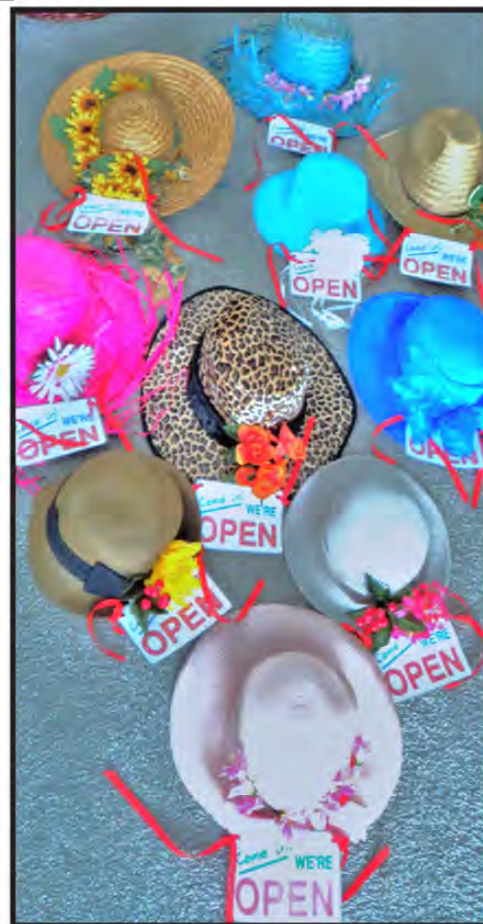
## Auxiliary Doings

### **We Can Hardly Wait!**

The Auxiliary keeps moving on with a positive outlook. In spite of our Flea Market being closed over the winter months, sales were still made by private appointments which helped the treasury to keep growing. We topped the \$15,000 mark at our new market location, and eagerly look forward to the upcoming season. **OPENING DAY TO BE ANNOUNCED SOON!** There are several additional rooms now stocked with an abundance of great bargains. Because we were not able to hold our silent auctions due to Covid closures, you will be able to find some great items such as gift baskets, new handmade afghans, and other new items for sale at the market. Each open room will be marked with a colorful hat with an OPEN sign. As several of our volunteers recently said, "I can hardly wait!" We hope you feel that way too.

Thanks to the hard work of our volunteers and the generous supporters of the Auxiliary we have ordered some new furniture for the Manor lobby! We look forward to its arrival probably in May. We are grateful we have been able to continue to help in various ways with monetary support that benefits the residents.

The Gift Shop in the Manor remains a great place to pick up a snack, little gift for a loved one, and a friendly "Hello". Stop by and see what is new. Spring is in the air! "I can hardly wait!"



# Arbutus Park Snapshots

Row 1: Doerr Bowling Row 2: Crossroads Pictionary

Row 3/4/5: Mardi Gras in the Manor



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 April is Alice!

Alice has been a resident at Arbutus Park for almost two years. After a recent surgery, Alice experienced a set back in the hospital and had to be on a ventilator to help her breathe. When she came off of the ventilator, she was able to breathe on her own, but was having difficulty swallowing and required a pureed diet consistency and honey thick liquids. When Alice returned to Arbutus, she had increased weakness and required max assistance from two staff members to help her walk and transfer. She was dependent on staff for all self care tasks such as dressing and feeding herself.

Alice received Occupational Therapy, Speech Therapy, and Physical Therapy services to improve her function and maximize her independence in completing daily living tasks to return to her prior level of function. Alice is now able to transfer and walk with the assistance of just one nurse and is able to complete self care tasks with minimal assistance from nursing. Alice has been able to advance to thin liquids and is beginning to trial soft solid foods.



Through Alice's hard work and the support of her family and the staff at Arbutus, she has demonstrated marked improvements over the past few months. Alice continues to work with therapy to meet her goals and maximize her independence at Arbutus Park Manor.



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**CMS**

Centers for Medicare & Medicaid Services

Dear Rick and Staff of APRC,

The last two years have been trying and exhausting to say the least. Working extra hours, shortage of staff, isolation, testing, and many others challenges have taxed your endurance and psychological well being. However, through it all, you rose to meet the multiple trials and tribulations. For these tireless efforts, the Board of Directors thanks you. Also, Arbutus Park has received the coveted designation of a 5-Star health care facility. This wonderful recognition is due to your heroic sacrifices for the betterment of our residents. Let us show the community and the state of Pennsylvania that Arbutus Park is truly deserving of this recognition, which is long overdue, by continuing your tireless efforts to provide loving care to the residents long into the future. The Board of Directors applauds you for your achievements!

With gratitude,  
APRC Board of Directors

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](mailto:kroberts@arbutusparkmanor.com)

# Annual Easter Egg Hunt Saturday April 9th 2022 10am

*Open to families & friends of APRC Residents and Staff*

**- Gather at Patio Pavilion 9:45am**

**- Egg Hunt Promptly at 10am - Pics w/ Easter Bunny After**

**- RSVP Required @ Business Office or Activities by April 4**

**- Ages 10 and Under Please**

**Activities is accepting candy donations - Thank You!**

