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"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them."

-John F. Kennedy

## CONNECT WITH ARBUTUS PARK!



ArbutusParkManor.com

Arbutus Park  
Retirement Community  
207 Ottawa Street  
Johnstown, PA 15904

## Arbutus Park News & Notes

### Skilled Nursing Care Week

Skilled nursing care centers and their staff provide a steadfast commitment to providing high-level of care for their residents. This has never been more evident than the last two years during the pandemic. In addition to protecting and caring for their residents around the clock during a time of limited visitation and social distancing, staff stepped in and served as family members and friends to ensure that residents had the essential social connections they needed.

Held May 8-14, we will celebrate the essential role that our staff plays in 'Creating and Nurturing Connections' for our residents. We also continue to celebrate our recent achievement of becoming a five-star facility through the Centers for Medicare & Medicaid Services!

### Cottage Ambassador Program

We are excited to bring back our Ambassador program. The Ambassadors are a group of Independent Living volunteers who enjoy meeting new friends and love to sing the praises of Arbutus Park living. Ambassadors act as the "Welcome Wagon" for new residents as well as volunteering for events. Applications are available at the Community Center.

### Donation Bins Will Return!

With Goodwill discontinuing the program that had two donation bins on campus, the Auxiliary has secured 'Mission Partners' to bring donation bins back to campus! Once they arrive, they will be for clothing donations only. Please donate all other items to the Auxiliary Flea Market.

### 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/)





## May Birthdays

- 4 Sophia Smatlak
- 7 Rita Edwards
- 7 Norma Jean Simmons
- 11 Michael Kachmar
- 13 Gladys Gordon
- 20 Eleanor Callihan
- 23 Linda Burkhard
- 25 Janice Danasko
- 26 Rebecca Bracken
- 30 George Feathers



## Anniversaries

- 22 Ron & Nancy Sottile

### Attention Arbutus Residents

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



## Auxiliary Doings

### **Here We Go Again!**

The Arbutus Park Manor Auxiliary's boutique-style Flea Market will RE-OPEN ON MAY 17, 2022 for another season of bargains galore for you! We have expanded from the one room (Lobby A) that we started in last year and now have EIGHT rooms full of the finest offerings! You'll want to come back again and again because more items are added all the time.

+ Lobby A has antiques, unique items, handmade items, tools, CDs, knickknacks, gift baskets, puzzles, new merchandise, and jewelry.

+ Linens & Kitchen Room has pillows, blankets, towels, and everything imaginable that you find in the bath, kitchen, and dining rooms.

+ Christmas & Book Room offers a wide variety of hardback and paperback books, cookbooks, and beautiful Christmas decorations.

+ TWO Miscellaneous Rooms hold surprise after surprise. If you are looking for something special...we probably have it!

+ THREE Furniture Rooms have an ever-changing variety of home furnishings, lamps, pictures, mirrors, flower arrangements and baskets.

Tuesdays & Thursdays from 12:00-3:00PM and Saturdays from 10:00AM-1:00PM.

"Grab it before it's gone!"

[arbutusparkmanor.com/about/auxiliary](http://arbutusparkmanor.com/about/auxiliary)



# Arbutus Park Star - Advantage Care

The Arbutus Park "Star" for May is David Mills!

David is a caring and compassionate individual who worked 17 years at East Hills Ambulance as an Emergency Medical Technician (EMT). He reports being a proud grandfather/great-grandfather of eight grandchildren and four great-grandchildren. David came to Arbutus Park to improve his balance and ability to walk safely without assistance. He has also improved his ability to walk longer distances. He has become more independent with performing everyday tasks. He appreciates the support of his Arbutus Park family with the transitions in his life. He has shown resilience in adapting to all life changes.

David has made amazing gains in therapy and his goal is to move into a setting with more independence and less need for assistance. David reports having his independence is the best thing, and he is thankful for the help he has received with therapy. Great job David! Many thanks to Katie for all her hard work and dedication working with David!



## Amy's Recipe of the Month

### **Shredded Potato Quiche**

This quiche has a crunchy potato crust. It's a great one dish meal for brunch or dinner. Bonus....it's a great way to use leftovers. Feel free to use 1 cup of chopped vegetables of your choosing such as onions, peppers, broccoli, or tomatoes.

### **Ingredients:**

- 1 (16 ounce) package frozen shredded hash browned potatoes, thawed
- 1/4 cup butter, melted
- 1 1/2 cups shredded Swiss cheese
- 1/4 cup milk
- 5 eggs, slightly beaten
- 1 cup cooked ham (diced)
- Salt and pepper to taste

### **Instructions:**

- 1) Preheat oven to 375 degrees. Lightly grease a 9 inch pie pan
- 2) Press potatoes into greased pie plate. Brush with melted butter. Bake in preheated oven until lightly browned, about 10 to 15 minutes.
- 3) In a large bowl, stir together eggs, milk, cheese, ham, salt and pepper. Pour egg mixture into baked crust.
- 4) Bake in preheated oven until center is set, about 20 minutes. The quiche will be browned on top and a knife inserted into the center will come out clean.





# Pathways to Good Health by Doc Z

## **How to Boost Your Memory:**

The first thing you need to do is check with your Doctor to make sure memory loss isn't a medical or prescription drug problem. Here are some suggestions:

- 1) Get moving, turn off the tv and start moving, join a fitness group for seniors, or start walking every day.
- 2) Watch what you eat, cut out fast foods, limit fried foods, eat fresh fish and plenty of green vegetables and fruit. Take a small piece of dark chocolate if you crave sweets, drink green tea.
- 3) Drink plenty of plain water throughout the day. Your brain needs water to function.
- 4) Stop smoking and limit your use of alcohol. One glass of red wine may be ok, check with your doctor.
- 5) Remain socially active, join a club, play cards, volunteer.
- 6) Play games like scrabble, kings in the corner, mahjong, chess, and card games with friends.
- 7) Use computer based games such as luminosity.
- 8) Get the right amount of sleep.
- 9) Take up a new hobby that will challenge you such as water color painting, photography, etc.
- 10) Take courses at your local community college, try learning a new language.
- 11) Travel with groups, most cruise lines can accommodate handicaps.
- 12) Learn to breathe properly through your nose.
- 13) Read and do puzzles
- 14) Stay involved with family and friends, forgive old grievances.
- 15) Try some supplements and vitamins if you have deficiencies.
- 16) Stay positive.
- 17) Have faith.
- 18) Limit the time you watch the news, it can be depressing.
- 19) If you take medication, take it as directed.
- 20) Take control of your life. Stay away from people and things that upset you or make you angry.



## **Brain Food to Support a Healthy Brain**

Many of you have asked me about foods to support the brain and about vitamins and supplements that I decided to create a list of suggestions. Remember to always check with your Doctor. These suggestions come from the CDC and the NIH. Never change your eating habits all at once, phase into the changes seeing how your body reacts.

- 1) Cut way back on sugar and sugary foods, snacks, deserts.
- 2) Avoid trans fats, including fried and packaged foods, no partially hydrogenated oils, and limit fast foods.
- 3) Eat plenty of green vegetables, beans, whole grains, fish high in omega 3, virgin olive oil, fruits and nuts, poultry and drink green tea.
- 4) Eat plenty of cruciferous vegetables such as broccoli, brussel sprouts, etc.
- 5) Eat eggs once a week, eat whole grain cereal with no added sugar, eat whole grain breads and pasta, eat brown rice, use unbleached whole grain flour, and eat real oatmeal.
- 6) You can drink 5oz of red wine per day if permitted and if it does not interfere with medication.
- 7) The following vitamins and supplements may be helpful: folic acid, vitamins B-12, D, E, and C. The following supplements may be helpful: turmeric containing black pepper, cold pressed coconut oil, omega 3 oil from Alaska, coenzyme Q10. Make sure the vitamins and supplements are of high quality and contain no additives.





# Cottager News & Notes

## **Cottage Dinners**

May 2nd, RSVP due by April 27th to Community Affairs.

May Menu: Swiss Steak, Mashed Potatoes, Baked Corn, Strawberry Layer Cake, Creamy Cucumbers

June Menu: Meatloaf/Gravy, Baked Potato, Parisian Carrots, Fruit cup, Black Forrest Cake

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

The \$10 cottage dinner charge will be made to your monthly statement.

To better provide Dietary a timely and accurate attendance number, we are considering moving the cottage dinner to the second Tuesday of the month. Would this impact your participation? Let us know!

## **Brunch is Back!**

We are glad to be back making omelettes and serving mimosas again! May 18 brunch RSVP is May 11th.

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

The \$10 brunch charge will be made to your monthly statement. (RSVP Required - Dates subject to change)

## **Sporting Events**

Many thanks to our loyal Tomahawks fans who attended games this season. Stay tuned for a robocall related to the playoff schedule. We look forward to their return in the fall! We will make some Johnstown Mill Rats games at the Point Stadium available in June, July, and August for those interested.



## **Town Hall Meeting**

Our next IL Town Hall meeting will be held at 1:30pm on Thursday, May 12. Held in the Manor community room, please enter through the double doors in the corner from the community room parking lot. For those who have recently joined the community, our Town Hall meetings are an opportunity for our Administration, Board members, Maintenance, and Grounds to share updates, news, and take questions. We hope to see you there!

## **CPR Training Opportunity**

We have an opportunity to host a CPR training for our cottage community if there is interest. We need a minimum of six participants to hold the class. It would be a 3-4 hour class in the Manor community room, held mid-late summer. If you would be interested, please contact Kurt in Community Affairs.

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

## Creating and Nurturing



National Skilled Nursing Care Week • May 8-14, 2022



# *Easter at the Manor!*

Thank you to Activities for hosting egg dyeing, treats, live peeps, and a visit from the Easter Bunny!



"The resurrection gives my life meaning and direction and the opportunity to start over no matter what my circumstances." -Robert Flatt



# Arbutus Park Snapshots

Row 1: Richland HS Lunch & Musical    Row 2: Passover    Row 3: International Waffle Day  
Row 4: Butterfly Program    Row 5: Brunch is Back!



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 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)

# ARBUTUS PARK AUXILIARY

## FLEA MARKET

**207 OTTAWA ST, JOHNSTOWN PA 15904**

**FOLLOW THE SIGNS! ITEMS ADDED REGULARLY!**

**Starting Tuesday May 17th!**

### DAYS & HOURS

Tuesdays: 12:00pm-3:00pm

Thursdays: 12:00pm-3:00pm

Saturdays: 10:00am-1:00pm

All Sales Benefit Manor Residents!

