

**JUNE
2022**



Arbutus Park

RETIREMENT COMMUNITY

Pathways

Monthly Newsletter

**NOW HIRING
FT & PT**

Grounds
Dietary
Activities
RN
LPN
CNA

Housekeeping

Learn More & Apply
Online at
arbutusparkmanor.com/careers

EST. 1973
Faith
Care
Compassion

NEW LOOK! Same Great Content

We are committed to keeping our residents, families, and the community updated on all the great activities happening at Arbutus Park Retirement Community. This new, fresh newsletter look will help us organize content, enhance our branding, and communicate effectively with you! Thank you for your support and for subscribing to our newsletter.



50 Years Young!

Next year we will be celebrating 50 years of faith, care, and compassion! We are hard at work making plans, and hope you will join the celebration! Do you have any historical photos, event programs, or stories you'd like to share? Please let us know by contacting the business office! Here's to 50 more years as an independent faith-based non-profit community!



Nursing Scholarship Basket Raffle

Thank you to everyone who supported the basket raffle on the sunporch during Skilled Nursing Week, which benefitted our Nursing Scholarship fund. Congratulations to: Becky Burkett, Dorothy Blough, Joyce Fabina, Allison Macy, and Margie Roseman! Learn more at: <https://arbutusparkmanor.com/nursingscholarship/>



Independent Living Cottages

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/



Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

arbutusparkmanor.com

(814) 266-8621

Celebrations

JUNE BIRTHDAYS

- 2 Fred Barefoot
- 3 Andrew Papinchak
- 5 Pat Griffith-Hughes
- 7 Sandy Martin
- 8 Kathryn O'Shea
- 15 Tokiko Mishler
- 17 Norman Goetz
- 18 Marcy Sigmund
- 25 Merle Fetzer
- 27 Jack Fagan
- 28 Dorothy Annable



EMPLOYEE WORK ANNIVERSARIES

- Kimberly Kohler - Dietary - 29 Years
- Alvin Brumbaugh Jr - Maintenance - 20 Years
- Mary Cheroki - Activities - 20 Years
- Lynn Virus - Social Services - 10 Years
- Lorraine Stanton - Nursing - 6 Years
- Sharon Consalvo - Personal Care - 4 Years
- Nicole Rager - Nursing - 4 Years
- Becky Burkett - Office - 2 Years
- Samantha Fama - Nursing - 2 Years
- Georgeann Friedhoff - Office - 2 Years
- Margaret Willason - Dietary - 2 Years
- Emilie Deffenbaugh - Activities - 1 Year
- Kirsten Rhoads - Dietary - 1 Year

JUNE ANNIVERSARIES

- 15 Tom & Marcy Sigmund
- 25 W. Gerald & Rowena Witt

Auxiliary Doings

'They Are Flying Out the Door!'

The bargains at the Auxiliary's FLEA MARKET keep flying out the door! We re-opened on May 17 and the hustle and bustle continues. No matter what you are looking for...from furniture to jewelry, from kitchen-ware to linens, from antiques to tools, and everything in between...you can probably find it at the market at a more than reasonable price. We even offer gift baskets, handmade items, and on occasion home-made baked goods and candy. Yum! 8 rooms are waiting for you to explore. Our hours are Tuesdays and Thursdays from Noon till 3 PM and Saturdays from 10 AM till 1 PM. All proceeds benefit the dear residents of the Manor. Look for the flags and 'Open' sign! Our friendly Auxiliary Volunteers are waiting to assist you in any way they can.

And while you are in the Manor, the Gift Shop is the place to pick up those great goodies and gifts. Your support of the Auxiliary's endeavors is greatly appreciated. New lobby furniture is on its way, thanks to the hard working volunteers of the Auxiliary. Enjoy!



Advantage Therapy

Star of the Month

The Arbutus Park
"Star" for June is
Helen Kittka Wilson!

Helen came to Arbutus for therapy services after falling and suffering a patellar fracture. Helen showed an immediate interest in looking for ways to progress and become more functional so that she could return home as quickly as possible.

Upon starting therapy, Helen's injury left her with the inability to bend her right leg and a knee immobilizer to be used. Within the first week of therapy, progress was noticeable, and she was increasing ambulation distance, balance, and strength for safe transfers.

During her time in therapy, Helen constantly asked questions and wanted to know more about the reasoning for each exercise and task she performed to improve her functional abilities. She would often be excited to show the progression made from exercises performed when not in active therapy sessions and always wanted to know more of what could be done to speed up her recovery.

Helen was chosen for star of the month because of her ability to work hard and show determination to improve not just what she needed to get home, but for future stability. Helen wanted to make sure she continued improving even after getting back to her normal routine and for prevention of any future incidents/accidents. Congratulations, Helen, on a job well done!



Recipe of the Month

Creamy Grape Salad

A delicious, easy Summer Salad. Perfect for brunch and picnics.

**I typically cut the sugar in half because the grapes are sweet enough.*

**TIP - You can make the dressing and use it as a great fruit dip!*

Ingredients

- 1 pkg (8 ounces) cream cheese
- 1 cup sour cream
- 1/3 cup sugar
- 2 teaspoons vanilla extract
- 2 pounds seedless red grapes
- 2 pounds seedless green grapes
- 3 Tablespoons brown sugar
- 3 Tablespoons chopped pecans

Instructions

1. In a large bowl, beat cream cheese, sour cream, sugar and vanilla until blended. Add grapes and toss to coat.
2. Transfer to a serving bowl. Cover and refrigerate until serving.
3. Sprinkle with brown sugar & pecans just before serving.



Miscellaneous

IL Phone Directory

Please remember to direct all Maintenance and Grounds requests through Kurt in the Community Affairs office. M-F 8-4. For evenings and weekends, please call Maintenance directly. Please see the phone list to the right for additional department numbers.

If you need an updated copy of cottager phone numbers, please visit the Community Center on Nadona Ave.

Arbutus Park Retirement Community IMPORTANT PHONE NUMBERS

Business Office: 266-8621

Rick Wilson: 262-2152

Community Affairs: 262-2150

Dietary Manager: 262-2159

Dietary (Weekends & After 4:00pm): 266-8621

Maintenance: 262-2161

Groundskeeper: 262-2168

Beauty Shop: 262-2172

Gift Shop: 262-2171



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IN CASE OF A MEDICAL EMERGENCY: CALL 911

Shopping Local with Andrew

Gallikers Dairy Company

Gallikers is 108 years old. Gallikers originally started as an ice cream company when it bought Shreve Ice Cream Company in 1914. Gallikers Ice Cream Company only made and sold ice cream until competition forced them to get into the milk business in 1925. They would operate under that name until they changed it to what we know today as Gallikers Dairy Company. Gallikers was one of the first dairy company's to use the "Lightsafe Yellow Jug". The jug helps to combat the negative affects light exposure can have on milk.



Galliker's is recognized as a major mid-atlantic dairy company and is associated with Quality Chkd Dairies Inc. The milk that you drink is rather local as well. They source all of their milk from 125 farms within a 100 mile radius of Johnstown. The milk that is collected comes from all six of the recognized dairy cow breeds:

The Holstein, Jersey Cows, Guernseys, Brown Swiss, Milking Shorthorns, and Ayrshires. *(The Holstein is probably the most recognizable as the cow with the large black spots!)*

Trivia: Did you know Cottagers can buy Gallikers Milk from our Dietary Department year-round?



Cottager News & Notes

Cottage Dinner

June 14, RSVP due by June 7 to Community Affairs.

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

To better provide Dietary with a final headcount, the cottage dinner will move from the first Monday to the second Tuesday. Upcoming: July 12, August 9, September 13, October 11, November 8, December 13. The \$10 dinner charge will be made to your monthly statement. The dinner may change to a drive-thru or delivery based on Manor COVID protocols.



Brunch is Back!

We are glad to be back making omelettes and serving mimosas again! June 22 brunch RSVP is June 15th.

2022 Schedule: July 20, August 4, September 21, October 19, November 16. (RSVP Required - Dates subject to change)

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



Town Hall Meeting

Thank you to all who attended in our first Town Hall Meeting since the pandemic began. Meeting minutes are an insert in this newsletter for cottagers. Moving forward, what we knew as our monthly 'Maintenance Fee' will now be called an 'Association Fee' listed on your monthly statement to better represent the services and costs encompassed in the fee.

Sip Back & Relax

Our inaugural wine tasting event was a wonderful success! Many thanks to our wine expert Andrew, for a fascinating, educational, and FUN evening! All funds raised went towards the Benevolent Care Fund. Thank you! Keep your eyes peeled for the next in the series!



Cottage Picnic

We are planning a July Cottage Picnic on the Wesley cul-de-sac. Friday July 1st at 11:30am. Dietary will provide Hamburgers, Hot Dogs, and Beverages. Please bring a side or dessert to share if possible. Please RSVP to Community Affairs by June 24.

Captured Moments

Follow us on Facebook for more photos!
[Facebook.com/ArbutusParkRetirementCommunity](https://www.facebook.com/ArbutusParkRetirementCommunity)

Ice Cream Outings



Cottage Kentucky Derby Party



Ice Cream Outings



Mother's Day



From Pastor Jon

Beginning in Acts 4 we see the character "Barnabas" appear. In Acts 11 we see "Barnabas" and Saul (who will be named Paul in chapter 13) get together. Barnabas was known as an encourager. Paul's ministry, as far reaching and Christ impacting as it was, did not keep Paul from having moments of discouragement. God brought Barnabas into His life at the right time for the right purpose. It is even possible that Paul (being a man) did not recognize the discouragement he faced. His focus was so intense on ministry (or other things) that he did not allow himself to take time to deal with discouragement. We all have moments of discouragement. I have my moments.



As exciting and adrenaline motivating following God is, it can be daunting at times. Daunting in the sense of wanting the answers but having to wait on them. Wanting the job but having to wait on it. Wanting security for the family but waiting for it to be provided. Yes, discouragement can be found in all of our lives, no matter how smiley we present ourselves to the public around us.

Right in the midst of good things happening... a need to be encouraged is still a need to be met. Even if we don't see the need for such --- God does and God provides.

God has put multiple Barnabas' in my life yesterday. Most of these showed themselves the moment I needed them most. Barnabas' can be seen in individuals or in businesses. Arbutus Park became a Barnabas to me when I was greatly discouraged. I did not apply for this opportunity. Yes, my wife works here in Activities (so that helped... I think). Regardless I received a phone call and was asked to be interviewed. I accepted and, though I had never been a Chaplain before, how much different can it be than to Pastor a church? A lot different, I have discovered. Thank you, Arbutus Park for being a Barnabas in my life. Another Barnabas to me is Lake Union Church in Southfork. They allowed me to preach for them for just over a year. They treated me like I was their pastor, not just some pulpit supply. They loved me unconditionally when I needed that in my life.

I could go on but let me just end with this...

God will put Barnabas' in your life. Look for them... Thank God for them... Let them know how grateful you are to God for them. ALSO - Be a Barnabas.



-Pastor Jon

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Return Service Requested



For questions or comments about Pathways,
email kroberts@arbutusparkmanor.com

STAFF TEAM SPIRIT COMMITTEE

APRC BAKE SALE!

JUNE 13, 2022

Manor Sunporch

6am - 2pm

Accepting Donations of Individually
Wrapped Goodies