

# AUGUST 2022

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207 Ottawa Street  
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# Arbutus Park

## RETIREMENT COMMUNITY

### Pathways

Monthly Newsletter

### 2022 Ambassadors

We are excited to have our Ambassador program running again. Welcome to Helen Wilson, Bob and Margie Roseman, Judy Eppley, Pat Hilbrect, and Veronica Smith as our ambassadors. The group is the welcome wagon for new cottagers. Helping new residents become acquainted with our community, assisting the Community Affairs office with events, and meeting to discuss ways to improve campus life! If you are interested in joining, contact Kurt in Community Affairs.



### COVID Updates

As pandemic related circumstances can and do rapidly change, please stay tuned to our website and Facebook page for regular news and updates related to Manor operations. Updates and changes to our Independent Living calendar will be communicated via our robo-call system. We appreciate your support and patience as we navigate these challenges.



### Clothing Donation Bin Returns

The bin is back! With Goodwill discontinuing their bin donation program, we are now working with Mission Partners! Please consider donating clothes, hats, gloves, belts, and shoes for a good cause...keeping these items out of landfills, helping those in need, and supporting our Auxiliary! The bin is located by our Maintenance Garage.



### Independent Living Cottages

We continue to operate on a waitlist basis for cottage availability with scheduled moves into the fall. 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 maintenance FREE upon the move-in.



# Celebrations

## AUGUST BIRTHDAYS

- 5 Alice Mickel
- 5 Ruth Villa
- 6 James Davis
- 6 Joan Fabina
- 6 Joyce Fabina
- 9 Patricia Kipp
- 12 Rose Seese
- 12 Audrey Tollis
- 16 Joan Gregory
- 16 Michael Romanak
- 18 Margaret Chapman
- 23 Joyce Ruhe
- 24 Anne Cvrkel
- 24 Kristine Olsen
- 27 Elaine Depolo



## AUGUST WEDDING ANNIVERSARIES

- 10 Dick & Marjean Barber
- 17 Les Knavel & Sandy Martin
- 28 John & Ruth Hollis

## EMPLOYEE WORK ANNIVERSARIES

- Michelle Gacka - Nursing - 36 Years
- Patricia Rose Gvozdich - Dietary - 35 Years
- Sylvia Walter - Personal Care - 13 Years
- Barbara Weyandt - Personal Care - 10 Years
- Alyssa Krause - Nursing - 6 Years
- Todd Beisel - Maintenance - 4 Years
- Sharon Consalvo - Personal Care - 4 Years
- June Studinary - Business Office - 3 Years
- Ariyana Seeley - Housekeeping - 2 Years
- Makayla Hoover - Nursing - 1 Year

# Auxiliary Doings

## 'A Rhyme with Reason'

Looking for a place to shop,  
 A place where you will find,  
 All the things you're searching for,  
 At least one of every kind?  
 The Auxiliary's Market is the place to go,  
 Where prices will be low,  
 And inventory changes all the time,  
 Yes fast...and never slow!  
 Tuesdays, Thursdays, and Saturdays too,  
 Be sure to stop on by,  
 Grab 'em fast before they're gone,  
 Out the door bargains really fly!  
 Sofas, chairs, and linens too,

Knick-knacks, cards, and books,  
 Jewelry, toys, and baskets galore,  
 All deserving second looks!  
 The market team is standing by,  
 To help you as you look,  
 For a special pillow, afghan, or tool,  
 Or a skillet in which to cook.  
 And as you buy those treasured finds,  
 You really help our cause,  
 To make the manor residents lives,  
 More pleasant, and for that...APPLAUSE!

### FLEA MARKET HOURS:

Tuesdays & Thursdays: 12:00-3:00PM

Saturdays: 10:00AM-1:00PM

### GIFT SHOP HOURS:

Monday thru Friday: 9:00AM-5:00PM

Thank you for your support!



# Advantage Therapy

## Star of the Month

The Arbutus Park “Star” for August is Mary Utzman!

Mary arrived at Arbutus following an emergent episode, resulting in a fractured sternum. Initially, she was having difficulty moving and getting out of bed and performing her activities of daily living, but with much perseverance and a positive attitude, she quickly began to improve her mobility and self-care levels. Mary continues to express positive thoughts about her stay at Arbutus Park, commenting on how thankful she is for her caregivers, her comfort with her level of care, and how much they have helped her to work towards her goals.

Mary has demonstrated marked improvements with her care, requiring decreased assistance to accomplish tasks. She looks forward to being able to walk better and with less assistance each day. Her uplifting spirit has helped her begin to achieve her goals in her therapy sessions.

Mary was chosen as Star of the Month because of her hard work and determination. Congratulations, Mary, on a job well done. Keep up the good work! As in the words of Mary, “Life is what you make it! Make it count!”



## Recipe

### Grilled Mexican Street Corn

A tangy twist on a summer favorite!

#### Ingredients

- 6 to 8 medium ears of sweet corn
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/2 cup chopped cilantro
- 1 clove minced garlic
- 1/4 teaspoon ground chipotle pepper
- 2 teaspoons lime juice, from 1 lime
- 1/2 cup cotija or feta cheese
- Lime wedges to serve

#### Instructions

- 1) Heat a gas or charcoal grill to 400F.
- 2) Whisk together the sauce:  
In a bowl, whisk together sour cream, mayonnaise, cilantro, garlic, chipotle pepper, lime zest and lime juice. Season with salt if needed.
- 3) Grill the corn. Place the husked corn directly onto grill grates. Grill the corn for about 3 minutes, undisturbed, or until kernels begin to turn golden brown and look charred. Turn over and repeat. When all sides are browned, remove from the grill onto a plate.
- 4) Top the corn with sauce and cheese. Using a brush or a spoon, coat each ear of corn with the crema mixture. Sprinkle with crumbled cotija or feta cheese. Serve immediately with extra lime wedges.



# Captured Moments

## Nerf Safari on the Patio

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



## Father's Day Breakfast with State Police



# *Cottager News & Notes*

## **Cottage Dinner**

The monthly Cottage Dinner will be a Drive-Thru on Tuesday August 9 at 5 pm on the PC Portico along the front of the Manor. RSVP due to Community Affairs by August 2nd. (Delivery is not available for this meal.)

Upcoming: September 13, October 11, November 8, December 13. The \$10 dinner charge will be added to your monthly statement. \*The dinner may change to a drive-thru or delivery based on Manor COVID protocols.

## **Monthly Brunch**

August 24 brunch RSVP is August 17th.

2022 Schedule: September 21, October 19, November 16, No December brunch.

(RSVP Required - Dates subject to change.) The \$10 brunch charge will be added to your monthly statement. \*The brunch may be cancelled based on Manor COVID protocols.

## **Please Don't Feed the Critters**

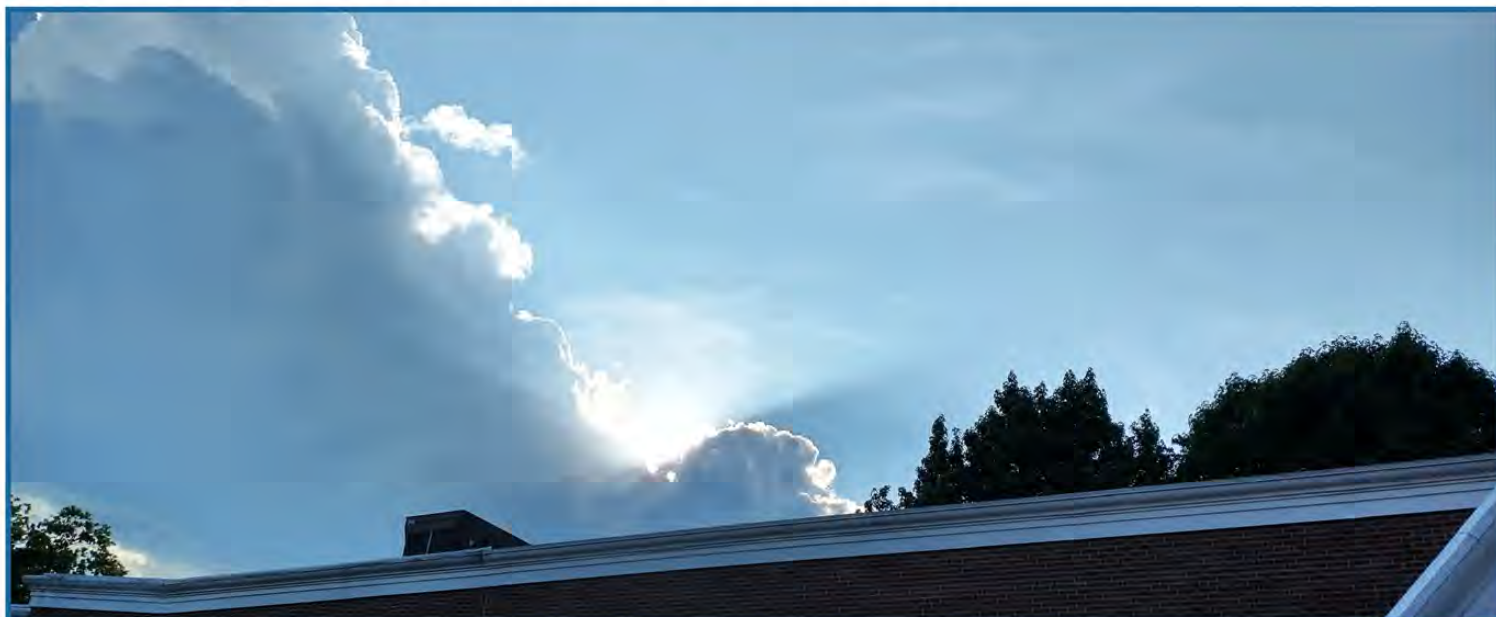
While we are graced with the presence of many kinds of wildlife on campus, we would kindly remind everyone not to feed the wildlife other than birdfeeders in the interest of safety for our cottagers and their pets.

## **Wine Tasting Update**

Our second wine tasting had to be postponed due to Manor COVID conditions. We look forward to rescheduling the event for late September. The date will be announced in the next issue of Pathways and also via 'robo-call' system.

## **Ice Cream Social**

A cottager ice cream social will be held on Tuesday, August 16 in the Wesley Drive cul-de-sac from 1-2 pm. Come enjoy some ice cream and fellowship! In the event of rain, we will relocate to the Community Center on Nadona. Tina, thank you for hosting!



# Captured Moments

4th of July

Follow us on Facebook for more photos!

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## Personal Care Christmas in July



## Fishing on the Patio



## Popsicles in Crossroads



## From Pastor Jon

The following is a blessed lesson God provided while my wife, Pam, and I were in Dubai. We were living on the 19th floor of Manazel Al Safa so we parked in a parking garage on the 9th floor. The story now follows...

I had left my phone in my car so I went to retrieve it. On the way back I noticed a lady struggling with her luggage trying to get out the door and head to the garage. She had four items of baggage to handle. My mind quickly went to... *How can I be of help to her?* In taking my mind off what I was doing, I stepped off of the curb wrongly and the "fall of man" (in a non-spiritual sense) occurred... right there. Although I caught myself with my hands and, thank the Lord, I did not do a face plant... I still fell and it was noticeable and it was painful. I wanted to be of help to this lady but found myself in a place of embarrassment and need of help (if I were willing to admit it).

As I began to get myself back to my feet, this lady with the overload of baggage left her baggage behind and quickly made her way to where I was picking myself up. She shouted out... "Are you okay?" As I got to my feet, I assured her I was and thanked her for caring and having the desire to help me.

I have no knowledge if this lady was a Christian but I do know that this lady was in a hurry to get somewhere (probably the airport) and she stepped away from that life schedule to come to my aid. This little lady had to know it would not have been "easy" to help me to my feet if needed. If I would have been laying on the ground hurt it would/could have been an "uncomfortable" moment for her to step in and help me in my distress. Yet, she was willing to leave behind her possessions and adjust her moment in time to reach out and offer me the help she thought I needed. She was willing. She was selfless. She was a Godsend.

Lord, help me to be like this woman. Her actions were a lesson to me that as your child I am called to be obedient to reach those who are fallen, who are in need... even if it means leaving behind my baggage and adjusting my itinerary to offer them the temporal and/or eternal help needed. Give me the heart to see others in need and do what I must to help them.

Hebrews 13:2 - *Don't neglect to show hospitality, for by doing this some have welcomed angels as guests without knowing it.*



ARBUTUS PARK RETIREMENT COMMUNITY  
207 Ottawa Street  
Johnstown, PA 15904

Return Service Requested



For questions or comments about Pathways,  
email [kroberts@arbutusparkmanor.com](mailto:kroberts@arbutusparkmanor.com)

A vibrant, cartoon-style illustration of a carnival. In the background, there's a large Ferris wheel with colorful gondolas. To the left, a carousel with several horses is visible. The scene is set against a bright blue sky with soft clouds. The overall color palette is warm and festive, with pinks, oranges, and yellows.

 *Arbutus Park*  
RETIREMENT COMMUNITY

# CAREER CARNIVAL

## Wednesday, August 31st

### 1:00 - 4:00pm

**Interviews available in all departments**  
**Snacks, Games, and Prizes!**

**Current Team Members: Invite your friends and family to attend and be registered to win a \$50 Sheetz Card!**

207 Ottawa St - Johnstown, PA 15904

Learn more about current openings and apply at [arbutusparkmanor.com/careers](http://arbutusparkmanor.com/careers)