

**NOVEMBER  
2022**



# Arbutus Park RETIREMENT COMMUNITY

## Pathways

Monthly Newsletter

**NOW HIRING  
FT & PT**

Dietary  
Activities

RN

LPN

CNA

Housekeeping

Learn More & Apply  
Online at  
[arbutusparkmanor.com/careers](http://arbutusparkmanor.com/careers)

EST. 1973  
Faith  
Care  
Compassion

### Home for the Holidays

We are excited to announce the return of a beloved tradition taking place on campus December 2 and 3. A resident and staff favorite, the event features horse drawn carriage rides, pictures and cookies with Santa, the famous train display, vendors, food, musical performances, and the cottage decorating contest. More specifics will be announced in the coming weeks on our Facebook page.



### Project Porch

We are very proud and appreciative of the generosity and thoughtfulness demonstrated by our cottage community. Last month's collection, for the St. Vincent DePaul food pantry, was over 700lbs of food and \$300 in cash donations, with 60 of our cottages participating. November will be the last drive until the spring. Thank you to everyone who supports and leads the drive!



### Friendsgiving Dinner

Join us for a Cottage Friendsgiving potluck luncheon. November 15 from 11-1pm at the Community Center on Nadona. What a wonderful way to celebrate and show gratitude for the bounty we share as friends and neighbors at APRC.

Just prepare a covered dish of your choice and RSVP to Kurt by November 11.



### Independent Living Cottages

With a new application process and waitlist structure, we currently have three Patio Homes available. 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.



Arbutus Park  
Retirement Community  
207 Ottawa Street  
Johnstown, PA 15904  
[arbutusparkmanor.com](http://arbutusparkmanor.com)

(814) 266-8621

## Celebrations

### NOVEMBER BIRTHDAYS

- 1 Joyce Murtha
- 1 Marilyn Orris
- 3 David Devlin
- 4 Robert Swansiger
- 5 Sara Williams
- 7 Cynthia Greig
- 8 Maurice Rhine
- 10 Pat Hilbrecht
- 16 Bob Roseman
- 17 Dave Hunt
- 17 Ann Welsh
- 21 Kim Hunt
- 21 Judy Probert
- 22 Isadora Calderone
- 23 Lois Barton
- 23 Mary Wentz
- 29 Rowena Witt



### NOVEMBER WEDDING ANNIVERSARIES

November 21 Rich & Betty Sheridan

### EMPLOYEE WORK ANNIVERSARIES

- Cindy Thorton - Activities - 36 Years
- Susan Melius - Dietary - 22 Years
- Michele Lynn Seeley - Nursing - 21 Years
- Nancy Dickert - Activities - 14 Years
- Ken Ashbrook - Nursing - 11 Years
- Carol Mihalaki - Nursing - 7 Years
- Lorraine Goodell - Nursing - 6 Years
- Matt Mims - Nursing - 6 Years
- Alan Thomas - Nursing - 6 Years
- Kurt Roberts - Community Affairs - 5 Years
- Misty Hemke - Nursing - 4 Years
- Danielle Fogle - Dietary - 3 Years
- Shaylynn Andrews - Dietary - 1 Year
- David Herring - Dietary - 1 Year
- Rachel Olbeter - Nursing - 1 Year



## Honoring Our Veterans

#### Cottagers

- Richard Barber - Army
- Bob Brown - Army
- Frank Burkhard - Army
- Linda Burkhard - Army
- Ron Chilcot - Navy
- Darlene Christensen - Navy
- Will Christensen - Navy
- Francis Matten - Army
- Maurice Rhine - Army
- Bob Roseman - National Guard
- Richard Sheridan - Navy
- Tom Sigmund - Army
- Ron Sottile - Navy
- Luke Weimer - Army

#### West and Infirmary

- Robert Bombach - Army
- Jim Davis - Army National Guard
- Don DeLusa - Marines
- Merle Fetzer - Army
- Norman Goetz - Army
- Michael Kachmar - Army
- Don Verbano - Air Force
- William Wingard - Army

#### Personal Care

- Ron Geiser - Army
- Dennis Johnson - Army
- Glenn Orris - Army

#### Crossroads

- James Bailey - Marines
- Bill Barclay - Army
- Donald Bender - Navy
- Anthony Debias - Army
- Dave Mills - Air Force
- Robert Smith - Army

#### Staff

- Alvin Brumbaugh - Air Force
- Nancy Dickert - Air Force

To all veterans of all branches:  
 Thank you for your sacrifice, your  
 bravery, and the example you  
 set for us all. Thank you for your  
 service!

# Advantage Therapy

## Star of the Month

The Arbutus Park “Star” for November is Deb Bonski! If you have not yet met her, you are missing out. Deb is outgoing and fun-loving with a sense of humor and kind heart that is unmatched. She is extremely motivated and determined. It is with that determination and hard work that she has succeeded with her therapy. She recently had some declines due to a medical condition and has worked hard in her therapy sessions to improve and get back to her normal level.

Deb was a candidate for the maintenance therapy that we offer that will help prevent her from having declines, continuing to work on her strengthening and standing using our OmniCycle and standing frame. Some days we listen to music as we work or Deb will sing, one of her talents and a passion of hers, as she was a choir director and music teacher for many years.

Here at APRC, you become family and we are lucky to have Deb be a part of it. Deb shared, “Therapy encourages me to do my best in strengthening for my whole body and good socialization while doing it,” as she let out a laugh and continued, “They make me feel like family. And I love how all the therapists work together to help me do my best.”



## Recipe of the Month

### Pear & Pomegranate Salad

A refreshing seasonal salad. Serve with chicken or beef. Feel free to add feta or blue cheese. Candied pecans are a flavorful touch as well.

#### Ingredients

- 3 cups green leaf lettuce
- 1 Bartlett or Anjou pear
- 1/3 cup pomegranate seeds
- 1 Tablespoon vegetable oil
- 1 Teaspoon Dijon-style mustard
- 1/2 Tablespoon honey
- 2 Tablespoons pomegranate juice
- 1 Tablespoon lemon juice
- Black pepper

#### Instructions

- 1) Divide lettuce into two bowls. Halve and core pear, cut into slices and divide pear and pomegranate seeds. Mix gently.
- 2) Combine vegetable oil, pomegranate juice, lemon juice, mustard, honey, pepper in saucepan. Bring to boil, reduce heat & simmer, stirring frequently until it thickens.
- 3) Pour warm dressing over the salad and serve.



## Auxiliary Doings

### Gratitude, Grit, Goodies, and Gifts!

During the height of the Covid pandemic many things sadly came to an abrupt halt. Restaurants, schools, and stores closed their doors. Visits with loved ones and friends were extremely limited. However, many times innovation took over and some things were improved as a result of grit and determination. Volunteer organizations were now, more than ever, the needed source to "get the job done". One of those volunteer groups was the Arbutus Park Manor Auxiliary. Determined to not let our organization end, our fearless and dedicated leader President Judy Eppley graciously extended her term in office and rolled up her sleeves, put the pedal to the metal, and carried the flag! She kept our vital mission going as we continued to help the residents of the manor in various ways. We are grateful for all she has so willingly done! With expectant hearts for the year 2023, the Auxiliary has elected new officers who have volunteered to do as much as they can to pick up the baton from Judy. They are Lois Gilbert - President, Pat Hilbrecht - Vice President, Kathy Freidel - Secretary, and Kris Olsen - Treasurer. A host of loyal members will be serving as well.

One of the new ideas that was birthed due to Covid limitations was the boutique-style Flea Market that opened in the lobby of Building A on June 8, 2021. It quickly grew and moved into many of the no longer used rooms. It became a fun, social spot as people eager to see friendly smiling faces again emerged from their Covid confined spaces and began looking for bargains and nice clean merchandise at wonderful affordable prices. We have just completed our second year and have raised, in the two year's time, over \$32,000! Thanks to everyone who stocked it and kept the doors open three days a week. Our season is over now for 2022 as the winter months approach, but we will be back in the Spring!

It's always a good time to head down to the pleasant Gift Shop in the Manor. Stop in and say hello to the Gift Shop Attendant, Denise, who is eager to assist you. Just a short peek inside and you will realize you don't have to go far to find a great assortment of goodies and gifts. Here is just a sampling...all kinds of personal items for men and women, greeting cards and postage stamps (57cents), candy of course), and Chips. To warm up the tummy in the months ahead get a hearty bowl of soup. Or perhaps a chef salad, wrap or croissant would suit the taste buds too. Don't forget a hot cup of coffee or cappuccino to chase the cool Fall chills away. Perhaps you have a little gift in mind for a family member, surprise a resident, or treat yourself. You just may find what you are looking for! If you have a special need just tell Denise and she will be glad to try her best to accommodate you. We eagerly welcome new members to join in the cause. You won't be sorry!



**So step aside Covid! Our Volunteer Auxiliary Members have proven their worth.....  
And we're not about to quit our mission!**

# Cottager News & Notes

## Cottage Dinner

The monthly Cottage Dinner will be on Tuesday, November 8 at 5 pm in the Manor Community Room. RSVP due to Kurt by November 1st. Turkey, Stuffing, Mashed Potatoes, Buttered Corn, Pumpkin Pie, and Cranberry Jello Salad.

*(Delivery is available.)*

**December 13:** Baked Ham, Sweet Potato Casserole, Green Bean Basserole, Peppermint Cheesecake, and Tossed Salad. 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

There will be no brunch in November and December due to Thanksgiving and Christmas. Brunch will resume in January.

## Johnstown Tomahawks Hockey

Our next Tomahawks game will be Friday December 9. \$10 ticket with RSVP due to Kurt by December 2. Bus leaves the sunporch at 6:30pm.

## Veterans Gathering - You're Invited

We'd like to invite our cottager veterans and spouses to join us Friday, November 11, at the Community Center on Nadona from 12-1pm for apple pie and ice cream. RSVP to Kurt by November 4. Our community is home to a number of heroes - we thank you for your service!

## Deck the Doors Competition

Independent Residents, show us your holiday spirit! Decorate your doors, porches, yards, and more! Register your cottage for the contest by calling Kurt at 814.262.2150. Registration ends December 5. We will take photos of your cottage December 13 after the cottage dinner. Voting will take place on our Facebook page starting December 14. Voting ends at midnight on Dec 21, with winners announced the next day.

*1st Place: One month FREE maintenance*

*2nd Place: FREE Cottage Dinners for 2023 (11)*

*3rd Place: FREE Brunches for 2023 (10)*

## Association Fee

The yearly association fee increase letter will be mailed shortly from the Business Office. Invoices and recurring monthly charges will continue to be processed on the 10th of the month.



# Captured Moments

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

## Kids Cottage Trick or Treat



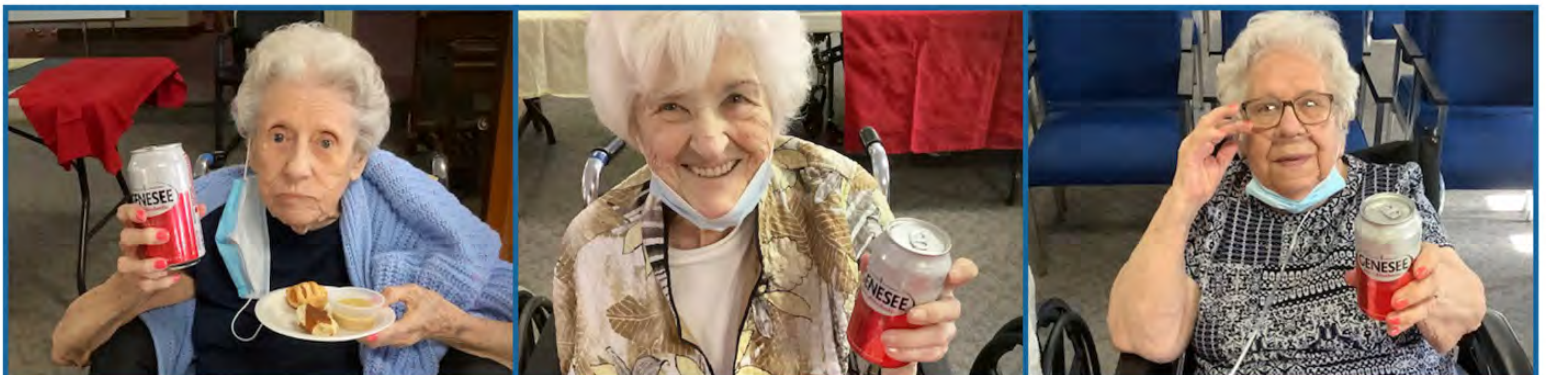
## Personal Care Pumpkin Painting



## Food Truck Fun



## Oktoberfest



## From Doc Z

### Myths About Healthcare Treatments

I decided to write this article because so many older people are misled by glitzy advertisements and talking heads on television about instant cures or misleading claims. Here are some that you may have heard:

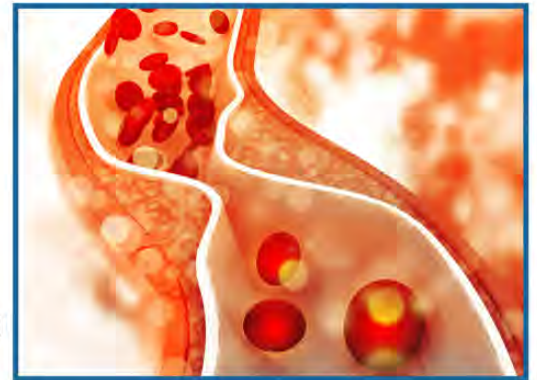
- 1 Hot flashes mean you are in menopause - wrong
- 2 Stave off colon cancer by JUST eating fiber - wrong
- 3 Thinning hair can't grow back - wrong
- 4 Hot baths increase your risk of a heart attack - wrong
- 5 Heartburn is best treated with antacids - wrong
- 6 Sciatica from a herniated disc cannot get better - wrong
- 7 The only way to fight depression is with medication - wrong
- 8 Supplements boost immune system health - wrong
- 9 High cholesterol is just a heart health concern - wrong
- 10 All incontinence medications are harmless - wrong
- 11 To lose weight you must count calories - wrong



To be sure, some of this so-called medical facts are true for some people with specific symptoms. For example, antacids may temporarily relieve heartburn and indigestion, but using antacids improperly can lead to other more serious health problems. The best thing to do is check with your medical professional.

Here are some new health information that may be of use:

- A new blood test may one day detect dementia
- Heart disease may speed cognitive decline
- Very high cholesterol could be a warning sign of glaucoma
- Hot cocoa may help relieve leg pain due to improved circulation



Lastly, I would like to talk about vitamins. Everyday we are subject to sophisticated ads and stories about vitamins. On television there are actors, athletes, and politicians telling us how these pills will make everything better. They quote doctors about the benefits from some new product. The truth is, if you eat a healthy diet, exercise regularly, do not smoke, and do not drink in excess, you do not need vitamins unless you have an underlying health condition. There is some truth to the idea that bacteria and organisms living in your gut play a role in your health. This means probiotics COULD be a benefit. Remember to always check with your doctor. Next month's article will explain the myths and give you information and suggestions.

Source: *Harvard Medical School Health Watch.*

ARBUTUS PARK RETIREMENT COMMUNITY  
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Return Service Requested



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



# Home for the Holidays!

Friday, December 2 10-3pm

Saturday, December 3 10-2pm



Live Music, Vendors, Carriage Rides, Food,  
Train Display, Cocoa Bar, Pictures with Santa, Kids Crafts, & More!