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Arbutus Park

RETIREMENT COMMUNITY

Pathways

Monthly Newsletter

Happy New Year!

Happy 2023 to you and Happy 50th Anniversary to Arbutus Park Retirement Community! In 1973, Arbutus Park started its mission of providing care and comfort to the aging population of our surrounding communities, and 50 years later, our commitment is stronger than ever.

As we celebrate this milestone, we invite you to share your memories and well-wishes with our team and residents. This year, Pathways will have a 50th Anniversary Celebration featured article where we will share stories and photos, celebrate team members who have been with us 25 years or more, and some fun surprises along the way. Join us in celebrating this milestone for Arbutus Park Retirement Community. Cheers to the new year! May God bestow blessings and good health to us all."

Little Library: Eagle Scout Project

We thank future Eagle Scout Jon Lindrose for asking us to be the home of his Eagle Scout Project: a 'Little Library!' Installed on the lower end of the mound, the Little Library has something for everyone! Adventure, thriller/horror, historical, romance, children's, and more! Thank you to Jon, Troop 2025, and everyone who helped make the project possible!

Independent Living Cottages

We currently have one patio home available, with a couple units in the pipeline for spring. 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

JANUARY BIRTHDAYS

- 1 Pearl Wasser
- 4 Mildred Boxler
- 4 Tom Davidson
- 4 Elizabeth Kesselak
- 6 Mary Bayush
- 6 Lois Gilbert
- 7 JoAnne Messer
- 12 Eleanor Wingard
- 18 Mary Sala
- 20 Mary Ellen Matcho
- 20 Twila Workman
- 22 Mary Bertino
- 23 Marcella Huet
- 23 Nancy Sotile
- 26 William Wingard
- 27 David Mills
- 31 Elizabeth Karalfa



EMPLOYEE WORK ANNIVERSARIES

- Brenda Burnosky - Dietary - 42 Years
- Rick Wilson - Administrator - 25 Years
- Erica Shipley - Nursing - 14 Years
- Lisa Stepien - Nursing - 12 Years
- Patricia Shaffer - Nursing - 9 Years
- Jess Siwy - Beauty Shop - 9 Years
- Abalene Stull - Nursing - 6 Years
- Corinne Reed - Nursing - 2 Years
- Angela Benson - Therapy - 1 Year

Thank You for your hard work and dedication, we appreciate you being part of our team!



Auxiliary Doings

It's happening here at Arbutus Park!

In spite of the negative things you see on TV, the slander, wars, robberies, shootings and the like...NICE is happening here at APRC. It is easy to get discouraged when you dwell on the negative, but your life and those around you can be increasingly more pleasant when you dwell on the positive instead. Or, as a song published in 1944 put it: *You've got to accentuate the positive - Eliminate the negative - Latch on to the affirmative - Don't mess with Mr. In Between.*

This is why the Auxiliary enjoys its mission for the manor residents so much. Look around campus and you will see NICE happening here! Often you see flowers or cookies being brought in for a resident, our Chaplain praying with someone, people collecting food for the needy, a husband opening a car door for his wife, a food treat surprise for the caregivers, people donating items to our flea market, the staff doing their jobs with "extra miles and smiles", special costumes or hats being worn to bring cheer to the residents, musical groups coming to sing, the Christmas train display set up for all to enjoy... and the list goes on and on. It is a place filled with love.

Our world is hungry for love and nice. We can be the suppliers of those precious things every day. In 2023, we should all challenge ourselves to "out-nice" tomorrow from what we did today. While making our personal lists of what we can do for others, here are a few suggestions to help our Auxiliary help the residents. 1. Add items that we no longer need to our "gathering boxes" to donate them to the flea market. 2. Visit the Gift Shop and say "Thank You" to Denise for what she does to make it such a pleasant place. 3. Join our membership drive in February. 4. Volunteer to help us with events and projects. Just add love and nice where we can. Bloom where we are planted. Working together we can all make our world a better place to live. *"So in everything. do to others what you would have them do to you..." - Matthew 7:12*

Advantage Therapy

Star of the Month

The Arbutus Park Star for January is Virginia Jakubac!

Virginia came to Arbutus Park after suffering a fall at home in her apartment. After being in the hospital for a short period of time, Virginia came to us to work with Physical and Occupational Therapies to improve her functional mobility, safety, and overall quality of life.

Virginia was highly motivated to participate in therapy services and showed excitement with each session, making progress very quickly. Within the first week at Arbutus, Virginia made exceptional progress with functional activity tolerance and safety. Often during therapy services she would ask questions about what exercises or other things she could perform on her own to help progress. Virginia said that she was very active throughout her life and grew up on a farm, being no stranger to hard work.

Virginia was picked for this month's Star because of her overall attitude with therapy and how quickly she was able to improve. Virginia continues to want to make progress with each therapy session, even after specific goals were met, and has a strong desire to be able to perform all tasks without assistance to facilitate full independence.



Recipe of the Month

One Pot Ham and Veggie Pasta

Ingredients

- 1 tablespoon Olive oil
- 2 1/2 cups cubed fully cooked ham
- 1/2 cup chopped onion
- 3 cloves of minced garlic
- 1 teaspoon of Italian seasoning
- 1/4 teaspoon of red pepper flakes
- salt and pepper to taste
- 4 cups low sodium chicken broth
- 1 1/4 cup fat free half and half
- 1/4 cup all purpose flour
- 1 (16 oz) package bow tie pasta
- 2 cups frozen peas and carrots
- 1/2 cup grated Parmesan cheese

Instructions

- 1) Heat olive oil in a large pot over medium heat. Add ham and onions, saute for 3 minutes. Add garlic, then stir in Italian seasoning, red pepper flakes, salt and pepper. Cook 2 minutes
- 2) Wisk together chicken broth, half and half, and flour in a bowl until smooth and pour in the pot. Stir in pasta, cover and cook for 15 minutes.
- 3) Add peas and carrots. Cook until pasta is cooked (additional 8 minutes) Serve with Parmesan cheese.



From Doc Z: Health Myths & Facts

In the November 2022 issue I wrote about health treatment myths and I got some interesting feedback. I am responding to some of the feedback to clear up any misunderstandings.

Of course hot flashes can mean you are in menopause, but hot flashes occur for many different health reasons such as high fever and other forms of illness. In response to heartburn, it is important to understand the underlying reason. Therefore, antacids may cover up severe heart problems but for mild indigestion an antacid may help. The same holds true for the use of supplements and vitamins. If you have a vitamin deficiency a supplement can help.

Here are a few more misunderstood health myths:

1) "Egg yolks are bad for you." Eating a whole egg is now recommended for most people unless you are allergic. Even people with heart conditions. Eggs are loaded with HCL which is a good cholesterol and actually counteracts the effects of bad cholesterol. Of course moderation is important, eat no more than one egg a day.

3) "Cracking your knuckles causes arthritis." There is no substantial evidence that indicates cracking your knuckles causes arthritis.

However, cracking your knuckles is not a good thing. It can cause swelling, reduced grip, causing pain in the hands.

4) "Canned foods have little nutritional value." Canned foods are actually an affordable way to include fruits and vegetables in your diet. Look for lower sodium canned vegetables.

5) "Gluten is bad." Gluten is a wheat protein found in grains including wheat, barley, and rye. The gluten free diet is only healthier if you have a gluten related disease such as celiac or gluten intolerance.

6) "Yogurt is a healthy food." Yes, some yogurts are packed with healthy bacteria that have positive health benefits, but read the label as many yogurts are packed with sugar and high fructose corn syrup.

7) "Bottled water is better for you than tap water." This is a difference issue because in many countries tap water is not safe, but generally in the US tap water is just as safe as or better than bottled water. The cost of bottled water and the disposal of bottles in landfills poses a health problem that effects the environment and our health.

8) "Starve a fever, feed a cold." With rare exception, one of the best things to do for a fever is to maintain a regular diet as best as you can. Even though you may not feel like eating, your body requires more calories when you were sick.

I hope you got some good information and enjoyed reading about these health 'myths'.



Cottager News & Notes

Cottage Dinners

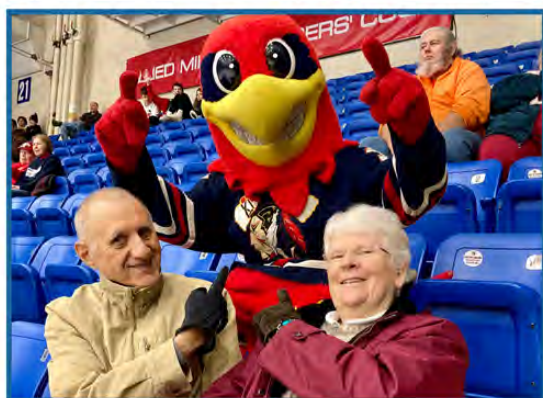
The monthly Cottage Dinner will be on **January 9** at 5 pm in the Manor Community Room. Menu: baked fish, redskin parsley potatoes, baked corn, coleslaw, and Boston cream pie. *RSVP to Kurt by Jan 2.* The \$10 dinner charge will be added to your monthly statement. **The dinner could evolve to a drive-thru or delivery based on Manor COVID protocols. Delivery is available.*

Based on feedback, the 2023 dinners will move back to the **first Monday of the Month**. A firm RSVP will be needed **one week in advance** for Dietary to order food and set the room. **2023 Dates:** February 6 RSVP by Jan 30, March 6 RSVP by Feb 27, April 3 RSVP by March 27, May 1 RSVP by April 24, June 5 RSVP by May 29.



Johnstown Tomahawks Hockey

For the remainder of their season, \$8 discount Johnstown Tomahawks Hockey tickets will be available through Kurt in the Community Affairs office. Please give one week notice before the gameday to ensure the ordering, pick-up, and delivery of your tickets. Discounted tickets are available to all APRC cottagers, staff, residents, and family. Season schedules are available at the Community Center.



Super Bowl LVII Save the Date

Save the Date: Sunday, February 12 we will be hosting a Super Bowl gathering at the Community Center on Nadona. 6:00pm gathering, game at 6:30pm. Beverages and chips will be provided, feel free to bring a snack to share! RSVP to Kurt by February 8.



Monthly Brunch

Brunch resumes Wednesday, January 18. RSVP is due January 13. Held at 10 am in the Manor Community Room. **2023 Dates:** Feb 15, March 15, April 19, May 17, June 21. RSVP Required. Brunch is open to your friends and family! The \$10 brunch charge will be added to your monthly statement. Your mimosa is waiting for you!



Captured Moments

Home for the Holidays

Follow us on Facebook for more photos!

[Facebook.com/ArbutusParkRetirementCommunity](https://www.facebook.com/ArbutusParkRetirementCommunity)



Trains!



Cottage Ugly Sweater Gathering



Pictures with Santa



From Pastor Jon

2023... Really?

My wife and I got away for a few days last week. As we were driving and chatting, we passed a billboard that read "70 is the new 50". Really? Taking that statement as a fact would mean my 60ish is the new 40ish. Would I love to go back to the time I was a young 40 and do it all over again? Not really. There are some things I am sure I would do differently, some things I would intentionally enjoy more... but I would be happy leaving things as they were and enjoy my journey from where I am.



It is 2023. I made no resolutions. I planned no major shifts in my life. I pulled up a few dreams I had as a younger man and I am taking time to ponder them in a deeper fashion. Who knows, maybe this is the year of seeing some of those dreams, of years gone by, come to fruition... maybe not. Either way, I am blessed more than I deserve to be. My family loves me unconditionally with all of my faults. I am surrounded by seniors that help remind me I am still young. I really do not mind them saying to me... Wait until you get my age." I know my age, after all, it is 2023.

It is 2023, I still have time and opportunity to be used by God. I am still a mobile, vocal, intellectual (ok, this one may be debatable) who loves to chat with those my path crosses. I am willing to discuss most any topic and am willing to learn as I go. I will even spar with others on political subjects... but I will shut down a happening debate so as not to upset the other person. People are more important to me than holding a specific political ideology. Christ is not the God of division... therefore I will strive to be more like Christ in 2023.

It is 2023. I have a sermon to preach. It has never, been preached here or in any of the churches I served since 1979. It is one that has been in my heart for decades and, as far as I can tell, God has not said for me to share it. It has been refined. It is being held close to my heart. It is relevant to our times. It is one needing to be shared. It needs to be heard. I only have so much time left on this wonderful planet. If God has me to never preach it... I know this... God makes no mistakes and it is for me alone. I am good with that because this is not my year... it is God's. It is not me but it is God who spoke all we see and know into existence and it is He who is the God over 2023.

It is 2023. I am planning for 2024. Why not? I am planning on still being here. God is not finished with me... yet. When that day comes, I will be ready. If it is in 2023, I will be ready. The one question I will ask in closing...

It is 2023... Are you ready?



ARBUTUS PARK RETIREMENT COMMUNITY
207 Ottawa Street
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Return Service Requested



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

**Thank you to everyone who participated in the annual 'Deck the Doors' competition!
Campus looked very festive and was enjoyed by many! With the most votes ever, winners announced in the next issue!**

