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# Arbutus Park

## RETIREMENT COMMUNITY

### Pathways

Monthly Newsletter

#### **The Ice Cream Machine Returns!**

We are often asked "Does the Manor still have the ice cream machine?" Shortly before the pandemic, our machine broke and was beyond repair. We are now thrilled to announce the return of the beloved Manor ice cream machine! The brand new and improved machine will be located next to the gift shop. Our sincere gratitude and appreciation to the family of Weldon Briggs for making the return of this APM staple possible in his memory!



#### **Valentine's Day Candy Grams!**

The Team Spirit committee will be selling Valentine's Day candy grams on the Manor sunporch February 8 & 9 from 11-3pm for \$2 each. Send a sweet and a note to a loved one on campus, and they will be delivered on Valentine's Day! They are able to be purchased by anyone for delivery on campus: residents, staff, and cottagers! Over 100 were sent in our last sale!



#### **Basket Party!**

APRC Team Spirit is hosting a Basket Party on Saturday, March 25 from 10am-2pm in the Manor Community Room. Our walk-through basket party benefits our Team Spirit committee which works to support, recognize, and celebrate our caring and dedicated staff. If you would like to participate by donating a basket, please contact Community Affairs at 814.262.2150. More info in the next issue!



#### **Independent Living Cottages**

We currently have one patio home available. Over the winter months we will be renovating several units that will be made available to our waitlist. 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

## FEBRUARY BIRTHDAYS

- 1 Shirley Wertz
- 5 Ann Crisi
- 8 Stephen Hunt
- 8 Kim Sell
- 9 Florence Grove (FLO!)
- 11 Helen Wilson
- 15 Jerry Varner
- 23 Ted Custer
- 23 Margie Roseman
- 25 Elsie Hamady
- 27 Kathy Bulvin



## EMPLOYEE WORK ANNIVERSARIES

- Kerry Petry - Business Office - 35 Years
- Gary Capouellez - Dietary - 28 Years
- Natalie Rovansek - Nursing - 28 Years
- Veronica Clites - Nursing - 23 Years
- Carolyn Willoughby - Activities - 10 Years
- Pamela Estes - Activities - 3 Years
- Justina Black - Dietary - 1 Year
- Cleo Carr - Security - 1 Year
- Sierra Harper - Nursing - 1 Year
- Michael Hull - Nursing - 1 Year
- Melanie Mardis - Dietary - 1 Year
- Susan Thompson - Business Office - 1 Year

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

## ANNIVERSARIES

- Feb 14 Maurice & Nancy Rhine
- Feb 20 Frank & Linda Burkhard

# Auxiliary Doings



## Won't You Join Us?

It is time for the Annual Arbutus Park Manor Auxiliary's Membership Drive. All of the money we raise goes directly for the benefit of the residents. One of the projects we completed during 2022 was to purchase two love seats and two side chairs for the lobby of the manor. Many appreciative and complimentary comments were given as to how nice the furniture looks in the place that the residents call home.

Won't you consider coming alongside our dedicated and hard working volunteer Auxiliary members to help in this way? If you have not received a 2023 Membership Form in the mail you can pick one up in the Arbutus Manor office. Or perhaps you can make one of your own. Here is the information you will need:

- \_\_\_ Men & Women's Regular Membership \$1.00 to \$4.00 \_\_\_\_\_
- \_\_\_ Men & Women's Sustaining Membership \$5.00 \_\_\_\_\_
- \_\_\_ Life Membership \* \$100.00 or more \_\_\_\_\_
- \_\_\_ In Memory\* \$100.00 or more \_\_\_\_\_
- \_\_\_ In Honor\* \$100.00 or more \_\_\_\_\_
- \_\_\_ Special\* \$100.00 or more \_\_\_\_\_

\*Please Note: If you donate \$ 100 or more for a LIFE, IN MEMORY, IN HONOR, or SPECIAL Membership, a plaque will be placed on the Recognition Board in the corridor leading to the Community Room in the Manor, for the person or group you are recognizing. Please make checks payable to: Arbutus Park Manor Auxiliary. Mail to Margie Roseman at 7 Otterbein Lane, Johnstown, PA 15904. Include plaque wording if appropriate. Thank You for your continued support! It is greatly appreciated!

*-Submitted by the Auxiliary*



## Advantage Therapy

### Star of the Month

The Arbutus Park Star for February is Phoebe! Phoebe is our star of the month because of her determination and tenacity. She came to Arbutus Park following a fall at home in which she sustained a hip fracture. She was in search of a place for her recovery and reports that Arbutus Park came to her highly recommended.

Prior to her fall, Phoebe lived independently in a two story home, maintaining her own home within the community. She was thinking about looking at places to visit after the holidays, because she wanted to downsize, but her fall made this happen sooner than anticipated. She has made improvements in her strength, ambulation, endurance, and independence in her room. She continues to work hard and push herself in therapy.

Phoebe is anxiously awaiting her discharge from orthopedics so she can transition to the Personal Care environment. Congratulations, Phoebe, on all of your achievements, and thank you for allowing us to be a part of your care!



## Recipe of the Month

### Pepperoni Pizza Muffins

Kick off your Super Bowl Party with this fun appetizer. These pizza muffins are super easy, yummy and ready in less than 30 minutes.

#### Ingredients

- 1 can buttermilk biscuit dough
- 10 tablespoons pizza sauce
- 10 slices pepperoni
- 10 tablespoons shredded mozzarella

#### Instructions

- 1) Preheat the oven to 425 degrees and spray 10 muffin cups with cooking spray
- 2) Flatten biscuits, one at a time, and press into the muffin cups covering bottom and sides. Set aside for about 5 minutes allowing dough to rise a little
- 3) Spoon 1 tablespoon pizza sauce into each dough cup; top each with 1 slice of pepperoni and 1 tablespoon of mozzarella cheese.
- 4) Bake in the preheated oven until pizza muffins are lightly browned and cheese is melted, about 10 minutes. Remove from tin and place on a cooling rack to cool for 5 minutes.





## *Action at APRC: Submitted Content*

At the December cottager dinner, my husband was unfortunate to have an accidental fall. What I witnessed afterwards was equivalent to an extremely fast emergency drill. I watched 5 or 6 men immediately rush out of their seats and surround him to offer their aid. Next, Dr. Zitnay checked my husband and gave me a brief report. He was kind enough to offer us to call him that night if needed.

Kerri and the kitchen staff quickly sent for Manor nurses. Two of the Personal Care arrived to assist by taking my husbands vitals and putting stri strips on his head wound to stop the bleeding. They too gave us follow-up advise. Our table companions were most kind and offered to bring my husbands meal to the table so he would not have to wait in line. They also brought mine so I could stay with him. They were so very thoughtful. Many of you stopped by our table to check on Tom.

There was so much kindness and caring surrounding us, we felt that the Christmas spirit had already arrived. We were so very grateful for all of your help and quick action so generously given to Tom that night. Thank you, all of you wonderful people for your care and concern. You showed us the true heart of Arbutus Park Manor.  
-Gratefully, Tom & Marcy Sigmund

## *Biggest Deck the Doors Ever!*

With over 1,100 votes cast, the winners are:

1st Place: Pat Hull 305 Votes

2nd Place: The Sigmunds 216 Votes

3rd Place: The Haynes 164 Votes

Thank you to everyone that gave a “like” for my moms house or shared the post. She won in more ways than a prize. My mom started working at Arbutus Park Manor when I was a little girl, eventually becoming the Director of Nursing, and retired while my granny was living in their Personal Care unit. It was always her goal to live there because of the atmosphere created by the staff and community. During the heart of COVID, my mom stayed with them while rehabilitating her back and received the very best care. She was able to return home, but immunocompromised health issues limited our interaction with her. We’ve had drive-by Easter dinner drop-offs, social- distanced picnics, and goodbyes without hugs to keep her safe and healthy. She was finally able to move into her beloved townhouse this past summer and has embraced her independence and newly discovered social life with all of her heart. The silliness of a contest brought her family, scattered from Pennsylvania, North Carolina, Florida, South Carolina, Wyoming, Colorado, Washington, and as far as Australia, together to support her, interact with her, and help her feel like she’s a part of something- a feeling she’s missed so much in the past few years. Thank you for welcoming her home, we all wish you a very, Merry Christmas! - Heather, daughter of Pat Hull





# Cottager News & Notes

## Cottage Dinners

The monthly Cottage Dinner will be on **February 6** at 5 pm in the Manor Community Room. Menu: Stuffed pork chop, mashed potatoes, parisian carrots, cherry pie, tossed salad. *RSVP to Kurt by Jan 30.* 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 for those unable to attend in person.* Dinners are the first Monday of the month. A firm RSVP is 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.



## Monthly Brunch

The monthly brunch is Wednesday, February 22. RSVP is due February 15. Held at 10 am in the Manor Community Room. **2023 Dates:** 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!



## 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.



## Did You Know?

- We maintain Maintenance staff on campus 24 hours a day, 7 days a week. In the event of an emergency during non-office hours (after 4pm to 8am) just call 814.262.2161. If your kitchen fridge does not have an APCR phone directory magnet, call Kurt!
- In addition to daily meals, the Dietary department delivers milk and bread year-round, not just during the winter months! Call Andrew at 814.262.2159.
- The Community Center on Nadona has a number of DVD movies you are welcome to stop by and borrow!





# Captured Moments

Richland Chorus & Orchestra

Follow us on Facebook for more photos!

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



## Christmas Sweaters



## Elwood Kelly



## Team Spirit Hot Cocoa Bar





## From Pastor Jon

Love - God style...

February is the month of love. We celebrate Valentine's Day and often find new and fresh ways to tell those we love...

not only that we love them but how much we love them.

The most well known verse in all of scripture is John 3:16.

*"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."* This single verse tells us God loves us and, at the same time, shows us how much. Let's take a few minutes and break this down and let it draw us into a deeper love and appreciation for God.



As we look at this verse we see the HEART of GOD. For God so loved the world... Each and every one of us wants to be loved and be loved in a way that changes our whole understanding of this dynamic desire. We want to be loved with our flaws, our glitches, our failures and all. We long to be loved. The great thing is each and every one of us is loved by God. God the creator of the universe, the Holy One on High. He loves us. He has a heart for us. Think of how amazing that is. The One true God loves us. Yet, it does not stop there.

Next, we see the HAND of GOD.... That He gave His only begotten Son. This love that God has, He wants to give it to each of us in a tangible way. He wants to freely give us a love we have not earned, nor do we deserve. I ask that you consider God's outstretched hand as a gift to you individually and personally. An outstretched hand that is filled with that one thing we lack... that one thing we need... that one thing that can only be given by God. It can be found nowhere else. This item is a person. It is the epitome of love. This person is Jesus Christ. So the God who loves us with all His heart gives us the greatest gift anyone could ever give. This is amazing.

The third, and last thing, we see from this verse is the HOPE of GOD... that whosoever believeth in Him, shall not perish and have everlasting life. It is God's desire... His hope is that we will receive this gift of love. That we will treasure this gift of love. That we will be surrendered to this gift of love. If we can and if we will, we will not perish but have everlasting life. We will miss hell and inherit heaven. We will forever live in the presence... not the absence of God. I stand amazed by the biblical reality that we have a God who loves us so much He sent His one and only son to be born... to live... to die and to rise again... so that we could know the love He has for us. So, let me encourage you to think of these three attributes of God this month (and beyond) and be glad in them. – God's Heart... God's Hand... God's Hope.



**Happy Valentine's Day. You are loved.**



# Walk In Wednesdays!



**February 1, 8, 15, 22 1:00-4:00pm**  
**207 Ottawa St - Johnstown, PA 15904**

Stop by to learn more about employment opportunities or an on the spot interview!



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

## Chocolate Covered Strawberries!

Half-dozen for \$8.00

Orders due by Thursday, February 9 2023

Pick-up Tuesday, February 14 in the Gift Shop 9-5pm

Order through the Manor Business Office 814.266.8621

