

**MAY  
2023**



# Arbutus Park RETIREMENT COMMUNITY

## Pathways

Monthly Newsletter

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### 50th Anniversary Family Picnic

Save the date for Wednesday, July 19 from 11am-2pm as we celebrate 50 years of faith, care, and compassion with the return of the big family picnic! A day of great live music, fantastic food, and fellowship amongst residents, family, friends, cottagers, and staff! In our next issue, we will unveil the design for a limited edition t-shirt to commemorate the event that will be available to order in the month of June. We look forward to celebrating with you!



### 'Project Porch' Resumes

Spring has sprung and our 'Project Porch' food drive has returned! The cottage community continues to support in a big way with 550lbs of donated food and \$145 in funds to last month's recipient, the St. Vincent de Paul food pantry. Thank you to our cottagers, and thank you to the Sigmunds, Burkhardts, and Heiders for their leadership! The next drive is Wednesday, May 10 supporting the West End Food Pantry.



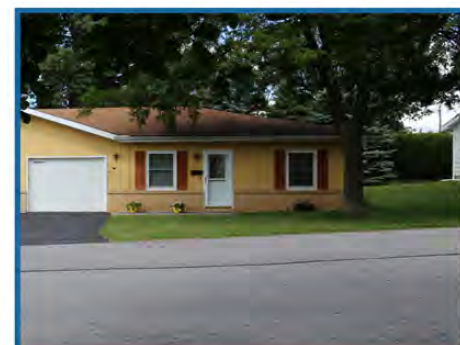
### Transportation Pricing

Effective May 1, 2023, we will be increasing the trip fee for non-MA residents (and non-skilled residents) to \$30.00. Private pay Manor residents and cottagers will be affected. Medical appointment transportation is scheduled through Melinda in the Activities department at 814.262.3880 and should be requested as early as possible as the schedule is regularly quite full.



### Independent Living Cottages

We now have multiple openings being presented to our newly refreshed waitlist! After renovation is complete, 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

### BIRTHDAYS

- 1 Betty Oxen
- 4 Sophia Smatlak
- 6 Pauline Cizmansky
- 7 Jeannine McWilliams
- 7 Jean Simmons
- 11 Michael Kachmar
- 13 Gladys Gordon 102!
- 13 Marion Taylor
- 20 Eleanor Callihan
- 23 Linda Burkhard
- 23 Pat Hull
- 26 Rebecca Bracken



### EMPLOYEE WORK ANNIVERSARIES

- Tammy Moyer - Dietary - 26 Years
- Melinda Frye - Activities - 19 Years
- Travis Knapp - Activities - 16 Years
- Mary Anne Eicher - Nursing - 15 Years
- Gina Tanaka - Nursing - 14 Years
- Ann King - Nursing - 13 Years
- Dan Szymala - Nursing - 11 Years
- Cindy Koval - Housekeeping - 9 Years
- Cynthia Penrose - Housekeeping - 8 Years
- Tammy Forney - Personal Care - 7 Years
- Diane Metzgar - Personal Care - 7 Years
- Robert Sellers - Maintenance - 7 Years
- Robyn Foreman - Nursing - 6 Years
- Kirstie Miller - Nursing - 6 Years
- Teresa Myers - Business Office - 6 Years
- Tori Sterner - Business Office - 5 Years
- Kaelin Kirchner - Nursing - 2 Years
- Lydia Parker - Dietary - 1 Year

### ANNIVERSARIES

May 22 Ron & Nancy Sottile

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

## Auxiliary Doings

### When Are You Going to Open?

That's what we keep hearing from people who enjoy our large Flea Market in Building A so much! We are almost finished restocking merchandise and will open (weather permitting) on TUESDAY, MAY 16, 2023 from 12-3pm.

Many people have been generous with donations to the market, so you will have a LOT to choose from when you come to shop. You will not be disappointed! "Something for everyone for sure."

In the meantime our new glass case on the sunporch of the manor has been well received. It holds a sampling from the larger Flea Market. And it's for sale now! Check it out often as new things are added frequently. "Get it before it's gone!"

Because of the strong support of the Auxiliary, we recently were able to dedicate \$5,000 towards "Rick's Wish List" for various departments of the manor.

A loud Thank You to all of you who offer your support in many ways. It's loyal friends like you that "make it happen." Every dollar that is raised by the Auxiliary goes to make the life of the residents in the manor more comfortable. May God bless you all!

### 2023 FLEA MARKET SEASON SCHEDULE

**Building A - 207 Ottawa Street - Johnstown, PA 15904 (Look for the flags/signs!)**

~~~Opening Tuesday, May 16, 2023~~~

**Tuesdays & Thursdays – 12-3pm, Saturdays 10am to 1pm**



# Advantage Therapy

## Star of the Month

Introducing our star of the month: Florence Davis, who became a part of our Arbutus Park family when she and her family decided she needed more assistance with her daily care for her overall safety. She is a strong-willed and very independent lady, who has worked hard during her therapy sessions and showed her motivation and continued determination to remain as independent as possible. She has improved her balance, endurance, and ambulation since her admission, requiring less assistance from her caregivers.

She is very proud of her children and grandchildren, keeping up to date with all that they are involved in, helping to keep her motivated to remain strong.

“Dee Dee,” as she prefers, is becoming acquainted to her new environment at Arbutus Park and becoming involved with activities of her choice. Congratulations for a job well done and welcome to our Manor family. Thank you for allowing us to be a part of your care!



## Recipe of the Month

### Corn & Bacon Salad

#### Ingredients

- 5 ears corn, shucked
- 2 teaspoons olive oil
- 3 slices bacon, chopped
- 1/2 pound Yukon Gold Potatoes, cut into 1/2 inch cubes
- 1 red bell pepper, cubed
- 1 small red onion, thinly sliced
- 1 tablespoon cider vinegar
- 1/2 teaspoon red pepper flakes

#### Instructions

- 1) Bring a large pot of lightly salted water to a boil. Add corn and cook until slightly soft but still crisp. Cut corn kernels from the cobs.
- 2) Heat olive oil in a large skillet over medium heat. Cook and stir bacon in hot oil until browned and crispy, 5 to 10 minutes. Transfer bacon to a paper towel-lined plate to drain, reserving drippings in the skillet.
- 3) Cook potatoes, stirring occasionally, in the same skillet over medium heat until potatoes are golden brown, about 5 minutes. Add red bell pepper and salt, cook and stir until peppers are tender, about 5 minutes more.
- 4) Stir corn kernels into potato mixture and cook until corn is heated through.
- 5) Pour corn and potato mixture into a large bowl. Add bacon, red onion, cider vinegar, and red pepper flakes, toss to combine.





## The Rick Wilson Book Club

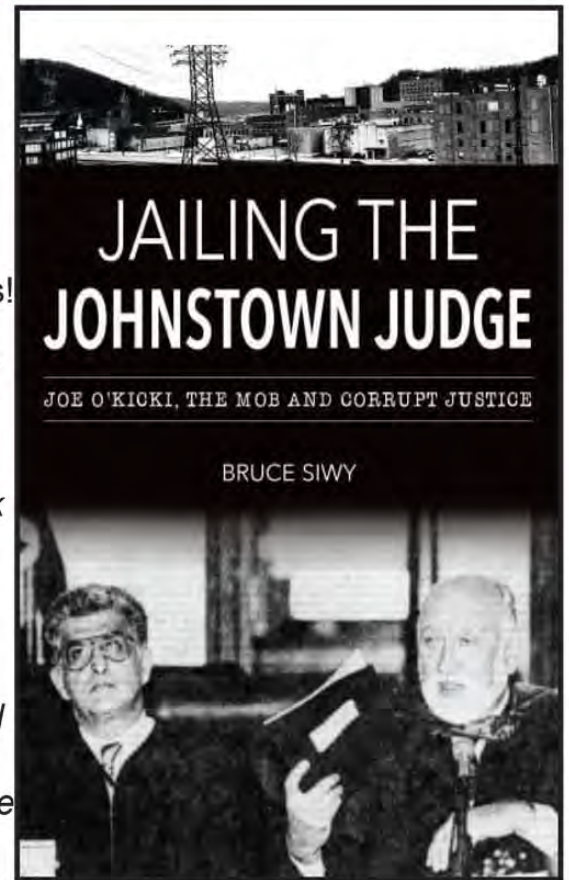
Rick recently enjoyed reading 'Jailing the Johnstown Judge' and thought you might like it to. The book is written by journalist Bruce Siwy, managing editor of the Daily American newspaper in Somerset (and husband of Jess in our Beauty Shop!) The book also briefly makes a reference to our campus!

From the Publisher: *'In 1988, Judge Joe O'Kicki was regarded by his peers as one of the most brilliant legal minds in the United States. He was newly re-married, sworn in as the president judge of a Pennsylvania county and on the fast track to a federal bench.*

*Silently, however, a state police vice unit was in the midst of covert operation into O'Kicki's personal affairs. The judge would be accused of soliciting bribes, frequenting brothels and running the county as if he were a "battleship commander." Later he'd concoct a plan to flee the country and exact revenge on his enemies.*

*Set in the aftermath of the 1977 Johnstown flood and including courtroom testimony, the memos of whistleblowers, contemporary interviews and excerpts from O'Kicki's unfinished tell-all memoir, "Jailing the Johnstown Judge" is a fresh examination of the extraordinary Western Pennsylvania case that attained international infamy.*

The paperback book is available online at all major retailers, Classic Elements downtown, and also as an audiobook and e-book.





# Cottager News & Notes

## Cottage Dinner

The monthly Cottage Dinner will be on **Monday, May 1** at 5pm in the Manor Community Room. Menu: Meatloaf and gravy, scalloped potatoes, peas & pearl onions, chocolate cake w/ peanut butter icing, tomato, cucumber, and onion salad. *RSVP were due April 24 per March calendar.*

Dinners are held the first Monday of the month. A firm RSVP is needed one week in advance, before Pathways arrives. The \$10 dinner charge will be added to your monthly statement. *Delivery is currently available.*

**June 5 Dinner RSVP by May 29.** Menu: Breaded chicken cutlet, oven roasted redskin potatoes, broccoli & cauliflower, blueberries & strawberries w/ whipped cream, ice cream sundae.



## Cottage Brunch

The monthly brunch is Wednesday, May 17. RSVP is due May 10. Held at 10 am in the Manor Community Room.

**2023 Dates:** June 21, August 16, September 20

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!



## Cottage Dinner & Brunch Pricing

To maintain the quality offerings of both the cottage dinner and brunch, we find ourselves needing to increase the price as our costs have risen dramatically. We held off making any changes with hopes that pricing would regulate, but as you surely experience at the grocery store, prices continue to rise. Effective June 1, the dinner and brunch will increase from \$10 to \$12 per person. Thank you for your understanding, we have been thrilled with the attendance and enthusiasm, especially for brunch! There will be no brunch or dinner in July as we encourage everyone to attend the family picnic on July 19th!

## Spring Clean-Up & Electronics Recycling

As the majority of our cottages are on privately owned and maintained roads, we are not included in the Richland Township 'Spring Clean-up' on June 5. If you have items to dispose of, they can be taken to the end of the Community Center driveway on Nadona during the day of June 4.

If you are in need of properly recycling any electronics, they can be taken to the Community Center on Nadona until Friday, May 26. They will be taken to the county recycle center in Loretto.

*(Examples include old laptops, printers, desktop PC, monitors, tablets, phones, etc.)*





# Captured Moments

Enjoying the Patio

Follow us on Facebook for more photos!

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



Easter Egg Hunt in PC



Easter Games in Skilled



Donating to the Humane Society, Jess in Action, and AJ Taste-Testing Chocolate Milk!





## From Pastor Jon

May... A somewhat peculiar month...

Before we get to the best thing this month offers us on it's calendar, let's take a quick "Title Tour" of some oddities this month has scheduled.

When I read through the exhausting list, I wondered who came up with these things and why. When I become President, I will work to rid us of all the extreme silliness we have put into our moths highlights. I also realize that what I think may be odd, you may find quite normal. Before you read further, let's agree to disagree... if we disagree. If we agree and pass

each other on campus, just a nod of the head and a smile will reaffirm to each of us that we live among some strange things. I will share some of these and then make a comment as to what I am really thinking about the title.



**1) Loyalty Day:** Really? We have to set aside a day to be loyal? Does that mean we don't have to be loyal the other 364 days of the year?

**2) Lumpy Rug Day:** A day set aside to let us check and see if our rugs are lumpy and if they are, we have inferior rugs. We are guilty of purchasing rugs not of high quality and we need to correct our error.

**3) No Diet Day:** What? Now I speak from one who could benefit from a diet. Taking a day off and not eating healthy just doesn't seem right. Why should we encourage those who struggle with their weight to take a day and not be serious about their health. I know from experience, that breaking a diet once can make it very difficult the next day to begin again.

**4) Dance like a Chicken Day:** The title explains it all. I am just sitting here, shaking my head.

**5) Be a Millionaire Day:** Sign me up. In my 63 years, I continue to be disappointed that no one has made that a day to celebrate for me. Maybe this year.

The list above is about ¼ of the list of things happening...on the calendar...in May.

Yet, there is one day that stands above them all. A day we can stop and say thanks to God for loving us so much to give us the mother that we needed. That mother who was both disciplinarian and comforter. That mother who always gave more than she asked for. Most of us were not so formal that we had to call them Mother. We found comfort in making a more friendly moniker fit our lives... and we call her "Mom".



Proverbs 31:25-29: "She is clothed with strength and dignity; she can laugh at the days to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. Her children rise up and call her blessed; her husband also, and he praises her: 'Many women have done excellently, but you surpass them all.'"



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# MEMORIAL DAY

## Job Openings

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**Nursing:** RN's, LPNs, CNA's: FT/PT

**Nursing:** Weekend Warrior RN, LPN, CNA: PT

**Activities Aide:** FT/PT

**Dietary Aide:** FT/PT

**Beauty Shop:** Stylist

**Grounds:** Summer Help

Arbutus Park Retirement Community is an Equal Opportunity Employer