

**JUNE
2023**

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Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

arbutusparkmanor.com

(814) 266-8621



Arbutus Park

RETIREMENT COMMUNITY

Pathways

Monthly Newsletter

50th Anniversary Family Picnic

We hope you will join us 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! We are excited to announce Walt & Jackie as our musical entertainment for the day! We look forward to celebrating with you!



Anniversary T-Shirts

In conjunction with the annual family picnic, we are offering a special t-shirt! Available in blue or green, the design is pictured to the right, with '50th Anniversary' on the sleeve. Orders and payment of \$12 per shirt are due to Melinda Frye by Friday, June 23. Shirts are unisex 50/50 cotton blend. Melinda can be reached at mfrye@arbutusparkmanor.com or 814.262.3880. Checks can be made to APRC.



Rick Wilson Send Off!

Join us for cake and ice cream on the Manor sunporch Thursday, June 22 from 1-3pm as we wish Rick well in his retirement! After 25 years of leadership, growing our campus and services, and navigating a pandemic, Rick will be passing the torch to current Assistant Administrator Chad Kamler on July 1. Look for a 'Park Profile' about Chad in the July issue of Pathways!



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. Now is a great time to make the move!



Celebrations

BIRTHDAYS

- 2 Fred Barefoot
- 5 Pat Griffith-Hughes
- 7 Sandy Martin
- 14 Joe Restivo
- 18 Marcy Sigmund
- 22 Betty Kist
- 25 Merle Fetzter
- 27 Jack Fagan
- 28 Dorothy Annable



EMPLOYEE WORK ANNIVERSARIES

- Kim Kohler - Dietary - 22 Years
- Alvin Brumbaugh Jr - Maintenance - 21 Years
- Mary Cherokee - Activities - 21 Years
- Lynn Virus - Social Services - 11 Years
- Samantha Fama - Nursing - 3 Years
- Becky Burkett - Nursing - 3 Years
- Brandt Patterson - Grounds - 1 Year
- Travis Blue - Grounds - 1 Year
- Victoria Washabaugh - Housekeeping - 1 Year
- Lindsey Cassidy - Activities - 1 Year
- Sarah Huston - Dietary - 1 Year

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

ANNIVERSARIES

- June 15 Tom & Marcy Sigmund
- June 25 Gerald & Rowena Witt

Auxiliary Doings

WE'VE COME A LONG WAY BABY!

It was a happy day in May when we were able to swing the doors open to the Flea Market in Building A for the third year! It's great to reminisce how far we have come in that amount of time. Starting in the lobby we have expanded into eight areas and the donations of quality merchandise keep pouring in. We are very grateful.



A huge selection is waiting! C'mon down and see for yourself! While you are at the manor, check out the glass display case on the sunporch for more "goodies" from the market. All sales directly support manor residents.

Advantage Therapy

Star of the Month

The Arbutus Park "Star" for June is Lawrence Tursic! Lawrence came to APRC for rehabilitation after falling at home and suffering minor injuries. After arriving, Lawrence received Physical and Occupational therapy to help regain independence with all functional tasks including ambulation, transfers, and ADLs, along with working to improve safety to avoid future incidents.

Lawrence loves to travel, ski, help around his friend's farm, and is a retired school teacher for Johnstown School District. Lawrence showed great interest to strength and endurance training in all therapy sessions, along with long periods of ambulation. Noticeable progress was made each day, leading to more complex and challenging training.

Lawrence was chosen for this month's Star because of his unique interest and engagement of therapy services to improve his overall function. He held a great attitude and patience throughout his time at APRC and was successful in returning home back to normal life.



Recipe of the Month

Zucchini Parmesan Cheese Fritters

Ingredients

- 3 large zucchini finely grated
- 1/2 teaspoon of salt
- 1 egg
- 5 Tablespoons all -purpose flour
- 4 Tablespoons Parmesan cheese
- 1/4 teaspoon salt & ground black pepper
- Vegetable oil for frying

Instructions

1) Combine zucchini and salt in a bowl and stir to combine. Set aside for 10 minutes. Pour mixture onto a clean dish towel or cheesecloth and squeeze to drain completely.

2) Whisk egg in a bowl and add flour, Parmesan cheese, salt, and pepper. Stir in drained zucchini and mix well.

3) Heat oil in a medium sized pan over medium-high heat. Add batter by the tablespoon. Cook fritters until golden brown on both sides, about 5 minutes per batch. Transfer to a serving plate and sprinkle with Parmesan cheese and salt. Serve immediately with ranch dressing or sour cream.



Arbutus Park History

A 15-acre tree farm owned by the Blough family was sold to the Conemaugh Valley Ministerial Association (CVMA) in 1904.

In the 1960's, the Western PA Conference of the United Methodist Church became owners of the property. In 1972, ground was broken for phase one of Arbutus Park Manor, a continuing care retirement community.

Arbutus Park Manor opened on June 10, 1973. This month we celebrate 50 years of faith, care, and compassion!

Today, Arbutus Park Retirement Community has over 45 acres of ground with a central nursing facility of 35 personal care rooms, 144 nursing beds, and 90 independent residences.

The mission of Arbutus Park Retirement Community is to provide quality care and services nurturing the mind, body, and spirit of adults in the Laurel Highlands while remaining an independent, non-profit, and faith based organization.



Cottager News & Notes

Cottage Dinner

The monthly Cottage Dinner will be on **Monday, June 5** at 5pm in the Manor Community Room. Menu: Breaded chicken cutlet, oven roasted redskin potatoes, broccoli & cauliflower, blueberries & strawberries with whipped cream, ice cream sundae. *RSVP were due May 29 per May calendar.*

Dinners are held the first Monday of the month. A firm RSVP is needed one week in advance, before Pathways arrives. The \$12 dinner charge will be added to your monthly statement. *Delivery is currently available.*

Remaining 2023 dates: Aug 7, Sept 11, Oct 2, Nov 6, Dec 4.



Cottage Brunch

The monthly brunch is Wednesday, June 21. RSVP is due June 14. Held at 10 am in the Manor Community Room.

Remaining 2023 dates: Aug 16, Sept 20, Oct 18.

RSVP Required. Brunch is open to your friends and family!

The \$12 brunch charge will be added to your monthly statement.

Your mimosa is waiting for you!



CPR Training Interest

We are gauging interest for a potential Cottage CPR class. If you would be interested in participating, please contact Kurt in Community Affairs. If we gain enough interest, date and time will be announced in an upcoming issue of Pathways. Thanks!

Job Openings

Apply by Internal Application or arbutusparkmanor.com/careers

Nursing: RN's, LPN's, 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

Captured Moments

Fishing Derby and Picnic Lunch

Follow us on Facebook for more photos!

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



Summer Kick-Off Wine Tasting



Randall Frye presents about the Queen Elizabeth



Auxiliary Flea Market Opens for Third Season



From Pastor Jon

June, it is here, are we ready?

Schools out... Vacations are being planned and executed... More G-parents are watching the G-kids while the parents (no G) work to pay for it all. The days get longer... the temperature gets warmer, regardless... we love June for the kids, June ushers in the long awaited for summer break. Summer also removes the strange May weather and sets the outdoor temperature where our wonderful residents love... (warm to hot – closer to hot, it seems).



June created in me the love for the outdoors. From the time I woke up to an hour or so after it got dark... I was enjoying life as a kid, with my friends. Playing games, running, hiding, laughing (a lot of laughing), and not having a care in the world. Life was great. How I miss those innocent days.

I also learned that summer was not only a time of rest. Oh, the time of rest and play was real and the time to enjoy the long days was appreciated: but summer was also a time to work. A time to be responsible and a part of something bigger. Like family. Our summer trips to our G-parents always found us holding a basket, being pointed towards the garden or blackberry briar patch to gather some fresh veggies or sweet blackberries. All to be enjoyed after my G-mom, Jettie, finished her master chef ways to prepare the best meal under heaven. I am not kidding.



I discovered that my work in the garden or blackberry briar patch taught me work ethic that I still cherish today. It taught me that hard work was needed and the reward for that hard work always encouraged my efforts and fed my belly. I never complained as a young pre-teen and teen for having to do this work. Knowing the end result would be worth it all. And it was.

The Bible speaks to this. Proverbs 10:5 - **He who gathers crops in summer is a prudent son, but he who sleeps during harvest is a disgraceful son.**

So what can I take away from this? That I am to enjoy every day, month, year God gives me and don't waste it on things that are frivolous. I would not want to have a June summer story without the historical marker of pulling those blackberries out of that briar patch and the vegetables out of the garden. The memories of that treasure, of the meal and dessert still bless. It was worth it all.

So is Jesus.

End of an Era: 25 Years of Leadership

With 25 years of leadership to Arbutus Park Retirement Community, Administrator Rick Wilson has announced his upcoming retirement, effective June 30, 2023. Under his leadership, Arbutus Park Manor has seen a number of expansions and new construction projects, improvements, and a significant capital campaign. Rick also provided leadership to the growth of our independent living campus with 'Arbutus at Parker Ridge.' During these past 25 years, Rick has expertly navigated an ever-changing landscape of long-term care and senior living. Most recently, Rick and his leadership team effectively navigated the unprecedented pandemic, which has forever changed the industry. Effective July 1, Mr. Wilson will be 'passing the torch' to current Assistant Administrator Chad Kamler. The staff, residents, and families of our community wish to say 'thank you Rick' for your steadfast faith, care, compassion, and much needed sense of humor. Your leadership has been instrumental in keeping APRC operating as one of the few remaining independent, faith-based, non-profit care communities. Your guidance has positioned our community for another 50 years!



Please joins us for cake and ice cream on the sunporch Thursday, June 22 from 1-3pm!



APM Memories from Nancy Dickert

As a new member of my United Methodist youth group when I was 13, I felt lucky to volunteer at the Arbutus Park Manor grand opening to the public. I remember how excited I was to be a part of something new to our community. I was a tour guide for small groups of people who came to see the inside of a smaller building than what it has become now. Many visitors came to see what Arbutus Park had to offer and were impressed with what was to become an asset to our community. I have been employed as an activity aide at Arbutus Park for 15 years now. I would have never imagined that day that I would be working here some day. It's amazing to see the how this community has evolved and grown. I am proud to say I was part of that first day, and to be one of many to see what Arbutus Park Manor has become today. Congratulations Arbutus Park on 50 years of growth and success!

