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2024**

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Arbutus Park

RETIREMENT COMMUNITY

Pathways

Monthly Campus Newsletter
Celebrating 51 Years!

Happy Anniversary Lois!

On May 21, 1974, Lois Pudliner joined the Manor staff. Working her way up through the organization, Lois has spent many years providing solid leadership as our Personal Care Director. We are proud to be celebrating our 51st anniversary this month and are just as proud to have a stellar dedicated individual in Lois for 50 of them! Congratulations Lois! We appreciate all that you do!



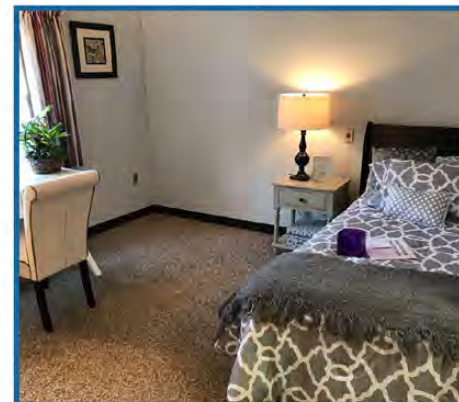
Campus Active Shooter Training

Special thank you to Trooper Cliff Greenfield of the PA State Police for facilitating an Active Shooter presentation for our campus community. We appreciate your expertise and knowledge! As a gesture of our appreciation, we made a donation supporting the Cambria County Camp Cadet program. The camp focuses on discipline, self-esteem, teamwork, and many issues facing today's youth.



Personal Care Availability

We currently have availability in our award winning Personal Care. PC is a wonderful option for those who seek to continue an active lifestyle who also want the security of knowing that 24-hour care is nearby whenever assistance is needed. Each private room features a private bath, call bell and safety features, cable tv, and internet. Enjoy great meals, activities, quality care, and fellowship- respite care also available!



Independent Living Cottages

We currently have only one opening being presented to our waitlists! 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. Call Amy at 814-262-2150 for more information.



Celebrations

JUNE BIRTHDAYS

- 2 Fred Barefoot
- 5 Pat Griffith-Hughes
- 6 Vera Dolan
- 7 Sandy Martin
- 14 Joe Restivo
- 18 Thomas Miller
- 18 Marcy Sigmund
- 22 Doris Seth
- 27 Jack Fagan
- 28 Dorothy Annable



June Babies Can Be Especially Cheerful.

June Birthstone – The Pearl.

June Flower – Rose & Honeysuckle.

June Zodiac Sign – Gemini or Cancer.

From the Auxiliary

The Auxiliary Flea Market has been refurbished and 10 rooms are open for business! I would like to thank Judy Eppley and her supportive crew: Suzie Crist, Chris Miller, and Sandy Becker for their dedication and many hours spent sorting, pricing, and rearranging massive amounts of merchandise throughout the winter months. What would we do without Bob Heider, Tom Sigmund, and Kurt Roberts who also donated time and talents as well. Thanks guys! Through their collective efforts, over \$990 was raised in the off-season through private sales. Opening week of the market generated over \$2,000!

A heartfelt thank you to Cottager families who donated furniture and boxes of treasures and to the Maintenance crew who move it all to the market. Be sure to check out the plaque honoring our dear friend, Lois Gilbert, who had a vision and worked tirelessly to develop the Flea Market.

Judy has lined up many cottagers who will be donating time to man the checkout. Stop by to say 'hello' and browse around! I never leave without buying something I never knew I needed!

-Pat Hilbrecht, Auxiliary President

EMPLOYEE WORK ANNIVERSARIES

- Kim Kohler - Dietary - 31 Years
- Alvin Brumbaugh Jr - Maintenance - 22 Years
- Mary Cherokee - Activities - 22 Years
- Lynn Virus - Social Services - 12 Years
- Becky Burkett - Nursing - 4 Years
- Travis Blue - Grounds - 2 Years
- Lindsey Cassidy - Activities - 2 Years
- Brandt Patterson - Grounds - 2 Years
- Carissa Dabbs - Nursing - 1 Year
- Sara Rovansek - Activities - 1 Year
- Hope Snoeberger - 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

Happy Anniversary!



Advantage Therapy

Star of the Month

When you talk about a true success story, this is it! Carlo came to us for short-term rehab after being in the hospital for 2 months for heart issues and then complications including pneumonia and sepsis. He then was at Crichton Center before transferring to Arbutus Park. He still had required maximum help of 2 people to even stand and needed significant help with everyday tasks.

Carlo was a contractor in the area for years and is no stranger to hard work. He said that the therapy here came highly recommended to him and stated, "They weren't wrong!" He received Physical, Occupational, and Speech therapies with Advantage Care Rehab here at Arbutus Park. Some days, as with everyone, he needed that little extra push and was always grateful saying, "Thanks for the push!" and "Thanks for not letting me give up."

During the course of his therapy, he worked on strengthening his arms, legs, and core, and improving his balance. Dressing, toileting, light meal preparation, and even grocery shopping simulation were a part of his therapy. Each and every day there was more progress than the day prior. Carlo is now back to being independent and we are so proud of his progress. He said, "When the doctors tell you that you might only have 5 days to live and then you come back like this, it's something." Advantage Care Home Health will ensure a smooth transition to home for him.

Congratulations to Carlo! Welcome to the Arbutus Park family!

Recipe of the Month

Father's Day Pancakes

Ingredients

- 8 slices bacon
- $\frac{1}{3}$ cup packed brown sugar
- 1 $\frac{1}{2}$ cups all-purpose flour
- 3 tablespoons white sugar
- 1 $\frac{1}{2}$ teaspoons baking powder
- 10 fluid ounces dad's favorite beer, or more if needed
- 3 tablespoons melted butter
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon vanilla extract (*optional*)
- 1 teaspoon vegetable oil

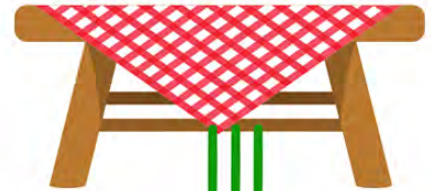
Instructions

- 1) Preheat oven to 350 degrees . Line a baking sheet with aluminum foil; set a wire rack over the aluminum foil.
- 2) Arrange bacon on the prepared wire rack in the baking sheet.
- 3) Bake in the preheated oven for 10 minutes. Sprinkle tops of bacon with $\frac{1}{2}$ of the brown sugar. Return to the oven and bake for 10 minutes. Flip bacon; sprinkle with remaining brown sugar and continue baking until bacon is crisp and brown sugar is golden brown, 10 to 15 more minutes. Allow bacon to cool, then crumble into small pieces.
- 4) Whisk together flour, white sugar, and baking powder in a large bowl. Whisk together beer, melted butter, salt, and vanilla in a separate bowl until combined. Lightly stir beer mixture into flour mixture until batter is smooth. Stir in crumbled bacon.
- 5) Lightly grease a large skillet with oil and place over medium-high heat. Pour $\frac{1}{2}$ cup batter into the hot skillet and cook until edges are browned.





Ambassador Picnic



All are welcome!!!

Wednesday, June 5th

11am - 1pm

Community Center

324 Nadona Dr.

RSVP by Monday, June 3rd



- Find out how to become an Arbutus Park Ambassador
- Meet new friends
- Bring your talents and ideas for our community
- Enjoy a picnic lunch (served at 12 pm)
- Be “in the know” about exciting events being planned for our community
- Volunteer opportunities for everyone

We hope to see you there!!

Cottager News & Notes

Cottage Dinner

The next monthly Cottage Dinner will be on **Monday, June 3** at 5 pm in the Manor Community Room. Menu: Meatloaf, scalloped potatoes, peas & pearl onions, strawberry/blackberry ice cream buffet. *RSVP were due May 27.*

There is no July dinner due to the family picnic. *Delivery is currently available.* Dinners are held the first Monday of the month. An RSVP is needed one week in advance, sometimes before Pathways arrives.



Cottage Brunch

The monthly brunch is Wednesday, June 19. RSVP is due June 12. Held at 10 am in the Manor Community Room. *Please do not arrive prior to 9:30 am.* RSVP Required. Brunch is open to your friends and family! Your mimosa is waiting for you!



2024 Dates

Cottage Dinners: Aug 5, Sept 2, Oct 7, Nov 4, Dec 2

Cottage Brunch: Aug 21, Sept 18, Oct 16, No Nov/Dec.

The \$12 dinner/brunch charge will be added to your monthly statement. We require a 24 hour notice on cancellations. No-shows will be billed for the meal.



Family Picnic Shirts!

The BIG Family Picnic is less than 60 days away! If you'd like a fun shirt to commemorate the event and theme, they are available to pre-order through the Manor Business Office! Available in three colors and starting at \$13.00, payment is due at the time of order. Orders and payment are due no later than Friday, June 21.



Tea Party Success!

Many thanks to Tina and Cynthia for their efforts in making the Ladies Tea a big success! We appreciate all your time and effort in making the event so special!



Captured Moments

Follow us on Facebook for more photos!

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

St. Benedict Brought Cookies!



Gladys Turns 103!



Mother's Day Brunch



Flea Market Opens!



From Pastor Jon

A page of memories, reminders, and words to make you think... Enjoy.



Ephesians 1:5 - *God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.* May I never forget that I once was not a child of God. I was lost and in need of forgiveness. In 1969, I not only received the needed forgiveness, but I was also adopted into

God's family, never to be without a Father again. The photo is of my wife Pam as she was loving on one of the adopted children in a state orphanage in Nigeria (circa 2014). This photo is a reminder to me of God's great love for me and His longing to make me one of His own.

As I walk through life and pass people along the way, I look at these people and wonder if they know the Jesus I know. I wonder if they are just surviving instead of thriving. Maybe even unaware of their lostness. Unaware of the love God almighty has for them. A love so great He gave His only son for. Are you adopted? If not, I know a family that wants you.



Psalm 46:6-7 - *Sing praises to God, sing praises! Sing praises to our King, sing praises! For God is the King of all the earth; sing praises with a psalm.* During that same trip to Nigeria, I had the opportunity to meet and spend time with the King and Queen of Oko. It is not often we, as Americans, get to spend time with royalty. Time to get to know them and listen to their heart for their people. This wonderful family not only made us feel welcome, but they also gave us a gift to take back to our country. This is a treasure I have, and it reminds me every time I look at it on display that because of Jesus dying on the cross and the vail being split open in the tabernacle, I have access to the King of kings...

Jesus. Pam and I were also made official King and Queen for the day. We have the documentation to prove it.

Are you ready to meet the Royal King of glory? It matters not if you ever meet me or Pam. Our earthly royalty is just that... earthly. God's royalty is forever heavenly.



John 14:1-3 - *Let not your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. 3 And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.* I have made two trips to the wonderful island of Cuba. The task of my team was to continue helping in the construction of a retirement home for the many Pastors who gave up everything to pastor to the many Christians in their homeland. In Cuba, when one becomes a Pastor, they must sign over all

their land and home to the country. The reason is to cause them to not make such a decision. Yet, such a loss to them personally and to the country spiritually is a gain for God's kingdom work. They knew the government could not take from them the home Jesus is building for them when their life on this earth ends. Until then, US Christians continue to journey to Cuba to help these men who have given everything, have a place to lay their heads at night.

Is there a house being built for you in heaven? If you are an adopted child of the King, you do.



Bona's Pizza Truck

Thursday, June 6th 10:30am-4:00pm



207 Ottawa St - Johnstown

Auxiliary Flea Market

Tuesdays 11am-2pm

Thursdays 11am-2pm

Saturdays 10am-1pm

Look for the signs! Cash & Check accepted.

All proceeds support Manor residents.

Season ends September 28

