

Atrium News



A Choice Community / A Personal Care Community

JANUARY 2012

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About the Atrium

ATRIUM SPOTLIGHT: FRANK BUKSA!



Above: Frank takes a moment to pose pretty for the camera.

One of the better aspects of working in a personal care home like The Atrium is getting to know such amazing people, who have equally amazing stories to tell. Our building is full of characters, and one of the more animated is Frank Buksa.

If you've ever been down here with us, you may have been blessed to hear someone tickling the ivories on our piano, or perhaps blowing out a tune on a harmonica. If you did, you're more than likely already familiar with Frank, who is our resident musician extraordinaire!

Born in October of 1921, Frank has led a very interesting and eclectic life! In fact, he's done so many things, I had a hard time keeping up with it all, but, for the sake of our story, I'll do my best to give you the highlights.

At the tender young age of 14, Frank left school and took a job planting trees and fighting forest fires in Virginia. Soon after, at the age of 18, he began working in the mines before going into the army to fight in WWII. When I asked him if he had fought in any major wars, he told me that he worked in Intelligence and that he still wasn't able to talk about what he did during those years—how mysterious!

After the Army, he went back to work in the mines before taking advantage of the GI Bill, training in Radiology which eventually led to a job as an Electronic Technician, repairing TVs for 20 years. Most would be happy to rest their laurels there, but not our intrepid Mr. Buksa!

During his years as a repair man, he also worked for

the Post Office, in a brick yard, as a one man band playing harmonica, piano, organ, and accordion for various events (not to mention singing!), and with various contractors. On top of all of that, he worked nights as an inspector/laborer on our highways.

At the age of 60, he put in a bid to tear down a 33 room apartment building for Sanitary Dairy for \$300 and won. He tore down the entire building by himself in 2 1/2 months!

During all of this, Frank lived on an acre of ground on which he planted fruit trees, chestnut trees, blackberries, blueberries, raspberries, onions, potatoes, and more! He grew as much food as he could, and what he couldn't eat he gave away to those who needed it—often harvesting the food himself for those who weren't able.

Frank is also very proud to be a Catholic, having committed himself to God and joined the Franciscans. He liked that they lived in their own building and grew as much as they could to take care of themselves, as well as made their own wine—which he also liked!

Even with all of that going on, Frank still found time for his wife of 54 years, and their 3 children. What amazing people we have here at The Atrium!

SPECIAL EVENTS AT THE ATRIUM

Worship Schedule

SUNDAY CHURCH SERVICE

On Sunday, there are church services on TV, and Eucharistic ministers Mr. & Mrs. Podrasky will be available for private communion and ministry services as needed.

Also, Pastor Mains will be here from the Fountains of Life church every other Sunday to conduct services.

CATHOLIC MASS

Catholic Mass is celebrated each Monday in the Main Lounge.

January 2nd - Fr. Anthony	10:00
January 9th - Fr. Crookston	1:30
January 16th - Fr. Thomas	1:30
January 23rd - Fr. Bernard	10:00
January 30th - Fr. Stanko	1:30

PRAYER CIRCLE

Prayer Circle is held every Tuesday in the Main Lounge at 10:00 AM. Prayer Circle is led by our Activities Department.

ROSARY

Rosary Service is held every Wednesday in the Annex Dining Room at 10:00 AM. Led by Frank Demko.

PRAYER SERVICE

Prayer Service is held every Thursday morning in the Main Lounge.

January 5th - Deacon Mart	1:30
January 12th - Rev. Bob	1:30
January 19th - Chaplain Jones	10:30
January 26th - Pastor Vaughn	1:30

MARK YOUR CALENDAR!!

SHOPPING DAYS

Twice a month, Kevin will go out and buy whatever it is that you need. He will only be shopping on **THOSE TWO DAYS**, for residents that **have their own money**, so please plan ahead.

Weekly Events: *Exercise is EVERY morning*

Monday:	Mass, Cash Bingo, Annex Menus
Tuesday:	Nail & Spa, Bean Bag Toss, Prayer Circle, Penny Ante, 20 Questions
Wednesday:	Parachute Play, Rosary, Crafts, Men's Poker Club
Thursday:	Beach Ball Play, Reading Group, Trivia, Prayer Service, Bingo
Friday:	Laughter Yoga, Balloon Bounce, Big Word Game, Music Performance
Saturday:	Games in the Lounge, Coffee Club, Movie in the Lounge
Sunday:	TV Mass in the Lounge, Eucharistic Ministers, Movie in the Annex, Church Service w/ Pastor Mains

SPECIAL EVENTS

1st	Happy New Year!, Prayer Service
4th	Ballroom Dancers
6th	Communion, Music w/ Kevin
9th	Hand Massages, Table Ball
11th	Treasure Hunt, Checkers Tournament
13th	Bible Study w/ Fr. Nicholas, Music w/ John Wolf
15th	Prayer Service
16th	Hand Massage, Table Ball
18th	Senior Wellness Day
20th	Baking, Music w/ Kevin
21st	Ezekial Visits, National Hugging Day!
23rd	National Pie Day Baking, Retired Men's Chorus
24th	National Compliment Day
25th	Music w/ Pat, Treasure Hunt
26th	Residential Council Meeting
27th	Baking, Celebration of Life Party w/ Benjamen Gerideau!
29th	Prayer Service

BIRTHDAYS, FRIENDS, CELEBRATIONS, & MORE!

HAPPY NEW YEAR!

It's hard to believe another year has passed already. It seems like just yesterday we were prepping for the annual, "Noon Year's Eve" party and winding down from our Christmas extravagances, but the calendar doesn't lie. They say that in your youth, the days pass by like years, and when you're older, the years pass by like days, and aren't they right! That's why I feel it's so important to stop once in awhile and look around at all of the wonderful blessings we've been given.

We here at The Atrium have been blessed with the honor of spending our days with your family, welcoming them into our own. We laugh together, enjoying the whimsical moments that pop up from day to day. We cry together when sadness touches our hearts. We hold each other's hands when we're afraid, and we cheer together when we celebrate. As each day passes by, we do our best to remember who we are— we are The Atrium, and *We Care!*

As we journey together into the brave new world of another year, we look forward to more good times with old friends, while we welcome new friends into our fold with joy in our hearts and a smile on our lips. Thank you for being a part of our family, and for helping us to grow each and every day here at The Atrium. Cheers!

**The Atrium, along with
Medi Home Health,
will feature
a presentation on:
"Safety Everywhere!"**

**Part of the
Senior Wellness Day Series
Wednesday,
January 18th,
2 pm
The Atrium**

Main Lounge - Downtown

PUBLIC WELCOME!

DECEMBER BIRTHDAYS

Harriet Mintmeir	3rd
Margaret Vyrostek	4th
Thelma Betterman	10th

STAFF BIRTHDAYS

Dave Coleman	3rd
Anna Hamer	10th
Tonya McCray	28th

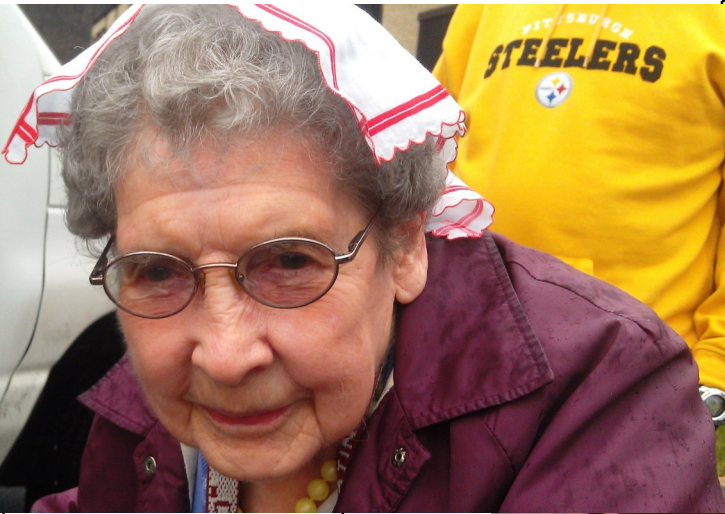


**HAPPY NEW
YEAR!**
from
THE ATRIUM!



NEWS

ACTIVITY NEWS



Above: Thelma protects her hair from an afternoon drizzle on our way to go shopping.

Every year I assume it's going to be a busy December, and every year I am not left disappointed! What a month! Taking full advantage of the unseasonably mild weather, we took not one,

but TWO trips this month!

The first trip was another jaunt out to the Galleria mall for some shopping. It's always a hectic time, but it's ever so worth it to see them smiling and carrying on, having just as much fun watching the people go by as they are shopping. Also, not to knock Eric's cooking, but you put a strawberry shake in someone's hand, and they'll act like a kid again!

trips we take each year, I have to admit to being partial to the light tour.

Inside the building, things were just as hopping! As per usual during this time of the year, groups come crawling out of the woodwork to volunteer their time with us. This year, we were pleased to welcome the following groups into our home: St. John Gulabert



Above: Bob, Christine, and Deana catch a bite to eat at the food court during our Christmas shopping trip.

The second trip we took was a tour of Johnstown to see the Christmas lights. This year, we were proud to be able to take 24 people from the building along for the ride! Everyone was oooing and ahhing, and thwn we pulled up to one particularly densely lit street (which included a life sized, moving, singing Santa Caluse!), one of our residents even exclaimed, "I feel like I'm in a wonderland!" Of all the

Cathedral's Children's Choir, the Roduljub Singers, Cloud of Grace, the Barbershop Singers, Sherry Lynn's Ballroom Dance, St. Benedict's School, the Retired Men's Chorus, Grane Hospice, and the Connemaugh Valley Marching Band.

Add that to the baking, Christmas Party, Noon Year's Eve Party, Christmas Bazaar, and more, and you've got a wild time here at The Atrium. Happy New Year!



Above: Jolly Old St. Haney passes out presents to all of the good little boys and girls here at The Atrium.



Winter Word Search

w s n o w f l a k e o h i n k
 w n s i j m o y j l s y x b t
 i a w j f g e o o s a r m o s
 b g o d p k y p t x z e i o o
 d g l a c i e r q p p p t t r
 v o p o l a r b e a r p t s f
 c b h z o d f l u r r i e s r
 t o l t g r e b e c i l n e a
 e t i s h o v e l t c s s t c
 e e i n p e n g u i n z e a s
 l k o o d i k s c c z y r k z
 s c o w c g e i m e w z n s m
 l a o m h q b s n o w b a l l
 e j x a a a b g n i z e e r f
 d w i n t e r s b s l u s h d

- | | | |
|------------|------------|-----------|
| arctic | ice | skidoo |
| blizzard | iceberg | skis |
| boots | icicles | sled |
| coat | igloo | sleet |
| cold | jacket | slippery |
| flurries | mittens | slush |
| footprints | penguin | snowball |
| freezing | plow | snowflake |
| frost | polar bear | snowman |
| glacier | scarf | snowy |
| hat | shovel | toboggan |
| hockey | skates | winter |



NEW YEAR'S QUOTES

Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to. ~Bill Vaughan

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves. ~Bill Vaughan

Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man. ~Benjamin Franklin

New Year's eve is like every other night; there is no pause in the march of the universe, no breathless moment of silence among created things that the passage of another twelve months may be noted; and yet no man has quite the same thoughts this evening that come with the coming of darkness on other nights. ~Hamilton Wright Mabie

The Old Year has gone. Let the dead past bury its own dead. The New Year has taken possession of the clock of time. All hail the duties and possibilities of the coming twelve months! ~Edward Payson Powell

Cheers to a new year and another chance for us to get it right. ~Oprah Winfrey

We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives, not looking for flaws, but for potential. ~Ellen Goodman

ABOUT THE ATRIUM

The **Atrium** offers a warm, cheerful environment for persons needing personal assistance in activities of daily living. A concerned and competent staff provides personal care to all residents.



A Choice Community
216 Main Street • Johnstown, PA 15901
814.535.5347 • fax: 814.539.4460

The Atrium Offers...

- Convenient Downtown Location
- Access to CamTran
- Air-Conditioned Facilities
- Private & Semi-Private Rooms available
- Assistance with Bathing, Dressing, Grooming, Medications
- Housekeeping and Laundry Service Included
- On-Site Hair Salon
- Respite Services
- Monthly Newsletter
- Monthly Birthday Party and Shopping
- Private, On-Site Parking



CURRENT RESIDENT

