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Arbutus News

Come Walk With Us! September 30

Bring your kids and grandkids, family and friends to the first Great PumpkinFest and Fun Walk. Registration begins at 9:00 am on Saturday, September 30, and the one mile walk on our campus starts at 9:30 am. The \$10 registration fee includes a Great PumpkinFest T-shirt. You can also just buy a T-shirt to support the cause.



Memory Star 2017

In Memory of David Alan Trenchard from Mary Ann and Bud Trenchard

Elevator Update - Rick's Wish List

The elevator fund continues to rise - we are now at \$14,000 thanks to the generosity of our Wish List Angels! We encourage everyone to continue giving in order to reach \$40,000! Give the "gift of a lift" and help us reach our goal. If you have questions about this special project, please call Rick at 262-2152.

Manor Volunteers Needed!

Do you have extra time and are you interested in lending a hand? Arbutus Manor is looking for volunteers to help our residents. Please call Melinda Frye at 262-3880 to learn more about how you can help. Make a difference - volunteer. Thank you!



Auxiliary Benefit Dinner

October 6

Your're Invited

The Arbutus Park Manor annual Auxiliary Benefit Dinner will be held on October 6 in the Arbutus Park Manor Community Room. You can purchase tickets from any of our Auxiliary members or at the Arbutus Business Office for a \$35 donation. Hors d'oeuvres will begin at 5:30 pm, and dinner will be served at 6:00 pm. Entertainment by Kenny Fetterman. Come and enjoy an evening out for a good cause. All proceeds benefit the residents of Arbutus Park.

Auxiliary Flea Market - Donations Needed

The Arbutus Park Manor Auxiliary would be grateful to those who could donate home made baked goods and candy for their Annual Flea Market on October 14. Please bring your donations of "goodies" to the Community Room early on the day of the Flea Market. If you are donating furniture, books, household items, glassware, etc., please drop off your donations in the Community Room on October 12 or 13. If you have heavy items, please make arrangements with the Maintenance Department for pick up. Thank you for your support!

Reminder: Cottager Dinner

Please remember to make your reservation for the monthly Cottager Dinner by the RSVP due date. In order to prepare for the dinner and to make seating accommodations for our guests, the Dietary Department needs an accurate count of those attending. Starting in September, you must have your reservation in by the RSVP date to attend the dinner. Thank you for understanding.

CONNECT WITH
ARBUTUS!



www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

Arbutus Community Calendar

Sunday, September 3

2:00 pm Chapel Service - Communion - Rev. Keith Dunn, Belmont UMC

Tuesday, September 5

8:00 am Chan Soon-Shiong - Windber Lab in the Community Room for Independent Residents

9:30 am Hymn Sing; 10:00 am Bible Study in the Lobby of Apartment Building A

3:00 - 4:00 pm Independent Exercise Class with Diane Walker in the Community Room

Wednesday, September 6

10:00 am Bible Study in the Blue Room - Personal Care

1:00 pm Communion in the Chapel

6:45 pm Chapel Service - Rev. David Stains & Youth, Beulah UMC

Thursday, September 7

2:30 pm Rosary in the Chapel

3:00 - 4:00 pm Independent Exercise Class with Diane Walker in the Community Room

7:00 pm Independent Movie Night in the Community Room - "All of Me"

Friday, September 8

12:00 pm Golden Rods Lunch in the Independent Dining Room

12:00 - 2:00 pm Independent Shopping Trip - Walmart

1:30 pm Fred & Nancy on the Patio (or Chapel depending on the weather)

Sunday, September 10

2:00 pm Chapel Service - Jeannie Weible, Kantner UMC

Monday, September 11 - Patriot Day

9:00 - 11:00 am Art Class in the Arts & Crafts Room with Bonnie Luther

9:30 am Bible Study in the Chapel

5:00 pm Cottage Dinner in the Community Room; **RSVP by September 1 to Sandy & Win Garland**

MENU: Swiss steak, mashed potatoes & gravy, baked corn, coleslaw & black forrest cake

Tuesday, September 12

9:30 am Hymn Sing; 10:00 am Bible Study in Lobby of Apartment Building A

12:00 pm Beulahlanders Lunch in the Community Room

3:00 - 4:00 pm Independent Exercise Class with Diane Walker in the Community Room

Wednesday, September 13

"Stump the IT Guys" - Independent Technology Services Available All Day - Call 262-4265

10:00 am Bible Study in the Blue Room - Personal Care

1:00 pm Communion in the Chapel

2:00 pm Pinochle Club - Manor Patio - New players welcome!

6:45 pm Chapel Service - Rev. Joe Stains, Mt. Hope UMC

NEXT MONTH >>OCTOBER 2 Cottage Dinner

RSVP by September 24 to:

Dick & Marjean Barber 288-1710

Don & Lois Bender 539-4128

Thursday, September 14

10:30 am Bible Study with Beulah UM Church in the Chapel

12:00 pm Belmont UM Church Lunch in the Independent Dining Room

2:30 pm Rosary in the Chapel

3:00 - 4:00 pm Independent Exercise Class with Diane Walker in the Community Room

Friday, September 15

12:00 pm Elderberries Lunch in the Independent Dining Room

Sunday, September 17

2:00 pm Chapel Service - Rev. Greg Stiver, Christ UMC

Monday, September 18

8:00 am Chan Soon-Shiong - Windber Lab in the Community Room for Independent Residents

9:00 - 11:00 am Art Class in the Arts & Crafts Room with Bonnie Luther

9:30 am Bible Study in the Chapel

Tuesday, September 19

9:30 am Hymn Sing; 10:00 am Bible Study in Lobby of Apartment Building A

1:30 pm Fred Barringer on the Patio (or Chapel depending on the weather)

3:00 - 4:00 pm Independent Exercise Class with Diane Walker in the Community Room

Wednesday, September 20

10:00 am Bible Study in the Blue Room - Personal Care

10:00 - 11:30 am Independent Brunch in the Community Room; [RSVP to Business Office by September 18](#)

1:00 pm Communion in the Chapel

6:45 pm Chapel Service - Chaplain Rebecca Shuster, AseraCare

Thursday, September 21

10:30 am Bible Study with Beulah UM Church in the Chapel

2:30 pm Rosary in the Chapel

3:00 - 4:00 pm Independent Exercise Class with Diane Walker in the Community Room

6:00 pm Independent Living Game Night in the Community Room

Friday, September 22

10:00 - 11:30 am and 1:00 - 2:30 pm Autumn Fair Day on the Patio (or Community Room depending on weather)

12:00 - 2:00 pm Independent Shopping Trip - Giant Eagle

Sunday, September 24

1:30 pm Chapel Service - Sharing Memories of Arbutus Park Campground

Monday, September 25

9:00 - 11:00 am Art Class in the Arts & Crafts Room with Bonnie Luther

9:30 am Bible Study in the Chapel

7:00 pm Arbutus Park Auxiliary Board Meeting - Community Room

Tuesday, September 26

9:30 am Hymn Sing; 10:00 am Bible Study in Lobby of Apartment Building A

12:00 pm Retired Ministers Lunch in the Independent Dining Room

3:00 - 4:00 pm Independent Exercise Class with Diane Walker in the Community Room

Wednesday, September 27

10:00 am Bible Study in the Blue Room - Personal Care

1:00 pm Communion in the Chapel

6:45 pm Chapel Service - Bill Dempsey, Rector UMC

Thursday, September 28

10:30 am Bible Study with Beulah UM Church in the Chapel

2:30 pm Rosary in the Chapel

3:00 - 4:00 pm Independent Exercise Class with Diane Walker in the Community Room

Saturday, September 30

7:00 - 9:30 am Community Lab Blood Screening in the Community Room

9:00 - 1:00 pm Great PumpkinFest and Fun Walk - Fun Walk begins at 9:30 am

The Arbutus Beauty Shop is open
Monday-Friday
Call 262-2172 to schedule a visit!
Men's haircuts are
scheduled on Mondays

Belmont United Methodist Church - SEPTEMBER 9 EVENTS

<p>Community Lab Blood Screen 7:00 - 9:00 AM</p> <p>Belmont Church will host in conjunction with Chan Soon-Shiong Medical Center at Windber a Community Lab Blood Screen</p> <p>Cost is \$30 Please call 814-467-3961 to schedule an appointment.</p> <p>A 12-14 hour fast is recommended.</p> <p>You do not need to be a patient of a Windber physician to participate; all are welcome! No physician order is needed. Walk-ins welcome!</p>	<p>Health & Fun Fair 10:00 - 1:00 PM</p> <p>Belmont UM Church will host a Health & Fun Fair!</p> <p>The event will feature vendors from Arbutus, Camp Allegheny, Cambria County Area Office on Aging, Henna Painting, Chair Massages by Angie, Martella's Pharmacy, Rite Aid Flu Vaccines and Blood Pressures, Walnut Medical Services and more!</p> <p>There will be door prizes, giveaways, and lots of information. There is no admission to attend the Health & Fun Fair. Join us!</p> <p>Belmont UM Church is located at: 107 Coldren Street Johnstown, PA 15904</p>	<p>Fundraiser Donation Drive with Goodwill 9:30 - 2:00 PM</p> <p>Belmont United Methodist Church is partnering with Goodwill to collect items like:</p> <table style="width: 100%; border: none;"> <tr> <td>-clothing</td> <td>-linens</td> </tr> <tr> <td>-housewares</td> <td>-shoes</td> </tr> <tr> <td>-purses</td> <td>-toys</td> </tr> <tr> <td>-glassware</td> <td>-books</td> </tr> <tr> <td>-jewelry</td> <td>-pictures</td> </tr> <tr> <td>-sports equipment</td> <td></td> </tr> <tr> <td>-cooking accessories</td> <td></td> </tr> </table> <p>AND MORE!</p> <p>Goodwill will pay Belmont by the pound for any of the above items that are in sellable condition. Proceeds will support Belmont Church Ministries.</p>	-clothing	-linens	-housewares	-shoes	-purses	-toys	-glassware	-books	-jewelry	-pictures	-sports equipment		-cooking accessories	
-clothing	-linens															
-housewares	-shoes															
-purses	-toys															
-glassware	-books															
-jewelry	-pictures															
-sports equipment																
-cooking accessories																

Community Connections

Friday - Sunday, September 1 - 3

Cambria City Ethnic Festival
Cambria City Cultural District

Saturday & Sunday, September 2 & 3

Log House Arts Festival - 10:00 - 5:00 pm
Community Arts Center

Sunday - Saturday, September 3 - 9

Cambria County Fair
Cambria County Fairgrounds
Ebensburg, PA

Wednesday - Sunday, September 6 - 10

Farmers & Threshermens Jubilee
Rockwood, PA

Friday & Saturday, September 8 & 9

Windber Bluegrass in the Park
Windber Recreation Park

Friday - Sunday, September 8 - 10

Mountain Craft Days
Somerset Historical Center
Somerset, PA

Sunday, September 10

Roxbury Bandshell Concert Series 3:00 - 7:00 pm
Roxbury Park

Monday, September 11

Commemorative Ceremony
Flight 93 National Memorial

Saturday, September 23

Ligonier Highland Games
Idlewild
Ligonier, PA

Saturday, September 23

Johnstown Slavic Festival
Heritage Discovery Center

Saturday, September 30

Great PumpkinFest and Fun Walk
Arbutus Park Manor

Saturday, September 30

Ebensburg PotatoFest
Ebensburg, PA



August Snapshots



TALK LIKE A PIRATE

Anchor's away all you Landlubbers!

Talk Like A Pirate Day sails away annually on September 19. This fun holiday encourages people to talk and dress like the sea plunderers of yesteryears. Don't be surprised if you hear "Ahoj Matie," "Avast," "Aye, Aye Capt'n," "Land ho!" and "Hornpipe." Have fun with it!

Arbutus Park Manor Wellness Team

in conjunction with the

Chan Soon-Shiong Medical Center at Windber Community Lab Blood Screen - \$30

September 30 from 7:00 to 9:00 am in the Arbutus Park Manor Community Room. Please call 814-467-3961 to set up an appointment. A 12 to 14 hour fast is recommended. You do not need to be a patient of a Windber physician to participate. No physician order needed - walk-ins welcome!

A Warm Welcome to

Hilda Rosenbaum	Room 302
Patricia Fleck	Room 335
Alice Novak	Room 331
Sandra Alwine	Room 311
William McNeal	Room 315
Carole Snyder	Room 313
Ernest Papinchak	Room 202
Frances Baumbaugh	Room 323

New Independent Residents

Rita & Tom Edwards	202 Jacob Albright Dr.
Marilyn & Vernon Harrison	3 Otterbein Lane
Cheri & Denton Haynes	153 Canterbury Way
Sharon & Jerry Varner	178 Canterbury Way
Joan & Joyce Fabina	188 Canterbury Way
James Kawchak	7 Wesley Dr.

Birthdays

September 3	Robert Justinus
September 4	Audrey Nahorniak
September 5	Mary Delusa
September 5	Martha Kimmel
September 8	Eva Reighard
September 15	Lois Weimer
September 14	Terry Gilbert
September 17	Matilda Kassander
September 18	Mona McKee
September 18	Mildred Jacobs
September 19	Jack Wilson
September 22	Mary Salay
September 25	Virginia Layman
September 25	Kathleen Fagan
September 26	W. Gerald Witt
September 27	Margaret Rachael
September 28	Judy Eppley
September 28	Josephine Carpenter
September 30	Lois Smith



Anniversaries

September 20	
September 28	Bob and Margie Roseman
September 28	Robert and Daryle Brown
	Jerry and Sharon Varner

Attention Arbutus Residents

Did we miss listing your birthday or anniversary? Please let us know by calling 262-2156

#WhyIGive Spotlight

We are so very fortunate at Arbutus Park to have the support of many community organizations and businesses who donate their resources and time to benefit our residents. The Chan Soon-Shiong Medical Center at Windber (CSSMCW) is one of those organizations.



Chan Soon-Shiong
Medical Center
at Windber

Founded in 1906, Chan Soon-Shiong Medical Center at Windber is a 54-bed general medical and surgical hospital. For more than 100 years CSSMCW has served its patients with the highest level of quality care and customer service in line with its mission, which is to provide excellence in personalized, quality health care services through innovation, research, and education in response to community needs.

CSSMCW strives to exceed patient expectations by providing top quality care in a comfortable home-like environment. Their philosophy of patient-centered care helps to improve the quality of life by healing the mind, body, and spirit.

The hospital is also dedicated to improving the quality of life for the community. CSSMCW is proud to work with likeminded organizations, supporting more than 60 groups each year with initiatives ranging from community and civic improvements to healthy living activities and disease prevention.

On behalf of our residents, thank you to the Chan Soon-Shiong Medical Center at Windber for your support of the Arbutus Benevolent Care Fund through Senior Spirit and PumpkinFest sponsorships!

Important Information from Medicaid

If you are a Medicaid eligible resident, please be on high alert for important information that will be mailed to you from the Office of Long-Term Living regarding the Community HealthChoices program. Enrollment in the program will be a requirement by all Medicaid eligible beneficiaries before January 1, 2018.



BEGINNING JANUARY 2018

Pennsylvania is improving the way we provide services to:

- People enrolled in both Medicare and Medicaid (Medical Assistance)
- People enrolled in Medicaid waivers for physical disabilities and older adults
- Medicaid-eligible people who live in a nursing home

Community HealthChoices (CHC) is a Medicaid managed care program. This means you will choose a health plan to manage all of your physical health care and long-term services and supports.

CHC WILL NOT CHANGE YOUR MEDICARE BENEFITS.

CHC will give you a choice of plans. The plans will give you control and access to a full array of quality services. The services will provide independence, health, and quality of life.

There are three managed care plans to choose from:

AmeriHealth Caritas

PA Health & Wellness

UPMC Community HealthChoices

If you qualify for CHC, you will receive more information in September to help you pick a plan.

Watch for information about public sessions in your area. If you are in a nursing home or have a service coordinator, you can talk to them about CHC.

The LIFE Program will continue to be an option for eligible seniors.

For information, visit www.HealthChoicesPA.com or call 1-833-735-4416

From the Chaplain

Dear Friends,

Monday, September 4, is Labor Day. The celebration makes us think about how our faith relates to work. The Proverbs are sprinkled with sayings upholding the virtue of honest toil and showing the folly of the "sluggard." For example, we read in Proverbs 6:6-11:

"Go to the ant, you sluggard! Consider her ways and be wise,⁷ Which, having no captain, Overseer or ruler,⁸ Provides her supplies in the summer, And gathers her food in the harvest.⁹ How long will you slumber, O sluggard? When will you rise from your sleep? ¹⁰A little sleep, a little slumber, A little folding of the hands to sleep—¹¹So shall your poverty come on you like a prowler, And your need like an armed man. (NKJV)."

In ancient Israel every rabbi had to learn a trade. Our LORD Jesus learned carpentry and He never distanced Himself from those early, workaday roots. He always felt at home among the common people. His parables featured shepherds, farmers, fishermen, a hog slopper, and a woman who swept the house looking for a lost coin.

Heathenism has no Labor Day. It is only where the Hebrew/Christian scriptures have had an influence that work is dignified. The Carpenter of Nazareth has linked the highest heaven with the work of the lowest artisan. The Gospel according to John, chapter 21, even records a morning when the risen Jesus cooked breakfast. Now even kitchen chores shine with the light of Christ.

Henry Van Dyke sums up our thoughts in a little poem called "The Gospel of Labour":

"This is the gospel of labour, ring it, ye bells of the kirk! The Lord of Love came down from above, to live with the men who work. This is the rose that He planted, here in the thorn-curst soil: Heaven is blest with perfect rest, but the blessing of Earth is toil."

Shalom,

Pastor John Hollis



The Arbutus Park Auxiliary Annual **FLEA MARKET**

Saturday, October 14

8:00 am and 2:00 pm

Arbutus Park Manor - Community Room

New & Nearly New Items! Baked Goods & Candy!
Furniture, lunch counter, kitchenware, plants, books,
Christmas items, linens, toys, puzzles and framed art.
All proceeds benefit the residents of Arbutus Park.

Pumpkin Banana Smoothie

Ingredients:

2 tablespoons canned pure pumpkin
2 tablespoons plain Greek yogurt
1 banana, frozen
pinch of nutmeg

5 tablespoons milk
1/2 teaspoon honey
1/8 teaspoon cinnamon
1/4 cup ice

Instructions:

Add all of the ingredients together in a blender. Pulse for about 30 seconds and stir the ingredients making sure to scrape the sides. Pulse for another 30 to 60 seconds or until blended.

You can find the recipe at chefsavy.com



ARBUTUS PARK RETIREMENT COMMUNITY
207 OTTAWA STREET
JOHNSTOWN, PA 15904

RETURN SERVICE REQUESTED

Pathways

Pathways is a monthly newsletter. Please contact Arbutus Park Community Affairs with questions or comments at mmonteith@arbutusparkmanor.com

Park Profile

Q When did you start working at Arbutus?

A I started working at Arbutus on May 24, 2017.

Q What are your job duties at Arbutus?

A I am a Registered Nurse Assessment Coordinator (RNAC). I am accountable for coordinating and overseeing the full collaborative and interdisciplinary assessment and care planning process for our residents. I work with the Arbutus care plan team, the resident, and the family to provide the best care possible for our residents.

Q What is the best thing about being a nurse?

A The best thing about being a nurse is seeing the smiles on residents' faces, knowing you made a difference in their lives.

Q How would you describe your job to a child?

A I would tell a child that I work in a nursing facility with older people. I make sure that they are being taken care of.

Q If you could live in any TV home, what would it be?

A A hut on a tropical island

Q What is your favorite ice cream flavor?

A Chocolate

Q What's your favorite smell in the whole world?

Robyn Foreman



A I don't really have a favorite smell, but I like fresh cut grass, laundry that hangs out on the line, and babies.

Q What is the one food you could never bring yourself to eat?

A I will try just about any food. I'm not too picky, but I will not eat hot dogs.

Q What do you like to do on a rainy day?

A I like to read a book, watch an old movie, or if the grandchildren are around, bake with them.

Q Everyone has a good app idea . . . what's yours?

A I have never thought about developing a new app.

Q Who would play you in a movie of your life?

A My daughter thinks Julia Roberts, but I think Diane Keaton.