



Arbutus January Community Calendar

NEXT MONTH
FEBRUARY 5th Cottager Dinner
RSVP by January 29
to Sue Strohm 266-1269

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Arbutus News

Resident Email List Forming

Want to be amongst the first to know? The Community Affairs office is forming an Arbutus Park E-List to be able to communicate with you in a more timely fashion. Please email kroberts@arbutusparkmanor.com to join the list and receive notices, flyers, and updates before they hit Pathways!



Brunch is Back

Join us on Wednesday January 24th 10:00-11:30 am for the return of the Independent Living Brunch. Incredible food offerings combined with fellowship equals an experience you do not want to miss. The brunch includes omelettes, fruit, pastries, desserts, a carving station and much more! Invite a friend to join us, they will thank you! \$9 Residents/\$10 Guests

Happy Birthday to Marion Yaple

Please join us in celebrating the 100th Birthday of Marion Yaple! Marion is a longtime volunteer, supporter, and resident of Arbutus Park. She served as President of the Auxiliary for many years, and started the annual flea market. We are grateful for everything you have done and continue to do! (See the rest of our January Birthdays inside)



Flea Market Success

The Arbutus Auxiliary thanks everyone who donated items for the Flea Market and also made delicious candy and baked goods. We appreciate your help and kindness. All proceeds will benefit the resident of the Manor. Also a big thank you to the Dietary Department and the Maintenance Department for their help! The Arbutus Auxiliary

Sunporch TV

Did you know there is a TV on the sunporch that is constantly updated with events, pictures, and updates about Arbutus Park? Check it out!



Keeping Everyone Safe

Many thanks to the Arbutus Grounds and Maintenance departments for keeping our roads, parking lots, and sidewalks safe and clear for our employees, residents, and visitors!

Monday January 1

8:00 am IL Bloodwork in the Community Room

Wednesday January 3

1:45 pm Rev Wes Yoder, Kaufman Mennonite in the Chapel

Sunday January 7

2:00 pm Rev Tom Phillips, Blacklick Community UMC in the Chapel

Monday January 8

5:00 pm Cottager Dinner in the Community Room - RSVP by Jan 2nd to Shirley Kissell 266-1925 Menu: Mixed fruit for salad, baked fish with tartar sauce, green beans almondine, scallop potatoes and apple pie with ice cream. Music by Bob Sedei.

Tuesday January 9

12:00 pm Beulahlanders Lunch in the Community Room
1:30 pm Delores and Rob perform in the Chapel
2:00 pm Pinochle meet in the sunporch
7:00 pm Movie Night in the Community Room 'North by Northwest'

Wednesday January 10

1:45 pm Rev Ruth Moore, Retired UM Pastor in the Chapel

Thursday January 11

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

Friday January 12

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

Sunday January 14

2:00 pm Rev Larry Rowe, Retired UM Pastor in the Chapel - Music by Ed Miller

Monday January 15

8:00 am IL Bloodwork in the Community Room

Tuesday January 16

6:30 pm Independent Living Game Night in the Community Room

Wednesday January 17

1:45 pm Rev Ed Houghton, Retired COB Pastor in the Chapel

Friday January 19

12:00 pm Elderberries Lunch in the IL Dining Room

Sunday January 21

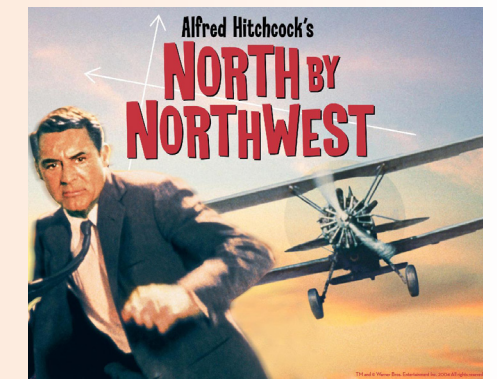
2:00 pm Elton Zion UM Choir with 'Rufus' Ruby Barclay, Director in the Chapel

Monday January 22

12:00 pm Senior Spirit Committee Lunch in the Private Dining Room

Tuesday January 23

12:00 pm Retired Ministers in the IL Dining Room
7:00 pm Movie Night in the Community Room 'On Golden Pond'



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

CONNECT WITH
ARBUTUS!



www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

Wednesday January 24

10:00 am IL Brunch in the Community Room

1:45 pm Rev Don Beam, Retired UM Pastor in the Chapel

Saturday January 27

2:00 pm Marion Yaple Birthday Party in the Community Room

Sunday January 28

2:00 pm Rev Daryl, Lori & Hannah Penrod, Elton Zion UM

Wednesday January 31

1:45 pm Rev Bill Griffith, Chickaree Union Church



New Year Traditions Around the World...

We kiss at midnight, drop a ball in time square and eat pork and sauerkraut for good luck in the New Year. Here's what goes on around the world to ring in the new year:

- In Denmark they save all of their unused dishes and plates until the 31st of December when they affectionately shatter them against the doors of all their friends and family.
- In Spain, the New Year's tradition for good luck revolves around grapes. If you can manage to stuff 12 grapes in your mouth at midnight you've achieved good luck for the next year.
- In Japan they ring all of their bells 108 times in alignment with the Buddhist belief that this brings cleanness. It's also considered good to be smiling going into the New Year as it supposedly brings good luck.
- Every year at the end of December people in this small Peruvian village fist fight to settle their differences. They then start the year off on a clean slate. (We just can't make this stuff up!)
- In Switzerland they celebrate the New Year by dropping ice cream on the floor. (Since when is dropping your ice cream "good luck"?)
- In Romania they throw their spare coins into the river to get good luck.
- In Bolivia coins are baked into sweets and whoever finds the coins has good luck for the next year. (But only if you find the coin prior to swallowing it!)
- In Ireland they hit the walls with bread to get rid of evil spirits
- In Scotland the first person to cross the threshold of a home in the new year should carry a gift for good luck.
- In Estonia is all about eating the New Year's traditions food. People eat seven times on new year's day to ensure abundance in the new year.

'Home for the Holidays' Sponsors: Thank You!

Presented by the Arbutus Park Auxiliary and the following sponsors:



Annual 'Deck the Doors' Competition

Thank you to everyone that participated in this years competition.

All of the entries were festive and impressive!

1st Place: 1 Month Free Maintenance - Ron & Nancy Sottile

2nd Place: Brunch for a Year for 2 - Hilda Miller

3rd Place: \$50 Gift Card - Judy Eppley

Runner-up: Gift Bags - Rev. John & Ruth Hollis

Runner-up: Gift Bags - Vernon & Marilyn Harrison



ATTENTION INDEPENDENT LIVING RESIDENTS:

- The PA Insurance Department requires Arbutus to file an annual disclosure statement.
- The most recent copy of that Disclosure Statement is now available at the Business Office.
- If interested, copies can be picked up at your convenience Monday-Friday from 8:00 am – 4:00 pm.

Community Connections

January 12, 13, 14

23rd Annual Fire & Ice Festival: Somerset
www.laurelhighlands.org

January 21 - 22

Ligonier Ice Fest: Main Street, Ligonier

January 24

The State Ballet Theatre of Russia "Sleeping Beauty"
Pasquerilla Performing Arts Center
www.upjarts.org



SAVE THE DATE!

Arbutus Park Group Game with the Johnstown Tomahawks! Sunday, March 18th at 3:00pm
\$10 Tickets for Resident and their Families
Contact Kurt in Community Affairs by March 9th

Most Common New Year's Resolutions

- Exercise More (38%)
- Lose Weight (33%)
- Eat Healthier (32%)
- Take a More Active Approach to Health (15%)
- Learn a New Skill or Hobby (15%)
- Spend More Time on Wellbeing (12%)
- Spend More Time with Family & Friends (12%)
- Drink Less Alcohol (12%)
- Stop Smoking (9%)
- Other (1%)



December Snapshots



Happy New Year!

A Warm Welcome to:

Charles Gojermac
Donna Rager
Theresa Balon
Anna Mae Walko
Wilma Gindlesperger
Ernest Brennsteiner
Joseph 'Lefty' Matolyak
Ernest Brennsteiner



New Independent Residents

Lenore McGowan 167 Canterbury Way
Kathleen Dravis 181 Canterbury Way

Birthdays

January 1 Pearl Wasser
January 2 Theresa Balon
January 3 Ida Gearhart
January 4 Thomas Davidson
January 8 Rheda Sala
January 11 Marian Hunter
January 12 Freda Kelly
January 15 Lottie Bertino
January 17 Nancy Sell
January 17 Elizabeth Kuhlman
January 17 Jelorma Demario
January 18 Mary Sala
January 19 Martha Pernau
January 20 Mary Ellen Matcho
January 20 Twila Workman
January 22 Mary Bertino
January 24 Priscilla Dunn
January 26 Merceded Karas
January 26 Patricia Croyle
January 26 Marian Yapple
January 30 Eleanor Meagher
January 31 Mary Shaffer



Attention Arbutus Residents

Did we miss your birthday or anniversary?
Please let us know by calling 262-2150

CONGRATULATIONS TO OUR WINNERS!

Arbutus Senior Spirit Awards
Recognize • Appreciate • Thank

5th Annual

<p>SPirit OF LEADERSHIP BETTY GRIFFITH, ST VINCENT DE PAUL</p>	<p>SPirit OF COMMUNITY LAUREL HIGHLANDS ALZHEIMER'S FOUNDATION</p>
<p>SPirit OF APPRECIATION RICHLAND HIGH SCHOOL NATIONAL HONORS SOCIETY, BRADY KEANE - ADVISOR</p>	<p>LIFETIME ACHIEVEMENT DON & NANCY ZUGCO</p>

Arbutus Park Retirement Community

THE 2018 SENIOR SPIRIT AWARDS WILL BE HELD AT THE HOLIDAY INN
JOHNSTOWN ON APRIL 20, 2018 FROM 11:30 am - 1:30 pm.

Be a part of the 5th Annual Senior Spirit Awards. To become a sponsor or make event reservations visit <https://arbutusparkmanor.com/senior-spirit/>

Mrs. Joyce Murtha, 2018 Senior Spirit Honorary Chairperson.
The Senior Spirit Awards benefit the Arbutus Benevolent Care Fund. Call 266-8621 and ask how your business or organization can sponsor the Senior Spirit Awards.

Auxiliary President 'Thank You'

We would like to thank EVERYONE who helped in any way with the 2017 Home for the Holidays celebration! Thank you to the cookie bakers, musicians, photographer, Santa, Raindrops book series reader, Classic Clowns, Elves Craft Shop workers, and all the other volunteers who brought joy to the Arbutus family. Thank you to those who donated door prizes for the residents. Thank you for the talented vendors who provided merchandise for the resident and their families to purchase. Thank you to the Dietary Department, Activities Department, Maintenance Department, and the Office Staff for their superb help. Thank you to Em's Sub Shop, Ann's Pizza, and Martella's Pharmacy for their support. Thank you to the Arbutus Train volunteers for their spectacular display.

Thank you to the sponsors of the event:

AM Marketing, Howard Hanna, Our Town, Johnstown Tomahawks, Boy Scouts of America, and UPMC.

And my personal thanks to the members of the Arbutus Auxiliary who worked in Mrs. Klaus's Kitchen, wrapped gifts, registered residents for door prizes, and helped in the North Pole Shopping Plaza. And thanks goes to those who delivered door prizes to the winning residents, and to those who helped setting up the event and the clean-up crew.

If you helped in any way with this joyous celebration and your name is not listed above, it was an oversight. But your help was appreciated and helped to make this a wonderful time for all. THANK YOU!

I would be amiss if I didn't thank the ONE who made this time of joy possible. Thank you God. Thank you for sending your PERFECT GIFT to us all through the birth of your son JESUS!

Lois Gilbert - Auxiliary President - 2017



In December we held a Christmas Raffle which raised \$168 to benefit the Benevolent Care Fund. The raffle was for beautiful handmade Santa and Snowman decorations (pictured above) that were generously donated by the family of Arbutus Resident Evelyn Jacobs.

Santa Winner: Ginny Widich - Ligonier
Snowman Winner: Cheryl Hill - Johnstown

The Arbutus Benevolent Care Fund assists residents who have outlived their resources and the ability to pay for their care. In 2016, over 85 residents continued to receive quality care because of the funds provided through the Benevolent Care Fund.

Message from Rev Hollis

As Joshua was about to lead the Israelites over the Jordan, he commanded them: "When you see the ark of the covenant of the LORD your God carried by the Levitical priests, you must break camp and follow it. 4 But keep a distance of about 1,000 yards between yourselves and the ark. Don't go near it, so that you can see the way to go, for you haven't traveled this way before." 5 Joshua told the people, "Consecrate yourselves, because the LORD will do wonders among you tomorrow" (Joshua 3:2-5).

We are entering a brand new year. Like Joshua and the Israelites, we have not traveled this way before. We do not know what the new year holds in store—neither the blessings nor the challenges. But we can learn from Joshua how to handle this new adventure. The people were to keep the Ark of the Covenant ever before them. The ark contained the stone tablets of the Ten Commandments, Aaron's rod that budded, and a pot of manna. These were three reminders of God's miraculous power and love.

More than that, the ark carried the Shekinah, the glorious Presence of God. Wherever they went they were guided and protected by following the Holy One. He had guided and provided for them during those forty years of wandering in the wilderness and He would do the same as they entered this new phase of the journey. How joyful they must have been to get out of that land of hardship into the land of blessing and rest! Just so, our hard times, losses, challenges and tears lead us to the place that God has promised and for which He has destined us.

Don't think that you are done with wilderness experiences when you've arrived where you want to be. The journey continues. In **The Book of Mysteries**, p. 292, Rabbi Jonathan Cahn tells us that the Promised Land has the Wilderness of Judea, the Wilderness of the Arabah, and the Wilderness of the Negev, which make up more than half of the land of Israel. He writes: "In God, even the wilderness can be part of the Promised Land. ... And God will use it to accomplish His purposes and to fulfill the calling and promise of your life. In God, even the wilderness can be part of the Promised Land. In other words, the wilderness is not outside the purposes of God. It's the place God brought you to. And God will use it to accomplish His purposes and to fulfill the calling and promise of your life. And if God is with you, then your journey is also part of your destination. And your life on earth is also part of heaven's domain. And so, even while you journey on earth, you can live a heavenly life. Therefore, no matter where you find yourself, no matter what your circumstance, no matter what your surroundings, rejoice, press forward...and choose to live in victory even now...for in the end you will see it...that your wilderness was part of the Promised Land."

As you venture into this New Year, keep your eye on the Shekinah, the glorious Presence of our LORD and Savior, Jesus Christ. Ruth Anne and I pray for you love, joy and peace as you travel with Him.

Shalom,
Pastor John Hollis

Amy's Recipe of the Month

Cabbage Fat-Burning Soup: Prep Time 20 min - Cook Time 25 min

Too many sugar cookies and too much eggnog over the holidays? This fat burning soup is the perfect (and delicious) way to get on track for a healthy and lighter new year.

Ingredients:

5 carrots, chopped
3 onions, chopped
2 (16 ounce) cans whole peeled tomatoes, with liquid
1 large head cabbage, chopped
1 (15 ounce) can cut green beans, drained
2 quarts tomato juice, or V-8 juice
2 green bell peppers diced
10 stalks celery, chopped
1 (14 ounce) beef broth



Instructions: Place carrots, onions, tomatoes, cabbage, green beans, peppers, and celery in a large pot. Add onion soup mix, tomato juice, beef broth, and enough water to cover vegetables. Simmer until vegetables are tender. May be stored in the refrigerator for several days.

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 kroberts@arbutusparkmanor.com

Park Profile

Q Where did you grow up?

A I grew up on Benshoff Hill in Middle Taylor.

Q What did you do before coming to Arbutus?

A I spent 10 years as an executive with the Boy Scouts of America before going back to school at Saint Francis University to earn my Master's Degree. I continue to do some work with the Johnstown Tomahawks and a fantastic band out of Pittsburgh.

Q How did you meet your wife?

A My wife and I initially met as teenagers attending a local art class together in Richland. We bumped into each other at a fundraiser a decade later- the rest is history!

Q Do you make New Year Resolutions?

If so, what is yours for 2018?

A I generally don't make a resolution because they seem so quickly forgotten or broken, but I would like to focus on expressing gratitude this year.

Q What was your favorite gift to give this Christmas?

A My son Isaac turned 2 right before Christmas, so his excitement and enjoyment of the holidays is inspiring.

Q What do you like on your pizza?

A Much like a Ninja Turtle, I'm a pepperoni guy.

Kurt Roberts



Q Are you an indoor or outdoor person?

What do you like to do?

A I am very much an outdoorsman. I love hiking and camping. I had the privilege of serving as a Camp Director for several years and feel 'at home' outdoors.

Q Is there a motto you live by?

A I strive to live by the 12 Points of the Scout Law: Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, and Reverent.

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

A Spend time with my family. I am also an avid reader and a film buff.

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

A Jimmy Stewart!