

IN THIS ISSUE:

- Arbutus News
- Community Calendar
- From the Chaplain
- Snapshots
- Park Profile

Arbutus News

Arbutus Olympics Makes the News

To Celebrate the Winter Olympics and cheer on the USA, our Activities Department coordinated a parade and the passing of the torch through three sections of the 2nd floor.

The last portion was led by our eldest resident of 103 years! WJAC visited for a great story featured on the evening news.

Throughout the Olympic season, our residents will participate in modified versions of classic and modern winter games.



Last Call for Hockey Tickets!

Arbutus Park Group Game with the Johnstown Tomahawks!

Sunday, March 18th at 3:00 pm

\$10 Tickets for Staff, Residents, and Families

Contact Kurt by March 9th

kroberts@arbutusparkmanor.com 262-2150

'Granny Groundhog Predicts Early Spring!

On Groundhogs Day Arbutus hosted it's own forecast and celebration with 'Granny Groundhog.' After getting feedback from the crowd as to if they hope for more winter or are ready for spring, a proclamation was read, and 'Granny' predicted an early spring! Custom groundhog cookies were shared and residents watched the Bill Murray classic 'Groundhog's Day' in the lobby.

The event was broadcast live from our Facebook page, and you can view the video there now. Over 1,900 people viewed the event, along with several shares, comments, and 'likes.'

'Granny Groundhog also correctly predicted the Eagles Super Bowl win!

CONNECT WITH ARBUTUS!



www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904



March Arbutus Park Community Calendar

Thursday March 1

2:30 pm Rosary - Chapel

3:00 pm IL Exercise Class - Community Room

Friday March 2

Staff Appreciation Meal - Community Room

Sunday March 4

2:00 pm Rev Alyce Weaver Dunn, Johnstown UM District Superintendent - Chapel (Communion Following)

Monday March 5th

9:00 Art Class - Arts & Crafts Room

5:00 pm Cottagers Dinner - Community Room

Menu: Irish Stew, Soda Bread, Pepper Slaw, Grasshopper Cake

Tuesday March 6

1:30 pm Gary Stewart Music (30-60's Music) - Chapel

3:00 pm IL Exercise Class - Community Room

7:00 pm Movie Night 'Charade' - Community Room

Wednesday March 7

1:00 pm Communion - Chapel

1:45 pm Bill Dempsey, Lay Speaker, Rector UMC - Chapel

Thursday March 8

12:00 pm Belmont UM Church Lunch - IL Dining Room

2:30 pm Rosary - Chapel

3:00 pm IL Exercise Class - Community Room

Friday March 9

12:00 pm Golden Rods Lunch - IL Dining Room

Sunday March 11

2:00 pm Denise Baldwin & Students, Concert of Sacred Music - Chapel

Monday March 12

9:00 Art Class - Arts & Crafts Room

Tuesday March 13

12:00 Beulahlanders - Community Room

3:00 pm IL Exercise Class - Community Room

6:30 pm IL Game Night - Community Room

Wednesday March 14

1:00 pm Catholic Mass

1:45 pm Rev Keith Lohr, Summit Chapel UMC - Chapel

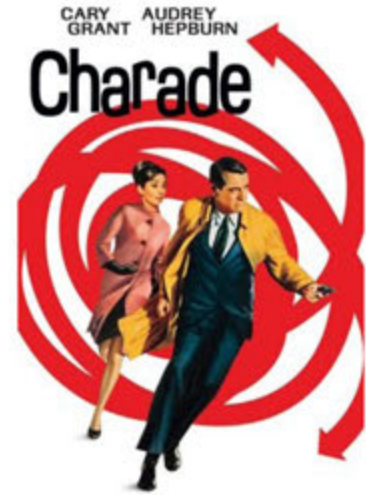
2:00 pm Pinochle - Meet on Sun Porch

NEXT MONTH

APRIL 2nd Cottager Dinner

RSVP by March 26

to Joanne Messer 262-8601



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

Independent Living Exercise Classes



Tues & Thurs 3-4 pm Community Room

Thursday March 15

ary - Chapel

3:00 pm IL Exercise Class - Community Room

Friday March 16

Elderberries Lunch - Cancelled

Sunday March 18

2:00 pm Nancy Demi, UM District Lay Leader. Rev Paul Demi singing - Chapel

Monday March 19

9:00 Art Class - Arts & Crafts Room

Tuesday March 20

3:00 pm IL Exercise Class - Community Room

7:00 pm Movie Night 'Big Eyes' - Chapel

Wednesday March 21

10:00 am IL Brunch Buffet - RSVP to Business Office by March 21

1:00 pm Communion - Chapel

Thursday March 22

2:30 pm Rosary - Chapel

3:00 pm IL Exercise Class - Community Room

Sunday March 25

2:00 pm Rev Don Beam, Retired UM Pastor - Chapel

Monday March 26

9:00 Art Class - Arts & Crafts Room

1:00 pm Handy Crafters - Arts & Crafts Room

7:00 pm Auxiliary Board Meeting - Community Room

Tuesday March 27

12:00 pm Retired Ministers Lunch - IL Dining Room

1:30 Rick Bruening Musician & Storyteller - Chapel

3:00 pm IL Exercise Class - Community Room

Wednesday March 28

1:00 pm Communion - Chapel

1:45 pm Rev John Snyder, Retired UM Pastor - Chapel

Thursday March 29

2:30 pm Rosary - Chapel

3:00 pm IL Exercise Class - Community Room

Friday March 30

1:30 pm Good Friday Service - Chapel

**REGULAR WEEKLY EVENTS**

Mondays

Art Class 9:00 am Arts & Crafts Room

Wednesdays

**Communion 1:00 pm Chapel
(except 2nd Wednesday is Mass)**

Thursdays

Rosary 2:30 pm Chapel

Tuesdays & Thursdays

IL Exercise Class 3:00-4:00 pm Community Room

February Snapshots: Bruch, Super Bowl, Parties, and Senior Spirit!



Community Connections

March 10th - 3rd Annual Ice FunFest

People's Natural Gas Park, Downtown Johnstown
jaha.org/events/ice-funfest

March 10th - Comedy Night

Richland Township Fire department
richlandfire.com/events

March 11th - Armchair Tour of the 1936 Flood District

Johnstown Flood Museum, Downtown Johnstown
jaha.org/events/armchair-tour-1936-flood-district

March 14th - Earth, Wind & Fire – Live in Concert

1st Summit Arena War Memorial, Downtown Johnstown
1stsummitarena.com/event/earth-wind-and-fire

March 17th - VOMA Jazz Series

Venue of Merging Arts, Cambria City
thevoma.com/v2/#

March 18th - Johnstown Tomahawks Arbutus Group

1st Summit Arena War Memorial, Downtown Johnstown
johnstowntomahawks.org



The following churches and local restaurants are offering lenten meals at the time of publication:

St. Benedict Church, Geistown

Church of the Transfiguration, Conemaugh

Visitation Church, McKinley Ave

St. Elizabeth Ann Seton Church, Windber

St. Francis of Assisi, West End

St. Nicholas Serbian Orthodox Church, Westmont

Holy Cross, Chestnut St

Immaculate Conception Church, New Germany Grove

Pyramid's Lounge, Sheridan St

Johnstown Inn, Frankstown Road

Dugout Fish Buffet, Maple Ave

~ Please remember to submit your new insurance cards to the billing office ~

A Warm Welcome to:

1-30 James Sedlmeyer

1-30 Concetta Morbit

1-30 Dominic DeMartino

1-31 Arlene Boyle

2-2 Richard Hudson

2-2 Beryl Daughenbaugh

2-6 Joan Kelly

2-9 Francis Malinovsky

2-14 Jennie Moore

2-15 Warren Kinzey

2-16 Lois Wingard

New Independent Residents

Dave & Kim Hunt 30 Wesley Drive

Maurice & Nancy Rhine 301 Jacob Albright

March Birthdays

March 2 Richard Sheridan

March 2 Stanley Kuhlman

March 2 Elsie Snyder

March 3 Rosella Burkhard

March 4 Ruth Ann Hollis

March 5 Vera Hornick

March 7 Del Wasser

March 8 Sue Strohm

March 8 Judy Davidson

March 10 Violet Lehman

March 11 Vera Trabold

March 11 Gloria Mock

March 12 Carol Meek

March 18 Mary Bimeal

March 18 Ethel Cassidy

March 19 Delphine Suckenic

March 22 Sara Livingston

March 22 Kathleen Dravis

March 23 Benny Kawa

March 23 Larry Betcher

March 24 Elaine Purbaugh

March 25 Roger Luther

March 26 Don Bender

March 26 Judylee Pepon



Anniversaries

March 2nd Judy & Thomas Davidson

Attention Arbutus Residents

Did we miss your birthday or anniversary?

Please let us know by calling 262-2150

Independent Living News Briefs

INDEPENDENT LIVING RESIDENTS: PLEASE HELP US SAVE POSTAGE

After conversations with our Independent Living Residents we have decided to compile a list regarding maintenance and ancillary service bills. Many of you drop off your payments or have a credit card or checking account deduction before your monthly invoice is generated. With the timely receipt of your cottage maintenance payments, the bill we generate reflects a zero balance.



Please let us know when you drop off your March payment if you do not want to receive an invoice reflecting a zero balance. We will continue to bill for any services rendered during the previous month such as dietary, transportation and housekeeping services. If you pay by automated credit card or checking withdrawals and prefer not to receive a monthly bill please call the Business Office at 266-8621. If you have any questions please call Bonnie.

INDEPENDENT LIVING RESIDENT E-LIST

Are you on the IL E-List? Event reminders, news, and updates are shared as they are announced-know before it makes Pathways! To join, just email Kurt at kroberts@arbutusparkmanor.com with 'IL E-List' as the subject.

INDEPENDENT LIVING RESIDENTS GOOGLE CALENDAR

Once Pathways goes to print-that's it! But the online IL Google Calendar is updated as events are announced. To see it, go to arbutusparkmanor.com/independent-living and click the calendar.

INDEPENDENT LIVING 'NOT SO NEWLYWED GAME'

On February 13th, five Arbutus couples competed in our own version of the classic game show 'The Newlywed Game.' Laughs abound, Frank and Linda Burkhard won the day trip to Phipps Conservatory and Strip District in Pittsburgh via Lodestar Bus Lines. They just recently celebrated their anniversary on February 20th. Congratulations and thank you to all the couples who competed!



Merlene's Recipe of the Month

Limerick Ham:

Ingredients:

One fully-cooked cured ham
1/4 cup juniper berries; if using dried berries, soak until soft
1 1/2 cups French-style mustard
1 cup gin
1 cup brown sugar

Instructions:

- Preheat oven to 350 degrees
- Score the ham to a depth of 1/2 inch on all sides
- Rub the softened berries into the cuts
- Blend the gin, brown sugar and mustard and coat the ham with this mixture on all sides
- Cover with foil and bake until heated through (about ten minutes per pound)
- Remove foil and bake until skin is crisp
- From time to time baste with the liquid from bottom of pan



Message from Rev Hollis

In English we have present, past and future verb tenses. There are others related to these three but there is no need to list them here. The only object in mentioning verb tenses is to get to the point that in Hebrew there are only two tenses; they are: **perfect**, which describes completed action and **imperfect**, which describes incomplete or ongoing action. The context suggests whether the action is present, past, or future.

In Genesis 3 we read that Adam and Eve ate of the forbidden tree and realized they were naked. He [God] said, "Who told you that you were naked? Have you eaten from the tree from which I ordered you not to eat?" 12 The man replied, "The woman you gave to be with me — she gave me fruit from the tree, and I ate."

The verb translated I ate is in the imperfect. The Stone Edition of The Chumash, p. 17, has an astounding interpretation. It is "as if Adam was saying, 'I ate and I will eat again!' Michtav MeEliyahu explains that Adam assessed himself objectively and said that if he were to be faced with a similar temptation, he would probably succumb again. A sinner cannot hope to escape from his spiritual squalor unless he is honest with himself."

Saint Paul is starkly transparent in Romans 7 where he describes his struggle to live according to God's Torah (teaching). He writes: 14 For we know that the Torah is of the Spirit; but as for me, I am bound to the old nature, sold to sin as a slave. 15 I don't understand my own behavior — I don't do what I want to do; instead, I do the very thing I hate! ... 24 What a miserable creature I am! Who will rescue me from this body bound for death? 25 Thanks be to God [, he will]! — through Yeshua the Messiah, our Lord!

In the 8th chapter, Paul describes a whole new way of living. He writes: Therefore, there is no longer any condemnation awaiting those who are in union with the Messiah Yeshua. 2 Why? Because the Torah of the Spirit, which produces this life in union with Messiah Yeshua, has set me free from the "Torah" of sin and death. 6 Having one's mind controlled by the old nature is death, but having one's mind controlled by the Spirit is life and shalom. 7 For the mind controlled by the old nature is hostile to God, because it does not submit itself to God's Torah— indeed, it cannot. 8 Thus, those who identify with their old nature cannot please God. 9 But you, you do not identify with your old nature but with the Spirit — provided the Spirit of God is living inside you, for anyone who doesn't have the Spirit of the Messiah doesn't belong to him.

Having been honest with himself and with God, Paul comes into a relationship with the Savior where he is no longer attempting to fulfill the demands of the Torah in his own strength. He is turning himself over to the control of the Holy Spirit and encourages his readers to do the same. Let us, like Paul, cease our own striving and learn to walk in the Spirit. Then we can say along with him: When the Messiah was executed on the stake as a criminal, I was too; so that my proud ego no longer lives. But the Messiah lives in me, and the life I now live in my body I live by the same trusting faithfulness that the Son of God had, who loved me and gave himself up for me. (Galatians 2:20) (All quotes are from the Complete Jewish Bible.)

Shalom,
Pastor John Hollis



Mondays
9:00 am
Arts & Crafts Room

Taught By
Bonnie Luther
& Hilda Miller

HANDY CRAFTERS

Join Us for Fun Projects - Finish in a Day!
4th Monday of Every Month
(Except December)
1-3pm in the Craft Room

For Information Call
Judy Probert
410-3343
Bonnie Luther
266-2630

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

Spirit of Leadership
Betty Griffith,
St. Vincent DePaul



Spirit of Community
Laurel Highlands
Alzheimer's Foundation

Spirit of Appreciation
Richland High School
National Honors
Society

2018 Recipients

Lifetime Achievement
Don & Nancy Zucco

Friday April 20th at 11:30 am at the Holiday inn Downtown Johnstown - Reservations Available!
arbutusparkmanor.com/senior-spirit or 814-262-2150

Thank You to our generous event sponsors:



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