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Arbutus Park News & Notes

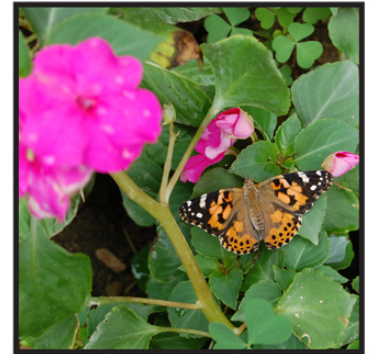
Red Nose Day Success!

On May 24 we celebrated and supported Red Nose Day, which is 'ending child poverty one nose at a time.' We sold out of our nose supply and donated \$131.50 to the fund which is then tripled by the Gates Foundation. This project keeps children safe, healthy, educated, and empowered. You can find out more at www.rednoseday.org



'A Butterfly to Remember'

On June 19 a memorial event was held to honor the individuals and families that Aseracare Hospice helped care for this year. The butterfly, as a symbol of hope, is a meaningful representation for anyone who has worked with hospice. With guest speakers, music, and refreshments, ninety names were read before the butterflies were released in the patio area. We like to believe the butterfly represents lasting connection and enduring love.



Annual Memory Star Mail Appeal

Our annual 'Memory Star' campaign is off to a wonderful start, thank you to everyone who has contributed so far. All funds support the benevolent care fund. The reply cards are now on display in the sunporch. If you would like to support Arbutus Park in memory or in honor of a loved one, please visit arbutusparkmanor.com or pick up a reply card at the Business Office.

"Good friends are like stars. You don't always see them, but you know they're always there."

CONNECT WITH ARBUTUS!



www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904



A Warm Welcome to:

Audrey Block
Laverne Peters
Mary Rager
William Robinson

July Birthdays

July 3	Francis Matten
July 5	Frank Schmatz
July 8	Robert Brown
July 9	Shirley Shipman
July 17	Marilyn Hooker
July 20	Leonora Burgess
July 21	Mary Lou Crisafulli
July 22	Robert Appleyard
July 22	Robert Smith
July 24	Marjean Barber
July 26	Helen Ott
July 26	Shirley Kuyat
July 26	Rose Long
July 29	Helene Hoffman
July 31	Bonnie Luther



Attention Arbutus Residents

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



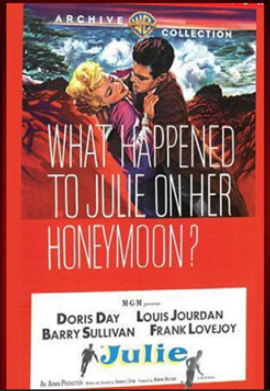
The Arbutus Beauty Shop is open
Monday - Friday
Call 262-2172 to schedule a visit!
Men's haircuts are
scheduled on Mondays

Garbage Reminder

Garbage pick-up will be Thursday July 5th
instead of Wednesday July 4th.

MOVIE NIGHT

Tuesday July 3
Community Room
7:00 PM



INDEPENDENT LIVING in the Community Room



JULY 10th 6:30pm

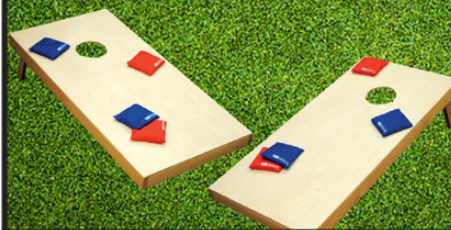
Independent Living Exercise Classes



Tues & Thurs 3-4 pm Community Room



IL Cornhole
1st, 3rd, 4th
Wednesdays
3:00 pm
Patio



(Community Room
in bad weather)

PINOCHLE

2nd Wednesday
of the Month

2:00 pm
Meet in the Sun Porch



Independent Living Town Meeting Recap

Thank you to all who attended the IL Town Meeting in June. We sincerely appreciate your feedback and suggestions. If you were unable to attend, here is a brief recap:

- Sewer Project: We continue to prospect funding avenues and plan to complete a few more this year. In 2019 we aim to complete approximately 20, with the remaining homes to be completed in 2020.
- In August we will be starting a phone notification system for reminders and in the event of emergencies.
- In order to streamline processes, we ask that IL residents submit their maintenance and grounds requests through Kurt in Community Affairs 814-262-2150 or kroberts@arbutusparkmanor.com. You can call or email requests for submission, or you can drop off a request form at the Business Office. In the event of an emergency, please contact Maintenance directly at 814-262-2161.

July Arbutus Park Food Service Calendar

- Monday July 2** 5:00 pm Cottager Dinner hosted by Burkhardts & Rosemans
Tossed Salad, Swiss Steak, Mashed Potatoes, Parisian Carrots, Dinner Rolls, Ice Cream Sundaes
Aug 6 Cottager Dinner **RSVP by July 30** to Kurt at 262-2150
- Thursday July 12** 12:00 pm Belmont UM Church Lunch, IL Dining Room
- Friday July 13** 12:00 pm Golden Rods Lunch, IL Dining Room
- Wednesday July 18** Arbutus Park Annual Family Picnic, Community Room (No IL Brunch)
- Thursday July 19** 12:00 pm United Methodist Women Lunch, IL Dining Room
- Friday July 20** 12:00 pm Elderberries Lunch, IL Dining Room
- Tuesday July 24** 12:00 pm Retired Ministers Lunch, IL Dining Room

Community Calendar

July 4
4th of July Concert and Fireworks (Free)
Johnstown Symphony Orchestra - Point Stadium 8:00pm
johnstownsymphony.org

July 4
Free Breakfast for Vets & Spouses 9:00 am - 12:00 pm
Conemaugh Twp Fire Dept 1942 Kring St., Tire Hill

July 6 - 8
3rd Ave Arts Fest (Free)
411 & 413 Third Avenue
Johnstown, PA 15906

July 9
Missoula Children's Theater: Blackbeard the Pirate
Arcadia Theater, Windber PA 15963
arcadiawindber.com

July 28
The Belmonts
Arcadia Theater, Windber PA 15963
arcadiawindber.com

REGULAR WEEKLY EVENTS

Mondays
Art Class 9:00 am
Arts & Crafts Room

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

Thursdays
Rosary 2:30 pm
Chapel

Tuesdays & Thursdays
IL Exercise Class 3:00-4:00 pm
Community Room



SAVE THE DATE! Arbutus Park Luau
Friday August 17 - Patio

June Snapshots

First Row: Manor Summer Kick-Off, All Others: June Cottagers Dinner



SAVE THE DATE! 2nd Annual PumpkinFest & Fun Walk

Saturday September 29, 2018 - 9:00 am - 2:00 pm More Information Soon!



Amy's Recipe of the Month

Healthy Garden Salad

Ingredients:

- 5 tablespoons red wine vinegar
- 3 tablespoons grapeseed oil (you may substitute light virgin olive oil)
- 1/3 cup chopped fresh cilantro
- 2 limes juiced
- 1 teaspoon white sugar
- 3/4 teaspoon salt
- 2 cloves garlic minced
- 1 (1 pound) package frozen shelled edamame (green soybeans)
- 3 cups frozen corn kernels (I use fire roasted corn)
- 1-pint cherry tomatoes quartered
- 4 green onions thinly sliced
- 1 (15 ounce) can black beans, rinsed and drained.

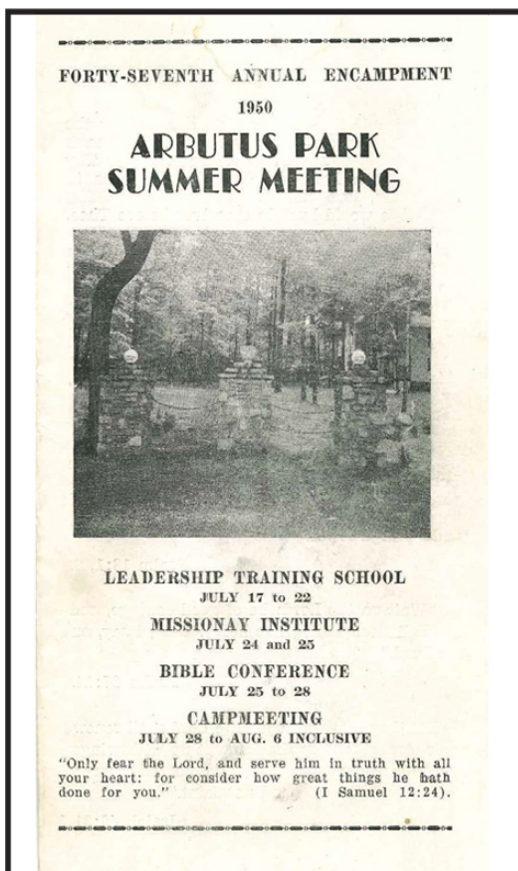


Instructions:

- In a large serving bowl, whisk together red wine vinegar, grapeseed oil, cilantro, lime juice, sugar, salt and garlic. Set aside.
- Bring a large pot of lightly salted water to a boil. Add the soybeans and boil for 3 minutes.
- Add corn to the boiling water and continue cooking for 1 more minute.
- Drain very well and pour into the bowl with the dressing.
- Gently mix in the cherry tomatoes, green onions and black beans.
- Cover and refrigerate for at least 2 hours before serving to chill and blend the flavors.

Nutrition Facts

Per Serving: 252 calories; 9.8 g fat; 33.4 g carbohydrates; 13.1 g protein; 0 mg cholesterol; 438 mg sodium.



Celebrating Our Roots: The History of Arbutus

We continue digging through the archives to pay homage to the history and legacy of Arbutus Park.

This month we look back 68 years to the 1950 Arbutus Park Summer Meetings brochure. Some of the highlights include an article announcing R. G. Le Tourneau as the guest speaker. He was a 'well-known inventor and manufacturer of earth-moving machinery, heavy cranes, P.T. boats and a huge machine for making a house in a day.'

'The catering committee has set the price for meals served in the dormitory as follows: Breakfast .40; Dinner .75; Supper .75; Sunday Dinner \$1.99.'

In the disbursements report, a used 1939 GMC 3/4 ton truck was purchased for \$225.00. Workmen's Compensation Insurance was \$3.50, while having 2 gas stoves installed came to \$269.75.

Special thanks to Bonnie Camblin for archive materials, background information, and suggestions in developing this feature.

The 'Pathways' to Good Health

Safety Tips for a Fun and Safe Summer

- 1. STAY HYDRATED** Everyone know the "golden rule" 8 glasses of water a day, but it's even more important during the hot Summer months. We lose more water during the Summer through perspiration and activity. It's a good idea to keep electrolyte replenishment drinks on hand as well.
- 2. CHECK YOUR MEDICATION** There are many medications that increase your sensitivity to the sun. Medicine should be stored in cool dry places. Also, if you are traveling, be certain you have your prescriptions refilled and you have the information of a pharmacy close by your vacation spot that you can inform your Dr. of should you need anything
- 3. STAY COOL** Limit your time in the heat. Do not travel when you will be sitting in a hot car for too long, seek shade and air conditioning when the temps are over 80. Many folks will take in an afternoon matinee movie, or go to the mall to beat the heat. Save yard work and outdoor activities for early morning or early evening.
- 4. STAY IN TOUCH WITH FAMILY AND NEIGHBORS** Let them know when you are traveling and when you will be participating in outdoor activities. Check in often so someone knows you are ok. Keep emergency numbers handy and a phone with you at all times
- 5. DRESS FOR THE WEATHER** Natural fabrics, light colors and loose-fitting clothes. Remember your hat and sunglasses. Your eyes need protected against harmful UV rays.
- 6. REMEMBER THE SUNSCREEN** Apply it often! See your dermatologist for skin cancer scans especially if you have a lot of sun exposure. Remember, you can get sunburn even on cloudy days.
- 7. BRING THE BUG SPRAY** Lime disease, West Nile Virus are on the rise. It's important to protect yourself when enjoying the outdoors. Know the warning signs and seek medical attention.



Bazaar Success!

The Arbutus Auxiliary thanks everyone who donated items for the Bazaar and also made delicious candy and baked goods. We appreciate your help and kindness. All proceeds will support our beloved residents. Also, we appreciate our dietary department and maintenance departments. You are wonderful!

-The Arbutus Auxiliary



Return of the Ambassadors

Join us for an information meeting on Monday, July 9 at 1:00 pm in the Community Room as we renew the Arbutus Park Ambassador Program.

Questions and RSVP's can be directed to Kurt Roberts at 262-2150.

What do Ambassadors do?

- Participate in on and off campus events
- Serve as "Welcome Committee" for new IL residents
- Assist with fundraising events and community affairs

Message from Rev Hollis

In Jesus' day, several were claiming to be Messiah. And so it was important to have some objective signs in order to know who the true Messiah was. The Sages named the following four miracles that only the One sent from God could perform:

1. Cleansing from leprosy
2. Casting out a deaf and mute spirit
3. Healing of birth defects
4. Raising the dead after 3 days (that is, on the 4th day).

Jesus did many miracles including these four Messianic sign miracles. Over the next few months we will examine each and what it signifies.

The Jews believed that only God or his Messiah could cleanse a person from leprosy because they believed that it was inflicted by God himself. They called it "the finger of God." After Moses received the Torah (Teaching) from God, there was no record of an Israelite being cleansed of leprosy. Numbers 12 records that his sister Miriam was cleansed but that was before the giving of the Torah. 2 Kings 5 records the cleansing of Naaman, commander of the army of Aram. Elisha instructed him to dip seven times in the Jordan and he obeyed and was cleansed but he was a Gentile.

Leviticus 14 has detailed instructions on the offerings and rituals that are to be performed if one is cleansed of leprosy but no record exists of them ever being used. And then the miraculous ministry of Jesus bursts on the scene. Matthew 8 tells us:

When He came down from the mountain, large crowds followed Him. 2 Right away a man with a serious skin disease [leprosy] came up and knelt before Him, saying, "Lord, if You are willing, You can make me clean." 3 Reaching out His hand He touched him, saying, "I am willing; be made clean." Immediately his disease was healed (Lit cleansed). 4 Then Jesus told him, "See that you don't tell anyone; but go, show yourself to the priest, and offer the gift that Moses prescribed, as a testimony to them."

When Jesus touched the man, I'm sure there were audible gasps. I'll bet someone said, "The man hasn't got a lick of sense! Who in his right mind would **touch** a leper?!" Lepers were required to call out, "Unclean, unclean" everywhere they went so that people could **avoid** touching them. But did that touch make Jesus unclean? No, it made the leper clean. And then he was to go and show himself to the priest and offer the prescribed sacrifice as a **testimony to them**. To what was it a testimony? It testified that Jesus was the Christ, the long-awaited Messiah. No one else could cleanse a leper.

The priests would have had to scramble to look up the passage from Leviticus and refresh their memory on what was to be done. They had never done it before. And the event would have triggered an investigation. They would have to ask who had done this miracle and whether or not he was the Messiah.

Leprosy is a type or shadow of the sin condition. Spiritually speaking, we are all lepers **For all have sinned and fall short of the glory of God** (Romans 3:23). If we are willing to come to Jesus and cast ourselves at his feet, as this leper did, he is willing to touch and cleanse us.

Shalom,
Pastor John Hollis

JULY CHAPEL GUESTS:

Sunday	July 1, 2:00 pm	Kenny Fetterman, One-Man-Band
Wednesday	July 4, 1:45 pm	Chaplain John Hollis
Sunday	July 8 2:00 pm	Rev Rob Wolf, Pleasant Hill COB
Wednesday	July 11, 1:45 pm	Rev Art Moffat, 2nd Presbyterian Church
Sunday	July 15, 2:00 pm	Rev Tom Phillips, Blacklick Community UMC
Wednesday	July 18	Arbutus Family Picnic - NO CHAPEL
Sunday	July 22, 2:00 pm	Michael Facciani – Recording Artist
Wednesday	July 25, 1:45 pm	Rev Ardyth "Ardi" Hill – Retired UM Pastor
Sunday	July 29, 2:00 pm	Rev Bill Griffith, Chickaree Union Church

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

Arbutus Park
RETIREMENT COMMUNITY

FAMILY PICNIC

Wednesday, July 18
FOOD-DRINK-GAMES-MUSIC
MEMBERS OF 'JAZZ IN YOUR FACE'
8 FRED AND NANCY WARSHEL

11:00 AM MANOR RESIDENTS & FAMILY
12:00 PM INDEPENDENT LIVING & FAMILY

ARBUTUSPARKMANOR.COM