



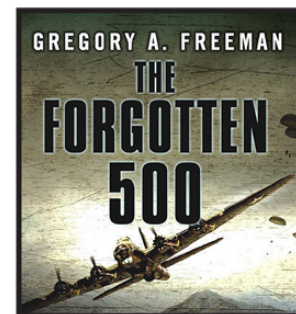
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Arbutus Park News & Notes

The Forgotten 500

At our recent Cottager Dinner, Jack Wilson gave an exciting and inspiring presentation on World War II Army Capt. George Musulin of Franklin Borough. Through Jack's research and dedicated efforts, Mr. Musulin was added to the Cambria County Military Hall of Fame, housed at the War Memorial Arena.



The book 'The Forgotten 500' recounts the story of a mostly unknown chapter of history, the greatest escape of World War II. More than 500 airmen – primarily Americans – were smuggled out of Nazi-occupied Yugoslavia, right under the Germans' noses. Copies of the book are available to borrow from the Community Affairs office.

PumpkinFest & Fun Walk

We will host the 2nd Annual Great PumpkinFest & Fun Walk on Saturday, September 29 from 9:00 am to 2:00 pm. Join us to celebrate fall and to raise money for the Benevolent Care Fund.

The event consists of a one mile "Fun Walk" around campus and the Pumpkin Patch Café featuring numerous local restaurants, bakeries and vendors sharing the tastiest fall and pumpkin inspired dishes. Visitors can also vote in a pumpkin decorating competition. Visit arbutusparkmanor.com/pumpkinfest to learn more about the event and register.



Arbutus Park Night at the Altoona Curve

On Monday August 27 we are holding Arbutus Park Night at the Altoona Curve baseball game. The team plays at Peoples Natural Gas Field in Altoona. RSVP by Monday August 13 to Kurt in Community Affairs at 814-262-2150. Ticket price is \$10. This event is open to all residents, employees, and family.



Arbutus Storage Available

We are making a number of the former apartments in 'A Building' available as storage units, specifically to our Independent Living community. The rooms are approximately 14x10 feet plus closets and will be \$30 per month. They are simply secured storage space, not climate controlled, and no utilities. Interested residents can contact Kurt Roberts at 814-262-2150 or kr Roberts@arbutusparkmanor.com for more information.



CONNECT WITH
ARBUTUS!



www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

A Warm Welcome to:

Beverly Barlett	Ralph Good
Carmella Magistro	Ben & Mona McKee
Faye Pisarski	Mildred Rizzo
Dorothy Ronan	Patricia Wilson

New Independent Residents

Robert & Evelyn Cable	14 Wesley Drive
Linda Mains	9 Wesley Drive

August Birthdays

August 1	James Mowrey
August 3	Mary Rager
August 5	Alice Mickel
August 6	Mary Timcik
August 6	Joan Fabina
August 6	Joyce Fabina
August 6	Jim Davis
August 12	Rose Seese
August 12	Betty Sterle
August 13	Kenneth Woodruff
August 14	Anna Walko
August 16	Joan Gregory
August 21	Dorothy Lehman
August 22	Alberta Ciucci
August 23	Betty Alwine
August 24	David Gaudlip
August 24	Kristine Olsen
August 24	Anne Cvrkel
August 26	Urla Cupitt
August 27	Elizabeth Mihalko



August Anniversaries

August 4	Benton and Mona McKee
August 10	Dick and Marjean Barber
August 10	Richard and Helen Ott
August 28	John and Ruth Hollis

Attention Arbutus Residents

Did we miss your birthday or anniversary?
Please let us know by calling 814-262-2150

The Arbutus Beauty Shop is open
Monday - Friday

Call 814-262-2172 to schedule a visit!

Men's haircuts are scheduled on Mondays.

MOVIE NIGHT

Tuesday August 7
Community Room
7:00 PM

The Post



INDEPENDENT LIVING in the Community Room



AUGUST 14th 6:30pm

Independent Living Exercise Classes



Tues & Thurs 3-4 pm Community Room

CORNHOLE



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



August Arbutus Park Activities Calendar

August 7	1:30 pm	Tom Voytas playing on the Patio (Chapel if rain)
August 14	1:30 pm	The Western PA Ministers Chorus in the Chapel
August 17	6:00-8:30 pm	Luau on the Patio
August 28	1:30 pm	Fred and Nancy Warshel on the Patio (Chapel if rain)

Coming Soon: Return of the Ice Cream Truck!

August Arbutus Park Food Service Calendar

August 2	8:30 am	Men's Breakfast, IL Dining Room
August 3	12:00 pm	Hobby Lunch, Community Room
August 6	5:00 pm	Cottager Dinner hosted by Roberts family in Community Room
August 9	12:00 pm	Belmont UM Church Lunch in IL Dining Room
August 10	12:00 pm	Golden Rods Lunch in IL Dining Room
August 14	12:00 pm	Beulahlanders Lunch in Community Room
August 17	12:00 pm	Elderberries Lunch in IL Dining Room
August 22	10:00 am	IL Brunch in Community Room

Community Calendar

August 4 - 5

AmeriServ Flood City Music Festival
Peoples Natural Gas Park, Johnstown
floodcitymusic.com

August 7 - 13

73rd Annual AAABA Tournament
Point Stadium, Johnstown
aaabajohnstown.com



August 18 - 20

Richland Community Days
Schoolhouse Road and Theatre Drive, Johnstown
richlanddays.com

August 25

The Everly Brother's Experience
Arcadia Theater, Windber PA 15963
arcadiawindber.com

August 31 - September 2

Cambria City Ethnic Festival
Chestnut Street, Johnstown

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



Holiday Train Display: Help Wanted!

We are looking for assistance with the popular annual train display that runs from Thanksgiving through New Years. The display is DC Large Scale and G Gauge. If you are interested in helping please contact Ron Reinbold at 487-5334 or rpreinbold@comcast.net

Amy's Recipe of the Month

Zucchini Bars with Spice Frosting: Prep Time 20 min Cook 30 min

Zucchini and Spice and everything nice in this late summer dessert.

Fresh zucchini is in season so grab some at a local farmer's market and make this delicious treat!

Ingredients:

- 5 tablespoons red wine vinegar
- 1 1/3 cup packed brown sugar
- 1/2 cup butter, softened
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups all purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 2 cups shredded zucchini
- 1 cup chopped walnuts



Spice Frosting:

- 1 (16 ounce) package of cream cheese frosting
- 1/4 teaspoon ground cloves

Instructions:

1. Preheat the oven to 350 degrees F (175 degrees C). Butter a 9x13-inch baking pan.
2. Mix brown sugar, butter, eggs, and vanilla extract together in a bowl. Stir in flour, baking soda, cinnamon, and cloves. Stir in zucchini and walnuts. Spread batter into the prepared baking pan.
3. Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 30 minutes. Allow to cool completely before frosting, about 1 hour.
4. Mix frosting with cloves in a bowl. Spread over the zucchini bars.

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 to the May 3, 1983 issue of 'The Era' which was a weekly supplement to the Tribune-Democrat. The article was written by James W. Siehl and documents the origins of 'Beautiful Arbutus' to the mergers that made way for the manor we know today.

'By 1908, interest in the campgrounds was producing crowds of up to 10,000 people.' In 1915, lighting was installed at a bid of \$128.25.

The article features a section on 1926 'Items of Interest' stating that visitors could 'take the Moxham street car and alight at Ohio Street where the auto bus, operated by the Johnstown Traction Company, will make connection with street cars for the park.' At that time 'no one shall be permitted at any time to keep cats or dogs in the park.' Lastly, the 'contents of chamber buckets must be emptied into the public or private closets and nowhere else.'



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

The 'Pathways' to Good Health

It's back to school time, have you considered grabbing a backpack, sharpening your pencil and heading back to class? Taking a class or two can improve your cognitive abilities, rejuvenate your memory, and be fun at the same time.

Pennsylvania operates a post-secondary education system that consists of a network of community colleges and senior universities, some offer discounted or FREE educational opportunities for senior education programs.

Maybe getting up and going to class isn't for you? You can still participate in on line classes from the comfort of your home. Maybe invite a few friends you join you in your online classes. You can meet at each other's homes, have study groups, and enjoy a new learning experience.



For educational opportunities visit:

Penn Highlands Community College pennhighlands.edu 1-888-385-7325

University of Pittsburgh at Johnstown upj.pitt.edu 1-814-269-7000

Visit seniorresource.com/senior-education for a complete information.

Talk to a tax advisor about Uncle Sam's \$10,000 lifetime senior citizen deduction for higher education.

Arbutus Park
RETIREMENT COMMUNITY



Auxiliary Updates

1. The Arbutus Auxiliary is participating in Boscov's Friends Helping Friends 25% off Shopping Pass. The shopping pass is good Tuesday, October 16, 2018 at all Boscov's locations from 8 a.m. to 11 p.m. The passes are \$5.00 each and the entire donation benefits the Auxiliary. You may buy your shopping pass from an Auxiliary member or from the Manor Office. The purchasing of the pass entitles you to register to win prizes, such as a shopping spree!
2. The Auxiliary is going to have a bake sale at the October 13, 2018 Flea Market. We are asking that the independent residents that live in the Townhouses and Cottages donate homemade baked goods and candy for the bake sale. We would really appreciate your help with this, if you are able. You may bring your baked goods to the Community Room on Friday, October 12 from 8:00 am - 2:00 pm, or Saturday, October 13 at 8:00 am. All proceeds benefit our Manor residents. The Auxiliary appreciates the wonderful support you give us!
3. If you have items for the flea market, please bring them to the Community Room on Thursday, October 11th or Friday, October 12 between the hours of 8:00 am and 2:00 pm. Thank you!

July Snapshots

Row 1: Birthdays * Row 2/3: 4th of July * Row 4: Carnival & IL Cornhole * Row 5: Gob Prep



Have you 'liked' us on Facebook?

We post more updates and pictures than we are able to feature in the newsletter!

facebook.com/ArbutusParkRetirementCommunity

Message from Rev Hollis

Many in Jesus' day were claiming to be the Messiah, the long-awaited Savior. And so last month we looked at the first of four miracles that the Sages named 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, and 4. Raising the dead after 3 days (that is, on the 4th day). Now we look at number two.

We read in Mark 9 that as Jesus is just coming back from the Mount of Transfiguration, he comes upon a chaotic scene. A father had brought his son, who was possessed by a demon, to the disciples and they could not cast it out. The father said to Jesus:

But if You can do anything, have compassion on us and help us."

23 Then Jesus said to him, "If You can'? Everything is possible to the one who believes."

24 Immediately the father of the boy cried out, "I do believe! Help my unbelief."

25 When Jesus saw that a crowd was rapidly coming together, He rebuked the unclean spirit, saying to it, "You mute and deaf spirit, I command you: come out of him and never enter him again!" 26 Then it came out, shrieking and convulsing him violently.

This would have been considered a Messianic sign miracle because the standard way of casting out a demon was to demand its name. The demon would reply, using the voice of the possessed person. Then, calling it by name, the exorcist would command it out. Jesus himself used this procedure in Mark 5 when dealing with the Gadarene demoniac. **9 "What is your name?" He asked him. "My name is Legion," he answered Him, "because we are many."** And then Jesus drove them into a herd of pigs.

But a deaf and mute spirit makes the victim unable to hear or to speak and so the usual formula is ineffective. The fact that the religious leaders could not cast out a deaf and mute spirit led to the belief that only the One with Messianic authority could do it.

When the disciples wondered why they couldn't do it, he answered, **"This kind can come out by nothing but prayer [and fasting]."** He is making it clear that miracles aren't done by a specific religious formula but by a close personal relationship with God. Then the amazing thing is that Jesus transferred his authority to his followers. He says in John 14:12: **"I assure you: The one who believes in Me will also do the works that I do. And he will do even greater works than these, because I am going to the Father. 13 Whatever you ask in My name, I will do it so that the Father may be glorified in the Son. 14 If you ask Me anything in My name, I will do it.** (Holman Christian Standard Bible).

The Name represents all that Jesus is—all his power and authority. The reason our Savior returned to the Father was to send the gift of the Holy Spirit. Now those who believe in him are empowered by the Spirit to do what Jesus did—heal the sick, cleanse the lepers, raise the dead and cast out demons. That takes my breath away! But I believe that in these last and closing days there will be such a revival here and around the world that Christ's followers will actually carry his power and authority and will again do what the early church did. Join me in praying for that day to come quickly.

Shalom,
Pastor John Hollis

AUGUST CHAPEL GUESTS:

Wednesday	Aug 1, 1:45 pm	Pastor Wanick Fayette, Beulah UMC
Sunday	Aug 5, 2:00 pm	Rev Wes Yoder
Wednesday	Aug 8, 1:45 pm	Rev Clay Harriger, Gipsy Church
Sunday	Aug 12 2:00 pm	Jeannie Weible, Lay Speaker
Wednesday	Aug 15, 1:45 pm	Rabbi Irvin Brandwein, Beth Sholom Temple
Sunday	Aug 19, 2:00 pm	Becky Rusnak, Lay Speaker; Music by Megan & Kaitlyn
Wednesday	Aug 22, 1:45 pm	Rev John Weaver, Retired UM Pastor
Sunday	Aug 26, 2:00 pm	Rev Dave & Gail Bowman, Bethel/Centennial UM Parish
Wednesday	Aug 29, 1:45 pm	Rev Toby Holland, Trinity Evangelical Lutheran

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 How long have you been at Arbutus?

A I've been here 14 years this past May. I started out as a CNA in 2004 and became the Activity Director in 2014.

Q What is your favorite thing about your role here?

A I enjoy working with my staff in activities. They all bring something different to the department, which is great for our residents. I'm also part of several committees, which gives me the opportunity to get to know, learn, and work with a lot of different folks here. Above all is having the opportunity to get to know and be a part of making this a home for our residents.

Q What is your favorite childhood memory?

A Growing up in Moxham in the 60's and 70's was the best. Playing with neighborhood kids all day, until the street lights came on and sleeping out on someone's front porch. We were always having fun and it was simple fun...kickball, tag, riding bikes, going to the playground. I'm still in touch with most of them, too.

Q What is the best word of advice you've received?

A Always listen to your mother. Given to me by my mother and she usually is right. 99.9% of the time.

Melinda Frye



Q When you aren't at work, what do you like to do?

A I enjoy getting together with family and friends, reading, and generally just hanging out.

Q What has been your favorite activity to develop?

A The larger events like the carnival we just had and the Luau coming up in August. Currently we are working on getting certification to be a Music and Memory facility, I'm very excited about that.

Q What is something that most people don't know about you that would surprise them?

A I am very content, while I enjoy spending time with family and friends, I do cherish my alone time.