



## *Arbutus Park News & Notes*

### **Arbutus Park in the Johnstown Halloween Parade**

On October 23, Arbutus Park will be participating in the popular Halloween Parade held in downtown Johnstown. As a tie-in to the Senior Spirit Awards Luncheon benefitting the Benevolent Care Fund, we will be themed as zombies!

If you are interested in participating, please contact Kurt in Community Affairs at 262-2150 by October 19. Open to all residents, families, and staff!



### **Arbutus Park Manor Parade for Children**

The Activities Department is hosting a Halloween parade for the children of residents and staff through the manor on October 27th at 1:45 pm. To sign up your child, please contact the Business Office by October 22. We are also looking for donations of individually wrapped candy for residents to give to the children. If interested in donating, please deliver it to the Business Office by October 23.



### **Gob Sale Supporting Breast Cancer Awareness Month**

In recognition of Breast Cancer Awareness Month, we are selling chocolate gobs with pink icing. All proceeds are donated to the Joyce Murtha Breast Care Center. Gobs are sold in three packs for \$6.00. Orders are due to the Business Office by close on Monday October 22. Pick-up will be in the Gift Shop on Wednesday, October 31 from 7am to 3pm.



### **New Arbutus Park Promotional Video**

In the coming weeks, Arbutus Park Retirement Community is excited to be unveiling a new logo, tagline, mission statement, and promotional video. Utilizing beautiful drone footage of campus and interviews with residents, staff, and cottagers, we are excited to share our brand refresh with you! Stay tuned to our website and social media.



### **Independent Living Cottages Available**

Arbutus Park has a few opportunities to join our community. The following cottages are available:  
#3 Otterbein Lane #184 Canterbury Way

If a Cottager makes a referral, they will receive a credit for one month's maintenance fee.



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## CONNECT WITH ARBUTUS!



[www.ArbutusParkManor.com](http://www.ArbutusParkManor.com)

Arbutus Park  
Retirement Community  
207 Ottawa Street  
Johnstown, PA 15904

# A Warm Welcome to:

Beverly Barlett Elizabeth Hartman  
Melvin Horner Elizabeth Mihalko

## October Birthdays

- 2 Maureen Hoffman
- 2 Barbara Papinchak
- 2 Esther Baumgardner
- 4 Stella Pinkas
- 5 Ella Mae Gaudlip
- 7 Bertha Buchanan
- 7 Richard Ott
- 7 Norma Telenko
- 9 Charles Sklar
- 10 Bud Trenchard
- 12 Dorothy Shetler
- 16 Nancy McCloskey
- 19 Deborah Bonski
- 20 Grace Thomas
- 20 Lenore 'Norie' McGowan
- 25 Susan Shuman
- 29 Joseph Sakso
- 30 Phyllis Dillon
- 30 Frank Burkhard



## October Anniversaries

- October 22 Fred and Alma Barefoot
- October 23 Bud and Anne Trenchard

### 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.

**NO MORE BOTTLES**

with... **Medi-Pac**

**Martella's Pharmacy** **FREE DELIVERY**

Smith, Tony  
Suicide Breakfast 1 of 1  
06/28/10 8:00 AM  
1 ASPRON EC Heart 81 MG  
1 FERROUS SULFATE 325 MG  
1 LEVODOPA/DOB  
1 PIRROLOC OTC 20 MG



Three steps.  
That's it.  
**Tear. Take... and Go!**

# MOVIE NIGHT

BELL, BOOK AND CANDLE



Tuesday Oct 2  
Chapel  
7:00 PM

## INDEPENDENT LIVING in the Community Room



OCT 9 6:30pm

### Independent Living Exercise Classes



Tues & Thurs 3-4 pm Community Room

## PINOCHLE

2nd Wednesday  
of the Month

2:00 pm

Meet in the Sun Porch



IL Cornhole  
3rd  
Wednesday  
3:00 pm  
Community  
Room



# October Arbutus Park Activities Calendar

<b>October 1</b>	1:30 pm	Return of the Ice Cream Truck! (Patio, Sunporch, Wesley)
<b>October 2</b>	1:30 pm	Tom Voytas, Chapel
<b>October 27</b>	1:45 pm	Children's Halloween Parade, Manor Building
<b>October 29</b>	10:00 am - 2:00 pm	Pumpkin Party on the Patio
<b>October 31</b>		Manor Residents Halloween Party, Community Room

# October Arbutus Park Food Service Calendar

<b>October 1</b>	5:00 pm	Cottager's Dinner, Community Room 'Halfway to St. Patrick's Day' Wear Green Menu: Pepper Slaw, Shepherd's Pie, Irish Soda Bread, Grasshopper Cake, and "Champagne"
<b>SAVE THE DATE: Cottager's Dinner November 5 Hosted By Luther, Kissell, Olsen</b>		
<b>October 3</b>	8:30 am	Men's Breakfast, IL Dining Room
<b>October 5</b>	5:30 pm	Annual Benefit Dinner, Ticket Required, Community Room
<b>October 9</b>	12:00 pm	Beulahlanders Lunch, Community Room
<b>October 11</b>	12:00 pm	Penelec Amperes Lunch, IL Dining Room
<b>October 11</b>	12:00 pm	Belmont UM Church Lunch, Private Dining Room
<b>October 12</b>	12:00 pm	Golden Rods Lunch, IL Dining Room
<b>October 13</b>	9:00 am	Lunch Counter at Auxiliary Flea Market, Community Room
<b>October 19</b>	12:00 pm	Elderberries Lunch, IL Dining Room
<b>October 23</b>	12:00 pm	Retired Ministers Lunch, IL Dining Room
<b>October 24</b>	12:00 pm	IL Brunch, Community Room

## Community Calendar

**October 6**  
Fight Childhood Hunger Food Truck Festival  
PNG Park, Johnstown  
cfalleghenies.org

**October 4**  
Johnstown Tomahawks Home Opener with Hines Ward  
1st Summit Arena, Johnstown  
johnstowntomahawks.com



**October 12-14**  
Fort Ligonier Days  
Ligonier, Johnstown  
laurelhighlands.org

**October 23**  
Johnstown Halloween Parade  
Downtown, Johnstown

**October 27**  
Hotel California: Salute to the Eagles  
Arcadia Theater, Windber, PA  
arcadiawindber.com



## Weekly Events

### **Mondays**

Art Class 9:00 am Arts & Crafts Room

### **Wednesdays**

Communion 1:00 pm Chapel  
(3rd Wednesday is Mass for Oct)

### **Thursdays**

Rosary 2:30 pm Chapel

### **Tuesdays & Thursdays**

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



### **It's a Hockey Night in Johnstown!**

Arbutus Park Night with the Johnstown Tomahawks will be Friday, November 9. Open to everyone, 7:30 pm puck drop at the historic 1st Summit Arena. Tickets are \$8 and RSVP is due to Kurt in Community Affairs by November 2.

# Amy's Recipe of the Month

## Sausage & Cauliflower Spaghetti

### Ingredients:

- salt
- 12 ounces spaghetti
- 3 tablespoons extra-virgin olive oil, plus more for drizzling
- 12 ounces sweet Italian turkey sausage, casings removed
- 6 cloves garlic, sliced
- 1 small head cauliflower, broken into small florets
- 1 bunch scallions, chopped
- 1 cup grated pecorino romano or parmesan cheese



### Instructions:

- 1) Bring a large pot of salted water to a boil.
- 2) Add the spaghetti and cook as the label directs. Reserve 2 cups cooking water, then drain.
- 3) Meanwhile, heat the olive oil in a large skillet over medium-high heat.
- 4) Crumble the sausage into the skillet and cook, until lightly browned for 4 to 5 minutes.
- 5) Clear a space in the pan, add the garlic and cook, 2 to 3 minutes.
- 6) Add cauliflower and cook until the edges are browned, about 2 minutes.
- 7) Add 1 cup of the reserved cooking water, cover and reduce the heat to medium.
- 8) Cook until the cauliflower is tender, about 8 more minutes.
- 9) Uncover and boil over high heat until the liquid is almost evaporated, about 2 more minutes.
- 10) Add the spaghetti to the skillet along with the scallions. Drizzle with olive oil and season with salt.
- 11) Toss for a minute or two to wilt the scallions and coat the pasta with the sauce, adding up to 1 cup cooking water, if needed to loosen.
- 12) Remove from the heat, sprinkle with the cheese and toss.
- 13) Divide among shallow bowls and drizzle with more olive oil, if desired

## Auxiliary Reminders

1. The Auxiliary is going to have a bake sale at the October 13 Flea Market. We are asking that the independent residents donate homemade baked goods and candy for the bake sale. We would really appreciate your help, 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!

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!

2. 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. They 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 pass entitles you to register to win prizes, such as a shopping spree!

# Rick's Wish List

This summer, the Activities Department hosted a number of wonderfully planned and well-received programs and events, including a carnival for our residents. With that success and that of the family picnic, we would like to invest in a number of durable carnival games that can be enjoyed by everyone on campus at numerous events.



Our goal is to purchase five games at a total of \$1,500. The campaign is off to a good start since announcing it last month. If you would like to help, please visit our website or stop by the Business Office.



## Plots Available

Arbutus Park owns four plots in Forest Lawn Memorial Gardens. If interested, please contact the Business Office at 814-266-8621. They are \$300 each and supports the Benevolent Care Fund.

Please remind all the wonderful women in your life that it's Breast Cancer Awareness Month. Don't wait another day to schedule your annual mammogram. Call 814-467-0044, today. Early detection saves lives.

AFTER YOU SCHEDULE, SAVE THIS CARD AS AN APPOINTMENT REMINDER.

Chan Soon-Shiong  
Medical Center  
at Windber

Joyce Murtha Breast Care Center  
[www.windbercare.org/JMBCC](http://www.windbercare.org/JMBCC)

MAMMOGRAM APPOINTMENT  
DATE: \_\_\_\_\_  
TIME: \_\_\_\_\_

The poster features a large pink ribbon on a dark wood background. The text is in white and pink. There is a small white box at the bottom right for appointment details.

## New Phone System

In an effort to streamline incoming phone communication at the manor, we have implemented a new answering system to best direct your call. Your feedback is appreciated!



## Holiday Train Display: Help Wanted!

We are looking for assistance with the popular annual train display that runs from Thanksgiving through New Years. If you are interested in helping please contact Ron Reinbold at 487-5334 or [rpreinbold@comcast.net](mailto:rpreinbold@comcast.net)

## October is National Breast Cancer Awareness Month.

According to the Joyce Murtha Breast Care Center, there is no better way to fight breast cancer than to detect the disease in its earliest stage. Early detection saves lives. Women over 40 should have a screening mammogram every year, so long as their health allows it.

### Reduce your risk

Limit alcohol - less than 1 drink per day

Don't smoke

Control your weight. Being overweight will increase your risk for certain cancers, including breast cancer.

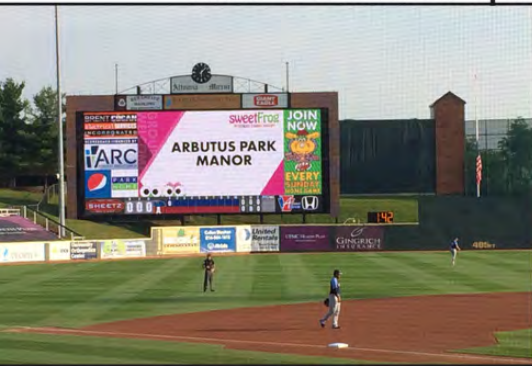
Exercise - At least 20 to 30 minutes a day

Eat an healthy diet - Consider a plant based diet. Foods like fruits and veggies, whole grains, and nuts supply anti-oxidants.

There is more vitamin D in spinach and dark greens than in dairy products so ditch the dairy and go green.

# Arbutus Park Snapshots

Row 1: Altoona Curve Game \* Row 2: Commercial Filming \* Row 3: Cruisers Luncheon  
Row 4: Fall Art Display \* Row 5: CNA Class, PC Bus Trip, View from the Roof



Have you 'liked' us on Facebook?

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

[facebook.com/ArbutusParkRetirementCommunity](https://facebook.com/ArbutusParkRetirementCommunity)

# Message from Rev Hollis

We have studied three of the four Sign Miracles which the ancient Sages said would prove the identity of the Messiah. Here we examine the fourth one: Raising the Dead after three days. The Jews believed that the spirit of a dead person lingered near the body for three days. When decomposition began on the fourth day, the spirit left. Only the Messiah could bring one back to life after that. And so this was the crowning miracle proving that Jesus was the Messiah. Here are excerpts from the account:

John 11:1 Now a man was sick, Lazarus, from Bethany, the village of Mary and her sister Martha... 4 When Jesus heard it, He said, "This sickness will not end in death but is for the glory of God, so that the Son of God may be glorified through it." (Emphasis mine). ... 6 He stayed two more days in the place where He was. ... 17 When Jesus arrived, He found that Lazarus had already been in the tomb four days. .... 21 Then Martha said to Jesus, "Lord, if You had been here, my brother wouldn't have died. 22 Yet even now I know that whatever You ask from God, God will give You." 23 "Your brother will rise again," Jesus told her. 24 Martha said, "I know that he will rise again in the resurrection at the last day." 25 Jesus said to her, "I am the resurrection and the life. The one who believes in Me, even if he dies, will live. 26 Everyone who lives and believes in Me will never die—ever. Do you believe this?"

27 "Yes, Lord," she told Him, "I believe You are the Messiah, the Son of God, who comes into the world." ...

Right there is the whole point of this account—proof of his Messianic authority.

34 "Where have you put him?" He asked. "Lord," they told Him, "come and see." 35 Jesus wept. ... 38 Then Jesus, angry in Himself again, came to the tomb. It was a cave, and a stone was lying against it. 39 "Remove the stone," Jesus said. Martha, the dead man's sister, told Him, "Lord, he's already decaying. It's been four days." 40 Jesus said to her, "Didn't I tell you that if you believed you would see the glory of God?" 41 So they removed the stone. Then Jesus raised His eyes and said, "Father, I thank You that You heard Me. 42 I know that You always hear Me, but because of the crowd standing here I said this, so they may believe You sent Me." 43 After He said this, He shouted with a loud voice, "Lazarus, come out!" 44 The dead man came out bound hand and foot with linen strips and with his face wrapped in a cloth. Jesus said to them, "Loose him and let him go."

His power and authority are now well established. These accumulated signs should have caused the religious leaders to conclude that Jesus was the Messiah. Instead, out of their hardness of heart, they plotted to kill him and Lazarus also. But, for those whose hearts were open, these sign miracles proved the Messianic power and authority of Jesus. Then the amazing thing is that Jesus transferred his power and 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."

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 in his NAME what the early church did. Let us pray for that day to come quickly.

Shalom,  
Pastor John Hollis

## **OCTOBER CHAPEL GUESTS:**

Wednesday	Oct 3, 1:45 pm	Rev Wes Yoder, ASERA Care Chaplain
Sunday	Oct 7, 2:00 pm	Rev Toby Holland, Trinity Evangelical Lutheran
Wednesday	Oct 10, 1:45 pm	Rev Art Moffat, 2nd Presbyterian
Sunday	Oct 14, 2:00 pm	Rev Doug Burns, Rockwood/Milford UMC Charge Portraying Old Time Circuit Rider
Wednesday	Oct 17, 1:45 pm	Rev Linda Freeburg, Hastings/Bakerton UMC Charge
Sunday	Oct 21, 2:00 pm	Rev Ruth Moore, Retired UMC Pastor
Wednesday	Oct 24, 1:45 pm	Lay Speaker Bill Dempsey, Rector UMC
Sunday	Oct 28, 2:00 pm	Rev Don Beam, Retired UMC Pastor
Wednesday	Oct 31, 1:45 pm	Rev Larry Dunn, Bethany UMC

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](mailto:kroberts@arbutusparkmanor.com)

## Park Profile

**Q Tell us a little bit about yourself!**

A I am a hard worker who likes to learn new things.

**Q What is your role in the Maintenance Department?**

A My role on campus is to fix things that break!

**Q How long have you been at Arbutus?**

A I've been here at Arbutus for two years.

**Q What is your favorite thing about your role here?**

A I enjoy being able to help our residents and getting to know them.

**Q What is your favorite childhood memory?**

A I have great memories spending time with my grandparents.

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

A You never stop learning, and you have to fail to succeed!

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

A I enjoy working on my house and spending time in my workshop.

## Scott 'Scooter' Beas



**Q What is your favorite film? Favorite band?**

A Iron-Man is absolutely my favorite movie. My favorite band would have to be Tool.

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

A I am a total nerd!

**Q If you could travel anywhere, where would you go?**

A I would really like to visit Ireland and Scotland.