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Arbutus Park News & Notes

Rick's Wish List- We Did It Again!

The Rick's Wish List angels came through, yet again, for the benefit of our residents. The call went out to purchase carnival games for our Activities Department Annual Residents Carnival and our goal of \$1,500 was reached. I thank all of you who have it in your hearts to make the lives of our residents more meaningful through your generosity. God Bless You All! Rick Wilson, Administrator



Caregiver Event on Campus

November is "National Family Caregiver Month" Join us as we celebrate caregivers on November 14th from 10:00 - 2:00 pm in the Community Room. Volunteers, residents, and caregivers are invited for refreshments, information, vendors, and guest speakers.



The Great PumpkinFest and Fun Walk

The planning committee would like to thank everyone who joined us for the 2nd Annual PumpkinFest! It was a beautiful day for the walk around campus, along with live music, various vendors, and fall food samples. All funds raised were donated to the Benevolent Care Fund. Next year is already being planned, we hope you will join us!



Walk to End Alzheimer's Team

The Arbutus Park Cruisers wish to thank everyone that supported, attended, and donated to the walk team this year. We were the second highest fundraising team with over \$7,600 donated towards the cause. Special thanks to AseraCare Hospice and the Cottagers!



Save the Date! 2019 Senior Spirit Awards

The fundraising luncheon benefiting the Benevolent Care Fund will be held Friday April 26, 2019 at the Holiday Inn, Johnstown. Nominations are now open for Spirit of Leadership, Spirit of Community, and Spirit of Appreciation. A special award will be presented to "Sassy" our therapy dog for her years of service to the residents and staff of Arbutus.



Recognize • Appreciate • Thank

Submit your nomination at arbutusparkmanor.com/senior-spirit

CONNECT WITH ARBUTUS!



www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

A Warm Welcome to:

Joseph Kaminski Robert Oravetz
Betty Walter Reginald Yeager

November Birthdays

- 1 John Romanchock
- 1 Joyce Murtha
- 5 Margaret Rafferty
- 6 Hilda Rosenbaum
- 7 Cynthia Greig
- 8 Maurice Rhine
- 9 Ruth Seganos
- 11 Gertrude Simonof
- 12 Olga Zubak
- 14 Delores Snyder
- 16 Bob Roseman
- 17 Dave Hunt
- 18 Margaret Hoffer
- 21 Kim Hunt
- 21 Judy Probert
- 22 Isodora Calderone
- 23 Mary Wentz
- 25 Merle Gates
- 27 Nancy Vettori
- 28 Betty Carmichael
- 29 Donald Demchak
- 29 Rowena Witt



November Anniversaries

- November 4 William & Jocelyn Sides
- November 21 Richard & Betty Sheridan

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 Nov 6
Community Room
7:00 PM



INDEPENDENT LIVING in the Community Room



NOV 13 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



CORNHOLE



IL Cornhole
3rd
Wednesday
3:00 pm
Community
Room

November Arbutus Park Activities Calendar

November 6	1:30 pm	Fred and Nancy Warfel, Chapel
November 8	1:45 pm	2nd Floor Resident Council, Chapel
November 9	1:30 pm	Veterans Day Program, Chapel
November 12	4:00 pm	Johnstown Veterans Day Parade - Load time is 2:15-2:30 pm
November 13	1:30 pm	Piano Duet, Chapel
November 16	1:30 pm	Patricia Rievel Piano & Singing

November Arbutus Park Food Service Calendar

November 5	5:00 pm	Cottager's Dinner, Community Room
Menu: Tossed Salad, Orange Roughy, Au Gratin Potatoes, Green Beans Almondine, Fruits of the Forest Pie		
SAVE THE DATE: December 10 Dinner Hosted By Judy Probert & Pat Griffith-Hughes		
November 7	12:00 pm	Annual Blossom Society Lunch, Location TBD
November 8	12:00 pm	Belmont UM Church Lunch, IL Dining Room
November 9	12:00 pm	Golden Rods Lunch, IL Dining Room
November 13	12:00 pm	Beulahlanders Lunch, Community Room
November 15	12:00 pm	Beulah UM Women Lunch, IL Dining Room
November 16	12:00 pm	Elderberries Lunch, IL Dining Room
November 22	Thanksgiving: In order to accommodate as many families as possible, we ask that parties be limited to a total of 4 or less people including the resident. Unfortunately, no exceptions will be made. Day of additions to your group may not be able to be accommodated, as seating is assigned and accounted for in advance. We hope you understand and thank you for your cooperation. Make reservations by calling the Business Office, cost per person is \$10.00. RSVP due by November 19.	

Community Calendar

November 10
'Symphonic Journeys' Johnstown Symphony Orchestra
Pasquerilla Performing Arts Center- UPJ, Johnstown
upjarts.org

November 10 - December 24
Holly Bazaar - Community Arts Center
1217 Menoher Blvd, Johnstown
cacc.org



November 12
Veterans Day Parade
4:00 pm Downtown Johnstown
cityofjohnstownpa.net/events/veterans-day-parade

November 17
'Music of the Trans Siberian Orchestra'
Arcadia Theater, Windber
arcadiawindber.com

November 30 - December 2
Dickens of a Christmas
High St, Ebensburg
ebensburgpa.com



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



It's a Hockey Night in Johnstown!

Arbutus Park Night with the Johnstown Tomahawks is 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 5.

Honoring Our Veterans

Veterans Day originated as "Armistice Day" on Nov. 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 for an annual observance, and Nov. 11 became a national holiday beginning in 1938. Unlike Memorial Day, Veterans Day pays tribute to all American veterans—living or deceased—but especially gives thanks to living veterans who served their country honorably during war or peacetime. We would like to recognize and thank those in the Arbutus Park family who have served.

Crossroads

Kenneth Woodruff - Army
Robert Smith - Army
Kenneth Steffey - Army
Merle Gates - Army
Robert Justinus - Army
Raymond "Jim" Peters - Air Force
Foster Reighard - Army

West and Infirmary

Frank Schmatz - Marines
Charles Sklar - Army
Bernard Brosig - Army
Joseph Sakso - Navy
Terry Gilbert - Army National Guard
Richard Ott - Air Force
Bryon Trenchard - Coast Guard
William Robinson - Navy

Doerr

Mary Albert - Navy
Robert Appleyard - Army
John Romanchock - Navy
Warren Kinzey - Air Force
Weldon Briggs - Army
Joseph Kaminski - Navy

Cottagers

Frank Burkhard - Army
Linda Burkhard - Army
Jack Wilson - Air Force
Richard Barber - Army
Ron Sottile - Navy
Richard Sheridan - Navy
Darlene Christensen
(Cottagers- if you are not listed, please contact Kurt as the list is new.)

Personal Care

Frank Miller - Army
Adam Calderone - Navy



Employees

John Sidor - Army
Robert Parks - Army
Alvin Brumbaugh - Air Force
Dale Ritchey - Navy
Nancy Dickert - Air Force



Fall Cottager Meeting

The Independent Living Town Hall will be held on Thursday, November 8 at 1:00 pm in the Community Room. We encourage you to attend for news, updates, and feedback!

Grounds & Maintenance

In order to streamline the process, please remember to submit your grounds and maintenance requests through Kurt in Community Affairs. 814-262-2150



Wildlife Reminder

Please refrain from feeding the various wildlife on campus. They cause damage to cottages and grounds. Please also be sure bird feeders are off the ground.

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.



Holiday Train Display:

Due to unforeseen circumstances, we will not be operating the annual holiday train display this year. Thank you for your support and enthusiasm of the past 11 years!

Volunteers Needed

The Beauty Salon is looking for volunteers for Tuesday's and Thursday's. Please contact Jessica Siwy at the Parlor. Need is approximately 8:30-11:30 am.

Amy's Recipe of the Month

Thanksgiving Leftover Turkey Casserole

A delicious way to serve those holiday leftovers. Don't forget to serve with leftover pumpkin pie!

Ingredients:

- 3 cups leftover prepared stuffing / divided
- 4 cups coarsely chopped leftover cooked turkey
- 3/4 cup mayonnaise / divided
- 1/4 cup whole berry cranberry sauce
- 2 cups leftover mashed potatoes
- 1 cup shredded part skim mozzarella cheese
- 2 cups of left over cooked vegetables (if desired)

Instructions:

- 1) Preheat oven to 375°. Spray 8-in. baking dish with no-stick cooking spray. Spoon in 1-1/2 cups stuffing, then top with turkey.
- 2) Combine 1/4 cup Hellmann's® or Best Foods® Real Mayonnaise with cranberry sauce; evenly spread over turkey and vegetables (if vegetables are included).
- 3) Combine remaining 1/2 cup Mayonnaise, potatoes and cheese in large bowl. Evenly spread on turkey, then top with remaining 1-1/2 cups stuffing.
- 4) Bake 40 minutes or until heated through. Let stand 10 minutes before serving. Garnish, if desired, with dried cranberries.



The 'Pathways' to Good Health

Do the Winter months get you down, more than they should?

Do you feel tired, sad, and depressed without reason?

If so, you may have seasonal depression known as "SAD", Seasonal Affective Disorder. Some scientists believe that certain hormones trigger attitude-related changes at certain times of the year. The theory is that less sunlight during the Fall and Winter months lead to the brain making less serotonin. This condition affects more women than men.

So, what can you do to prevent and treat SAD?

Exercise - Do it outside whenever possible. Even on cloudy days, the natural light will help to boost your mood. A 30 minute walk releases endorphins in the brain that are natural mood enhancers.

Eat healthy light meals - Many people claim to crave sugar, starch and caffeine when the symptoms of SAD are present. Instead, drink water, eat fresh in-season fruits and vegetables. Limit sugar and caffeine.

Stay Social - Force yourself to engage in social activities. Go out to dinner, join friends for a walk. Staying connected is important as isolation intensifies the disorder.

Light Therapy - A doctor may prescribe a sun lamp or light therapy sessions a few times a week. This artificially stimulates the hormones that produce serotonin.



Whatever treatment is needed, remember, this is a temporary condition.

As soon as Spring arrives, the sunshine will too!

Arbutus Park Snapshots

Row 1: PumpkinFest * Row 2&3: Alzheimers Walk * Row 4&5: Fall Cottage Decor



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

We will soon be entering the festive season which includes Thanksgiving, Christmas, and New Year's Day. It is a time that my late father-in-law would have called "one round of pleasure after another." Some believers have bought the line that becoming a Christian kills all enjoyment of life. While the Bible warns against excess, it also shows us Jesus attending parties and weddings, thus forever sanctifying good clean fun. What does the wisest man who ever lived say about enjoying life?

Ecclesiastes is a real kill-joy book, isn't it? Or is it? King Solomon treads with iron boots on everything that most people count valuable. He calls it vanity, a chasing after the wind. He destroys everything that won't stand the test of time in order to build that which will last through time and eternity. He spends eight chapters telling us everything he tried that didn't bring satisfaction: pleasure for pleasure's sake, philosophy, science, amassing great wealth, and building great public works including the first Temple in Jerusalem. None of it brought lasting satisfaction.

In chapter 9 he reaches this conclusion: **7 Go, eat your bread with pleasure, and drink your wine with a cheerful heart, for God has already accepted your works. 8 Let your clothes be white all the time, and never let oil be lacking on your head. 9 Enjoy life with the wife you love all the days of your fleeting life, which has been given to you under the sun, all your fleeting days. For that is your portion in life and in your struggle under the sun. 10 Whatever your hands find to do, do with all your strength...(HCSB).**

I believe the key to this passage is the verse that tells us to be clothed in white and to anoint our head with oil. This is a glimpse into our Renewed Covenant in Christ. To be clothed in white is symbolic of having our sins washed away by the blood of the Lamb. We are no longer trying to present ourselves to God in the filthy rags of our own good deeds but we are now clothed in the shining white robes of Christ's righteousness. The oil symbolizes the Holy Spirit. We are walking in the Spirit, guided and empowered by the Spirit and our life is made radiant and joyful. Once that takes place, simple pleasures are sanctified and take on a whole new meaning. Our lives, including our good times, are just one big act of worship and praise to God.

Solomon tells us to enjoy our food. Did the early Christians follow his advice? After Jesus died, rose again, ascended to heaven, and sent the gift of the Holy Spirit, his followers **broke bread from house to house. They ate their food with a joyful and humble attitude, 47 praising God and having favor with all the people (Acts 2:46-47).**

If we are married, the Wise One advises us to be an enthusiastic partner to our spouse. Every time we perform a wedding we are reminded that marriage "is an honorable estate, instituted of God, and signifying unto us the mystical union that exists between Christ and his Church; which holy estate Christ adorned and beautified with his presence in Cana of Galilee."

He says that our work should be a blessing to us. Do your work with vigor and enjoy it. Dig in! Go for it! Pray and expect God to bless and prosper your endeavors. If you don't enjoy your work, ask God to give you either a new attitude or a new job.

Let us enjoy these upcoming festivals, these holy days, and let each one remind us of our chief reason for celebrating. As Paul puts it in Romans 5:1: **Therefore, since we have been declared righteous by faith, we have peace with God through our Lord Jesus Christ. 2 We have also obtained access through Him by faith into this grace in which we stand, and we rejoice in the hope of the glory of God.**

Shalom,
Pastor John Hollis

NOVEMBER CHAPEL GUESTS:

Sunday	Nov 4, 1:30 pm	Annual Memorial Service
Wednesday	Nov 7, 1:45 pm	Rev Jean Smith, Belmont UMC
Sunday	Nov 11, 2:00 pm	Chords of Praise: Dulcimers, Banjo, and Guitar
Wednesday	Nov 14, 1:45 pm	Rev Sally Houghton, Retired Pastor
Sunday	Nov 18, 2:00 pm	Certified Lay Speaker Diane Tiffany, Roxbury St. Paul UMC
Wednesday	Nov 21, 1:45 pm	Certified Lay Speaker Dean Lyons, Somerset 1st UMC
Sunday	Nov 25, 2:00 pm	Certified Lay Speaker Dan Krestar, Dunlo UMC
Wednesday	Nov 28, 1:45 pm	Rev Len Findley, Faith/Ferndale/Park Ave UM Parish

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



Cookies and Photos with Santa - Cafe - Live Music
Shopping in the Community Room - and More!

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