

IN THIS ISSUE:

- Arbutus Park News
- From the Chaplain
- Calendar
- Recipe of the Month
- Snapshots

CONNECT WITH ARBUTUS!



www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

Arbutus Park News & Notes

Independent Living Phone Notification System

Starting in December, we are starting a cottager phone notification system. This system will allow us to quickly and efficiently notify the whole campus in the event of an emergency. We will also use the system sparingly for reminders of events and updates. Phone numbers are being populated from our master contact sheet- if you would prefer your cell number to be used, please contact Kurt in Community Affairs.



Arbutus Park to Install 'Little Library'

We are excited to announce that this spring we will be installing a 'little library' in the cul-de-sac at the end of Wesley Drive. The design is being finalized and it will be constructed by Greater Johnstown High School. Once installed, it will be populated with books for our avid readers, along with some dvds. If you would like to donate books, please drop them off at the Community Affairs office.



Annual Angel Appeal

Kindly check your mail for our yearly Arbutus Angel Appeal letter. Your generous support of the benevolent care fund helps our seniors receive the care and services they so richly deserve. Angel wings inscribed by generous donors are displayed on the Angel Tree in the sunporch, reminding our residents that angels truly are among us. Donate online at arbutusparkmanor.com/donate



Arbutus Park Welcomes New Therapy Partner

We have recently transitioned to a new provider for our short-term therapy, and they are off to a wonderful start! We are happy to welcome AdvantageCare Rehabilitation, based in Pittsburgh, to the Arbutus family! They are located on the second floor, outside of Crossroads.



Independent Living Cottages Available

Arbutus Park has a few opportunities to join our community. The following cottages are available, along with two lots in Parker Ridge:

#1 Otterbein Lane #184 Canterbury Way

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



A Warm Welcome to:

Rose Pruchnik	Beverly Barlett
Melvin Wingard	Larry Miller
Marietta Lowry	Anna Saccol
Nancy Margetta	William Baughman
Elaine Sterner	

Independent Residents

Linda Mains	1 Wesley Drive
Pat Hilbrecht	9 Wesley Drive

December Birthdays

1	Shirley Kissell
1	Fern Lasut
1	Margaret Mathias
3	Nancy Weaver
3	Janet Matten
7	Mary Knipple
7	Evelyn Cable
8	Carolyn Albus
8	Concetta Morbit
10	Doris Thomas
11	Dorothy McIntosh
12	Alexander Lynch
12	Evelyn Jacobs
14	Adeline Schultz
15	Dorothy Fetzer
15	Lois Kauffman
15	Elizabeth Kondash
17	Anne Trenchard
17	Nancy Sell
18	Genevieve Gates
22	Pauline Butler
23	Frank Miller
26	Helen Bowser
26	Josephine Stumpo



December Anniversaries

December 2	Cynthia & Douglas Greig
December 26	Ken & Dorothy McIntosh

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 Dec 4
Community Room
7:00 PM



INDEPENDENT LIVING
in the Community Room



DEC 11 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

Arbutus Park Snapshots

Row 1: Veterans Day Program * Row 2: Veterans Day Parade * Row 3: Hockey Night & WW1 Bell
Row 4: Manor Halloween Parade * Row 5: Manor Halloween Party



Have you 'liked' us on Facebook?

We post more updates and pictures than we are able to feature in the newsletter!
facebook.com/ArbutusParkRetirementCommunity

Amy's Recipe of the Month

Christmas Snack Mix

A perfect "something little" gift for friends and neighbors, or serve at your holiday party.

Ingredients:

- Almonds or pecans
- Red and Green M&M Candies
- Chocolate covered cranberries (or plain dried cranberries)
- Mini marshmallows
- 1 box of Corn Chex cereal
- Mini Pretzels
- Peanut Butter baking chips



Instructions:

1) mix all ingredients together and serve in a large bowl. Remember to have a large spoon handy to avoid hands in the bowl during cold and flu season! For gifts: Purchase decorative containers (glass jars are the prettiest as the colors are so festive in this mix) include ribbon and a holiday card.



The 'Pathways' to Good Health

Volunteer Over the Holidays

Volunteering helps to keep your people skills sharp, establish valuable networking skills and boosts your self-esteem. Special skills such as sewing, accounting, construction, computer and information technology, teaching or crafting can be put to good use to benefit others.

However you choose to spend your holiday, consider volunteering your time and services to help someone in need. It may be just what you need to get into the holiday spirit and make a difference in someone's life.

- Volunteer Opportunities
- Deliver Meals on Wheels.
- Help out at our local library.
- Spend time at our local animal shelter. Our four legged friends could use some holiday cheer!!
- Donate time to a food pantry
- Offer to help at your church



Whatever volunteer path you choose, a few hours of your time this month can make a big impact on someone's life. Your time is the most precious gift you can give. Happy Holidays!

Cottage Winter Reminders from Rick

Winter is almost upon us. Here are some important things when it comes to campus snow removal and the cold temperatures.

1. The roads and parking lots around the Manor are the first priority in snowy weather. This is in case of an emergency where we would have to evacuate the residents.
2. When we receive a constant snowfall, or receive over a foot of snow that is typical in these parts, our crews can't possibly keep up with it. Please, I ask for your patience.
3. If it dips below 10 degrees I will only permit our shoveling crew to be out for short periods of time. Again, I ask for your patience.
4. It seems Mother Nature always dumps on us over the weekend. We have increased our staffing for when a weekend storm is predicted but we still don't have a full crew here. In this case we will do everyone's driveway first so you are able to get out. The sidewalks will be cleared as time permits.
5. If you have an early morning appointment, and a major snowstorm is expected overnight, please call our maintenance department so they can make your driveway a priority. A 24 hour notice is preferred unless it is an emergency.
6. If your heat is out due to a power shortage, and you get cold, please contact us and we will transport you to our Community Room. The Manor has an emergency generator and should always have heat.



Winter Safety

It's the most wonderful time of the year. It's also the time of year when it's important to remember a few safety issues related to the holiday season.

1. Remember to unplug your holiday lights when you are not home and prior to bedtime. Please be certain to read the light manufacturer guidelines as to how many strands you may safely connect.
2. Keep your Christmas Tree at least 3 feet from any heat source in the home. Your tree should never block a door or exit out of your home.
3. Do you plan on getting a real tree? Keep it watered to prevent it from drying out. Remove your tree from your home no later than January 1st.
4. Never leave your burning candles unattended and keep away from fabric, and flammable material.
5. Cooking is the leading cause of Winter fires. With the holiday baking season upon us remember to turn off the stove and oven when finished. Never leave it unattended. Do not set potholders, mitts, or towels near the burners.
6. Using a space heater? Only plug one heat producing electrical appliance in at a time. Plug directly into an outlet. NEVER plug a space heater into a power strip. Also, be certain the heater has an automatic shut off in case it ever tips over.

Have a safe and Merry Christmas!



We would like to give a 'shout-out' to Pauline from Purchasing and her team for all the behind the scenes effort she puts in getting the manor decorated so festive and beautiful for the holiday season! Did you know? The bows and ribbons are handmade by Pauline. Many thanks to Grounds for getting the campus decorated for the holidays in addition to their normal duties- that is a lot of bulbs to check!

December Arbutus Park Activities Calendar

December 4	1:30 pm	Tom Voytas - Chapel
December 7	10:00-4:00 pm	Home for the Holidays
December 8	10:00-2:00 pm	Home for the Holidays
December 11	9:15 am	Richland High School Chorus - Chapel
December 16	1:30 pm	Cambria Dance Academy: Scenes from Nutcracker Ballet - Chapel
December 19	1:30 pm	SFU Mens Basketball Christmas Carol Sing-a-long - Chapel
December 20	9:15 am	Divine Mercy Nativity - Chapel
December 21	1:30 pm	Campus Christmas Party w Kenny Fetterman - Community Room
December 31	1:30 pm	Campus New Years Eve Party - Community Room

December Arbutus Park Food Service Calendar

December 1	9-11 am	Breakfast with Santa, Community Room
December 10	5:00 pm	Cottager's Dinner, Community Room RSVP to Pat 243-1443 by Dec 3
		Menu: Cranberry Jello Salad, Stuffed Chicken Breast, Parsley Red Skin Potatoes, Broccoli & Cauliflower, Mint Green Cheesecake with Cherry Topping

SAVE THE DATE: Cottager's Dinner January 7

December 11	12:00 pm	Beulahlanders Lunch, Community Room
December 14	12:00 pm	Elderberries Lunch, IL Dining Room
December 18	12:00 pm	Arbutus COB Women Lunch, IL Dining Room
December 20	12:00 pm	UM Women Lunch, IL Dining Room
December 21	12:00 pm	Golden Rods Lunch, IL Dining Room
December 25	12:00 pm	Christmas Meal, Dining Room

Christmas Day: 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 December 18.

December 31	1:30 pm	New Years Eve Party, Community Room
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Community Calendar

December 8 7:30 pm
Johnstown Symphony Orchestra & Chorus Presents:
Handel's Messiah
Pasquerilla Performing Arts Center, Johnstown
upjarts.com

December 12-14 7:30 pm
A Christmas Carol
Pasquerilla Performing Arts Center, Johnstown
upjarts.com

December 14, 15, 30, 31
Johnstown Tomahawks Home Games
1st Summit Arena, Johnstown
Discount Tickets Available at Community Affairs



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

Independent Living Garbage Pick-up:
Due to Christmas and New Years, garbage day
will be Thursday the last two weeks in Dec.

Message from Rev Hollis

FROM THE CHAPLAIN

When we read the Christmas story from the Bible it is easy to get caught up in the angelic visits, the celestial light show seen by the shepherds, the wonder, excitement, and joy. Indeed, that is all part of the narrative. But we must not forget that for the main characters, there were uncommon stresses. "Do not be afraid" was the common message from the angel to each of them.

First we have Mary. We read in Luke 1:28 that the angel Gabriel came to her and said, "Rejoice, favored woman! The Lord is with you." 29 But she was deeply troubled by this statement, wondering what kind of greeting this could be. 30 Then the angel told her: "Do not be afraid, Mary, for you have found favor with God. 31 Now listen: You will conceive and give birth to a son, and you will call His name Jesus."

In the days following that visit she would have to remember those words. How could she face Joseph? How could she endure the scornful glances of the people of her village? The Law of Moses said she should be stoned to death.

Joseph had to wrestle with his fears. Would people think that he was the father? He didn't want Mary stoned or publically disgraced; how could he distance himself from this situation without bringing great harm to her? He was obviously an upright man but thoughtful and compassionate as well. His solution was that he would divorce her quietly. Then we read in Matthew 1:20 that an angel came to him in a dream and said, "Joseph, son of David, don't be afraid to take Mary as your wife, because what has been conceived in her is by the Holy Spirit. 21 She will give birth to a son, and you are to name Him Jesus because He will save His people from their sins."

To bring the Messiah into the world was the greatest honor and blessing that any Jewish couple could imagine but the assignment was fraught with reproaches, difficulties, and dangers. They even had to flee for their lives from the wrath of King Herod. They would need to remember often the angel's exhortation not to be afraid.

We can learn from the experience of Joseph and Mary. Many circumstances arise in our lives that tempt us to fear. Our blessed Lord Jesus himself often commanded his followers with the words, "Fear not." When we trust in the Savior with all our hearts, we find him to be the Prince of Peace. Fear is the exact opposite of faith. It is a demonic spirit that tries to paralyze our actions and to hinder our progress. When it shows its ugly face, we need to fill our hearts and minds with the truth of God's Word. Here are some scriptures that help us to maintain a peaceful mind:

Joshua 1:9: Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the LORD your God is with you wherever you go."

Isaiah 26:3: You will keep the mind that is dependent on You in perfect peace, for it is trusting in You.

John 14:27: "Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Your heart must not be troubled or fearful."

2 Timothy 1:7 For God has not given us a spirit of fearfulness, but one of power, love, and sound judgment.

My darling wife Ruth Anne and I send you Advent and Christmas greetings and we encourage you with the words from Philippians 4:6-7: Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. 7 And the peace of God, which surpasses every thought, will guard your hearts and minds in Christ Jesus.

In the love of Christ,
Chaplain John Hollis

DECEMBER CHAPEL GUESTS:

Sunday	Dec 2, 2:00 pm	Rev Joe Stains; Mount Hope UMC Choir
Wednesday	Dec 5, 1:45 pm	Chaplain John Hollis
Sunday	Dec 9, 2:00 pm	Michael Facciani, Christian Recording Artist
Wednesday	Dec 12, 1:45 pm	Rev Bill Griffith, Chickaree Union Church
Sunday	Dec 16, 1:30 pm	Cambria Dance Academy performing Nutcracker Ballet
Wednesday	Dec 19, 1:30 pm	St. Francis Basketball Team
Sunday	Dec 23, 2:00 pm	Cantata "The Heart of Christmas" by Community Christmas Chorale led by Laurene Harshbarger; Candlelight Communion follows.
Wednesday	Dec 26, 1:45 pm	Tom Voytas playing accordion and leading singing
Sunday	Dec 30, 2:00 pm	St. Benedict Choir; Joe Gaunt, Pianist

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

Home for the Holidays 2018

Fri Dec 7: 10-4 pm & Sat Dec 8: 10-2 pm

Photos with Santa

Mrs. Claus Cafe - Shopping - Carriage Rides

Bell Choir - More!



it our facebook or arbutusparkmanor.com for times and more info.