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Arbutus Park News & Notes

2019 Senior Spirit Awards

We are excited to announce that Don and Nancy Zucco have joined us as the honorary chairpersons for this year's special event fundraiser. Don has been an active member of our board, and along with Nancy, were awarded the 'Lifetime Achievement Award' at last year's luncheon. We look forward to announcing this year's honorees in the next issue. The luncheon benefits the Benevolent Care Fund. Learn more at arbutusparkmanor.com/senior-spirit



#WhyIGive

The New Year brings reflection on our blessings and hope for the future. It's an appropriate time to make a New Year's Resolution to support the Arbutus mission to remain an independent, faith based, non-profit care community. Being a non-profit means we rely on kindly given contributions from families, friends, and community partners. Last year, we developed the "Arbutus Fund" at The Community Foundation for the Alleghenies. This fund exists to support our infrastructure needs and develop community outreach programs.



#WHYIGIVE will be a year-long feature to highlight donor stories, programs, and fundraising benchmarks. To learn how to give, visit arbutusparkmanor.com/support-arbutus, and follow our stories on our Facebook page.

Deck the Doors Competition

Each year we ask our Cottagers to decorate their front doors to compliment the wonderful decor seen campus wide. Everyone did a fantastic job! Our independent group of judges awarded the following prizes:

- 1st: Jerry & Sharon Varner - 1 Month Free Maintenance
- 2nd: Ron & Nancy Sottile - 1 Year Free Brunch
- 3rd: Frank & Linda Burkhard - 6 Month Free Cottage Dinner



Independent Living Cottages Available

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

- #1 Otterbein Lane
- #184 Canterbury Way

If a Cottager makes a referral, they receive one month's maintenance free.

CONNECT WITH ARBUTUS!



www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

A Warm Welcome to:

Janet Goodnight MaryJo Hall
 Louis Mehok Ruth Penner
 Ruth Reckner Homer Weaver
 Reginald Yeager

January Birthdays

- 1 Pearl Wasser
- 2 Ida Gearhart
- 4 Thomas Davidson
- 6 Lois Gilbert
- 7 JoAnne Messer
- 8 Rheda Sala
- 12 Eleanor Wingard
- 12 Freda Kelly
- 12 William Robinson
- 15 Lottie Bertino
- 17 Jelorma Demario
- 18 Melvyn Wingard
- 18 Mary Sala
- 19 Weldon Briggs
- 19 Martha Pernau
- 20 Mary Ellen Matcho
- 20 Twila Workman
- 22 Mary Bertino
- 23 Nancy Sottile
- 26 Mercedes Karas
- 26 Patricia Croyle
- 28 Stella David
- 30 Eleanor Meagher
- 31 Mary Shaffer



Attention Arbutus Residents

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

Independent Living Residents:

The PA Insurance Department requires us to file an annual Disclosure Statement. The most recent copy of that statement is now available at the Business Office.

If you are interested, copies can be picked up at your convenience Monday-Friday from 8:00 am – 4:00 pm.

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 Jan 8 & 22
Community Room
7:00 PM

INDEPENDENT LIVING in the Community Room



JAN 15 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

Home for the Holidays: Pictures with Santa

Pictures with Santa was sponsored this year by 365 Hospice. Everyone enjoyed their visit and photo!



Hockey Night in Johnstown!

We had so much fun we're doing it again!
 Another Arbutus Park Night with the Johnstown Tomahawks will be held Friday, January 18. Open to everyone in the Arbutus Park Community. 7:30 pm puck drop at the historic 1st Summit Arena.



Tickets are \$8 in advance and money is due to Kurt in Community Affairs by Friday, January 11. 262-2150 or kroberts@arbutusparkmanor.com

Weekly Events

Mondays

Art Class 9:00 am Arts & Crafts Room

Wednesdays

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

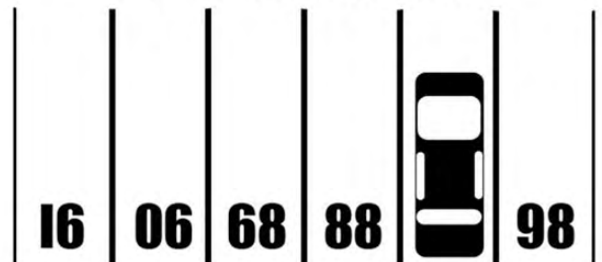
Thursdays

Rosary 2:30 pm Chapel

Tuesdays & Thursdays

IL Exercise Class 3:00-4:00 pm

What is the # of the parking spot covered up by the car?



Answer: 87 - Look upside down!

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 1942 Summer Meetings brochure which includes a special message from Sidney Carmany, President, and Curtis Amps, Secretary. Part of 'Our Boys in Service' reads:

"A great crisis confronts us. It involves world interests. Germany has precipitated this crisis. War that is aggressive is murder, and the nation that is guilty of it must be treated as a criminal. Our boys who are called to arms to overcome the present devastating scourge of barbarism and beastly violence are the ministers of God to execute wrath upon the doers of evil. And, being upon God's side, they may confidently look to Him for victory."



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



The 'Pathways' to Good Health

There is nothing new about New Year's Resolutions. It's a tradition to start the new year with a clean slate, a fresh start, and hope for a healthy and happy new year. Here are some suggestions for 2019:

EAT MORE! Before you get too excited, we mean eat more of the right foods. Foods that contain probiotics, are plant based and fiber rich will ultimately lead to increased energy, healthier digestion and weight loss.

GO TO SLEEP EARLIER. If vowing to get eight hours of sleep every night is unrealistic, resolve to go to bed 15 minutes earlier than your usual bedtime routine.

CLEAN YOUR MIND DAILY. When your mind is cluttered, so is your space. Mindfulness centers you. Thirty minutes of meditation everyday improves symptoms of depression and anxiety.

TAKE STEPS TO LOSE WEIGHT. Five hundred extra steps for five days will lead to significant changes. Your goal is to achieve a healthier lifestyle, not just losing the weight.

DEFINE EVERYDAY. Pick a new word to live by each month. We are not talking about a new word recently added to the dictionary, but positive ones like "friendly" or "wholesome". Have a clear purpose and greet each day with it.

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us." -Hal Borland



Amy's Recipe of the Month

A flavorful stew, Pörkölt is redolent with the fragrance of paprika and bell peppers. It has few ingredients, and is surprisingly easy to make. Save time by using boneless pork chops and cubing them after they are browned. Prep 20 min Cook 1 hr 55 min Ready In 2 hr 15 min

Ingredients:

- 5 slices of bacon
- 1/4 cup Hungarian paprika
- 2 cups reduced fat sour cream
- 5 lbs boneless pork chops
- 1 1/2 teaspoons garlic powder
- 1 large yellow bell pepper (seeded and diced)
- 2 large onions, diced
- 2/3 cups beef broth
- 2 (6oz) packages wide egg noodles
- 1/4 teaspoon ground black pepper
- 1 (14oz) cans diced tomatoes w/liquid



Instructions:

- 1) Place the bacon in a large, deep skillet, and cook over medium-high heat until evenly browned, about 10 minutes. Drain, and reserve the drippings. Add the onions to the bacon and cook together until the onion is translucent. Remove skillet from heat and stir the paprika, garlic powder, and pepper into the bacon mixture. Transfer the mixture into a large stockpot.
- 2) Heat a small amount of the reserved bacon drippings in the skillet again over medium-high heat. Cook the pork chops in batches in the hot drippings until evenly browned on both sides. Use additional bacon drippings for each batch as needed. Remove the pork chops to a cutting board and blot excess fat off the surface of the chops with a paper towel; cut into bite-sized cubes and stir into the bacon mixture.
- 3) Heat a small amount of the bacon drippings in the skillet; cook and stir the bell pepper in the hot drippings until softened and fragrant; drain on a plate lined with paper towels. Stir the cooked pepper into the bacon mixture.
- 4) Pour the tomatoes with liquid and beef broth into a stockpot and place the pot over medium-high heat. Bring to a simmer and reduce heat to medium-low. Cook until the stew begins to thicken, stirring occasionally, about 90 minutes. Stir the sour cream into the stew just before serving.
- 5) Bring a pot with lightly-salted water and bring to a rolling boil; add the egg noodles to the water and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes. Drain well in a colander set in the sink. Ladle the stew over the drained noodles to serve.

January Arbutus Park Food Service Calendar

January 7	5:00 pm	Cottager's Dinner, Community Room RSVP to Roger 266-2630 by Jan 1 Menu: Tossed Salad, Swiss Steak, Scalloped Potatoes, Parisian Carrots Fruits of the Forrest, Pie/Ice Cream SAVE THE DATE: Cottager's Dinner February 4
January 8	12:00 pm	Beulahlanders Lunch, Community Room
January 10	12:00 pm	Belmont UM Church Lunch, IL Dining Room
January 18	12:00 pm	Elderberries Lunch, IL Dining Room
January 22	12:00 pm	Retired Ministers Lunch, IL Dining Room
January 23	10-11:30 am	IL Brunch, Community Room

Arbutus Park Snapshots

Row 1-3: Home for the Holidays December 7&8

Row 4-5: Breakfast with Santa December 1



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

FROM THE CHAPLAIN

Dear Friends,

January is traditionally a time for making New Year's Resolutions. They seldom last more than a few weeks. And so this year let's make it really simple. Let's resolve just to grow in our love for God and for people. In Mark 28:28 we read: **One of the scribes ... asked Him, "Which command is the most important of all?" 29 "This is the most important," Jesus answered: Listen, Israel! The Lord our God, the Lord is One. 30 Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. 31 "The second is: Love your neighbor as yourself. There is no other command greater than these."**

Now I want to focus on a neglected phrase in that saying of our LORD: **Love your neighbor as yourself.** Please note that he didn't say to love your neighbor and despise yourself. You are to love your neighbor **as** yourself. I'll share with you a list of suggestions I found for developing a healthy attitude toward ourselves.

1. Hate your sin but never hate yourself.
2. Be quick to repent of sin. Keep short accounts with God.
3. When God gives you light, walk in it.
4. Stop saying negative things about yourself. God loves you and has great plans for you. You are in conflict with him when you speak negatively about your future.
5. Don't meditate excessively on what you've done, right or wrong. Both of these activities keep your mind on you. Center your thoughts on Christ.
6. Take good care of yourself physically. Make the best of what God gave you to work with but don't be obsessed with your appearance.
7. Never stop learning but don't allow your education to become a point of pride. God doesn't use you because of what's in our head but what's in your heart.
8. Realize that your talents are a gift from God. Never look down on people who can't do what you can do. And never envy what others can do. That is God's gift to them.
9. Don't despise your weaknesses. They keep you humble. As Paul writes in 2 Corinthians 12: 9 **But He said to me, "My grace is sufficient for you, for power is perfected in weakness."** Therefore, I will most gladly boast all the more about my weaknesses, so that Christ's power may reside in me. 10 So I take pleasure in weaknesses, insults, catastrophes, persecutions, and in pressures, because of Christ. For when I am weak, then I am strong.
10. Stay in the Word. It is the best mirror to show us what we are. James 1:22-25 says: 22 **But be doers of the word and not hearers only, deceiving yourselves. 23 Because if anyone is a hearer of the word and not a doer, he is like a man looking at his own face in a mirror. 24 For he looks at himself, goes away, and immediately forgets what kind of man he was. 25 But the one who looks intently into the perfect law of freedom and perseveres in it, and is not a forgetful hearer but one who does good works—this person will be blessed in what he does.**

Ruth Anne and I wish you a New Year filled with God's blessings!

Chaplain John Hollis

JANUARY CHAPEL GUESTS:

Wednesday	Jan 2, 1:45 pm	Rev Larry Rowe, Retired UM Pastor
Sunday	Jan 6, 2:00 pm	Rev Rob Wolf, Pleasant Hill COB
Wednesday	Jan 9, 1:45 pm	Rev Charles Shaffer, Retired UM Pastor
Sunday	Jan 13, 2:00 pm	Tina Marie Walters singing; Steve Aungst on Piano
Wednesday	Jan 16, 1:45 pm	Natalie Marionneaux, Community Outreach Missionary at Grove Ave UMC
Sunday	Jan 20, 2:00 pm	Chaplain John Hollis
Wednesday	Jan 23, 1:45 pm	Rev Wes Yoder, ASERA Care Chaplain
Sunday	Jan 27, 2:00 pm	Natalie Marionneaux, Community Outreach Missionary
Wednesday	Jan 30, 1:45 pm	Rev Art Moffat, 2nd Presbyterian Church

ARBUTUS PARK RETIREMENT COMMUNITY
207 OTTAWA STREET
JOHNSTOWN, PA 15904

RETURN SERVICE REQUESTED



Pathways is a monthly newsletter. Please contact Arbutus Park Community Affairs with questions or comments at kr Roberts@arbutusparkmanor.com

Arbutus Park Retirement Community has always been known for the care we provide our residents.

Win Garland will always be remembered for the care he provided to Arbutus. Win and Sandy Garland were welcomed into our family as Independent Living residents in 2012. Win served as a member of the Arbutus Board of Directors having attended his first meeting in 2010 and remained active until December 2018.

Win had a special place in his heart, not only for the residents and staff of Arbutus, but for the buildings and homes on campus. On a weekly basis, Win could be seen walking and cheerfully whistling around campus inspecting homes for new residents moving in, working with our builders on renovations and helping to oversee the construction of Arbutus at Parker Ridge.

Win was organized, thoughtful, and a stickler for detail. A trait that served our staff and residents well. "Win's Wish" has always been that the buildings on campus reflect the care and love given to those who dwell there. Win's care and love can be felt throughout Arbutus.

Win and Sandy, along with their family asked that memorial donations be made in Win's name to Arbutus Park Retirement Community. "Win's Wish" is that the funds in his memory be designated to repair and upgrade the Community Room Parking Lot. It's where we host events such as the Arbutus Family Picnic, and Pumpkinfest. It is where our residents park to attend dinners and enjoy fellowship. It is, as Win put it "the first impression of our facility."

A contribution from Win of \$20,000.00 has been made as a first donation towards the total cost of \$70,000.00 to replace the parking lot. I promised Win we would make this happen before the next Summer Picnic in 2019. Win shed tears of joy when he got word that the parking lot fundraising was underway. "Win's Wish" is for a new parking lot at Arbutus. It's a simple, humble wish from an extraordinary, humble man.

I will miss my friend Win. We will all miss Win.
We are grateful for the time and talent he shared with us.
We hope that everyone will join us in helping to make
"Win's Wish" come true.

Rick Wilson

