



IN THIS ISSUE:

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

Arbutus Park News & Notes

Arbutus Park Major Gifts Campaign

We continue to share good news about our Revitalization Campaign and the progress made! At the time of publication, we are currently at \$369,546 in pledges and payments of our \$500,000 goal.

We continue to move forward on some of the campus projects. The chapel has had new windows installed, along with some resident rooms. We purchased our new bus, which made it's first appearance in the Johnstown Veteran's Day Parade! We scheduled the Doerr roof to be replaced next spring. Thank you for your support!



If you would like to learn more about the campaign, and our vision for supporting the seniors in our community, please contact Rick Wilson at (814) 262-2152. You can also read more at arbutusparkmanor.com/revitalize

CNA Class Continues Strong with Fourth Class

We are very proud of our most recent graduating class of CNA's! We welcome them to the Arbutus Park family. This ongoing program has provided employment opportunities for local individuals and helped meet our employment needs. Our next class begins in January!



Annual Angel Appeal

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



Manor Giving Tree

In the spirit of giving, we invite you to help us brighten the holidays for our residents. You are welcome to choose an ornament from the tree and get that specific resident a gift from their list. Bring the gift to the Manor before Christmas, and enjoy a visit with the resident you've chosen!



CONNECT WITH
ARBUTUS PARK!



www.ArbutusParkManor.com

Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904

We would like to extend a warm welcome to those who have joined the Arbutus Park community this past month!

December Birthdays

- 1 Shirley Kissell
- 1 Margaret Mathias
- 1 Fern Lasut
- 3 Nancy Weaver
- 3 Janet Matten
- 5 Thomas Sigmund
- 7 Vera Adams
- 7 Evelyn Cable
- 8 Carolyn Albus
- 10 Doris Thomas
- 12 Louise Bodenschatz
- 14 Jean Sprowl
- 14 Adeline Schultz
- 15 Lois Kauffman
- 15 Elizabeth Kondash
- 17 Anne Trenchard
- 17 Nancy Sell
- 18 Genevieve Gates
- 22 Pauline Butler
- 26 Josephine Stumpo
- 26 Helen Bowser
- 28 Patricia Wilson



December Anniversaries

- 2 Cynthia & Douglas Greig

Attention Arbutus Residents

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

Manor Access Reminder:
 Manor side doors will be locked at 5 pm.
 Visitors please use the Main Entrance.
 After 8 pm, please follow instructions on main door for access. Thank You!

The Arbutus Beauty Shop is open
 Monday - Friday
 Call 814-262-2172 to schedule a visit!
 Men's haircuts are scheduled on Mondays.
 Currently seeking volunteers!

MOVIE NIGHT
 Tues Dec 3 & 17
 Chapel
 7:00 PM
 17th

December 17 6-8 pm
Christmas Gathering
 Lobby &
 Glass Dining Area

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

Weekly Events

Mondays
 Art Class 9:00 am Arts & Crafts Room

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

Thursdays
 Rosary 2:30 pm Chapel

Tuesdays & Thursdays
 IL Exercise Class 3:00-4:00 pm Community Room

Cottage Winter Reminders from Rick

Here are some important reminders 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 be patient.
3. If it dips below 10 degrees, our shoveling crew will only be out for short periods of time.
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.



Amy's Recipe of the Month

Merry Christmas everyone!

I am excited to share this special recipe with you. My Grandmother (a.k.a. "MeMa"), made Yorkshire Pudding every Christmas Eve. I found this recipe when I was cleaning out my bakers rack at home and I cried when I saw it. I cannot wait to make her recipe this year. I hope this holiday season brings you happy memories, and joyful times with family and friends.

Yorkshire Pudding

Prep 5 min. Cook 30 min. Ready 1 hr. 35 min.

Ingredients:

- 1 1/2 cup All Purpose Flour
- 3/4 cup water
- 3/4 teaspoon salt
- 1/2 beef drippings
- 3/4 cup milk (room temp)
- 3 eggs (room temp)



Instructions:

1. Mix flour and salt together until blended. Make a well in the flour, add the milk, and whisk until consistent. Beat the eggs into the batter. Add water and beat again until the mixture is light and frothy. Set aside for an hour (or, if it's the day before, cover in the fridge overnight).
2. If the batter has been refrigerated, allow it to come up to room temperature before using. When the roast beef is ready to come out of the oven, ready the mixture.
3. Preheat oven to 400 degrees F (205 degrees C).
4. Pour off drippings from roast beef and measure out desired amount (about 1/2 cup should do). Pour drippings into a 9x12 inch baking dish and place into the oven until the drippings sizzle. Pour the batter over the drippings and bake for 30 minutes (or until the sides have risen and are golden brown). Cut into eight portions and serve immediately.

December Activities Calendar

December 3	1:30 pm	Gary Stewart - Chapel
December 6-7		Campus Home for the Holidays
December 10	9:30 am	Divine Mercy School - Chapel
December 13	7:00 pm	Cambria County Mission Caroling - Manor
December 16	9:30 am	Forest Hills Elementary - Chapel
December 18	1:45 pm	St. Francis Basketball Team - Chapel
December 19	9:30 am	Richland High School Chorus - Chapel
December 20	1:30 pm	Campus Christmas Party w/ Jackie Kopco - Community Room
December 31	1:30 pm	Campus New Years Eve Party w/ Tom Voytas - Community Room

December Food Service Calendar

December 9	5:00 pm	Cottager Dinner, Community Room
December 10	12:00 pm	Beulahlanders Lunch, Community Room
December 12	12:00 pm	Penelec Lunch, IL Dining Room
December 13	12:00 pm	Golden Rods Lunch, IL Dining Room
December 17	6-8 pm	Campus Christmas Gathering, Lobby & Glass Dining Area

In lieu of Christmas Day guest meals, we will be hosting a gathering on Tuesday December 17, from 6-8pm in the Lobby and Glass Dining Room area. Please join us for appetizers and beverages while you spend time with your loved ones. ALL are welcome, please RSVP to the Business Office by December 10.

December 18	12:00 pm	Arbutus Brethren Women Lunch, IL Dining Room
December 19	12:00 pm	Beulah UM Women Lunch, IL Dining Room
December 20	12:00 pm	Elderberries Lunch, IL Dining Room
December 24	12:00 pm	Retired Ministers Lunch, IL Dining Room
December 31	1:30 pm	New Years Eve Party, Community Room



Cottager Updates

1) December Menu:

Coleslaw, Swiss Steak, Mashed Potatoes/Gravy, Baked Corn, Dinner Rolls, Peppermint Swirl Cheesecake

Upcoming Cottage Dinner RSVP Date: January 6 Dinner, RSVP by Dec 27 to the Business Office.

Don't Miss the December Dinner- everyone will receive a Christmas Gift! We will learn 'all you ever wanted to know' about giving, receiving, exchanging, and regifting gifts. Come early and enjoy cookies, punch, and the train display!

2) The Johnstown Tomahawks trips continue! Our next trip to the arena will be Monday Dec 30. Bus leaves the sunporch at 6:30 pm (7pm puck drop) and the RSVP deadline is Dec 20. \$8 per person.

3) 2020 Meal Prices: Breakfast \$6, Lunch \$8, Supper \$6. Visitors add \$1, Children over 5 \$3, Children under 5 Free. Monthly Cottage Dinner and Brunch \$9. (Now includes place settings.)

4) Deck the Doors: Cottagers are encouraged to decorate their front doors in a friendly holiday competition by Dec 5! Judging will take place Saturday 1st Place: 1 Month Free Maint, 2nd Place: Free Brunch for a Year, 3rd Place \$50 Visa Card.

5) Arbutus Park Retirement Community has current availability to join our community:

Patio Homes #19 & 26 on Wesley Drive and Townhome #203 on Jacob Albright. If a Cottager makes a referral, they receive one month's maintenance FREE.

Auxiliary Doings

Reminder to all Auxiliary members: Monday, December 2 at 7pm is our next board meeting, to be held in the Independent Dining Room. Please try to attend.

A reminder to all Pathways readers: our 'Home for the Holidays' event (sure to put you in a Merry Christmas spirit!) will be held Friday, December 6 and Saturday December 7. Please come and share the giving spirit of the holiday with us. Craft vendors, a selection of gift items, lunch cafe, Christmas music, and Auxiliary members working to bring love and warmth to the residents of the Manor. Come and be a part of it all, you'll leave with a smile on your face, and probably a bag of stocking gifts for your family!



On behalf of all of us in the Auxiliary, we wish all of you a blessed and loving Christmas. Love is what the season is all about, and it is best appreciated when we give it as well as receive it. Thank you for all of your support throughout the year!

Learn more at: arbutusparkmanor.com/about/auxiliary

Arbutus Park Star - Advantage Care

Our 'Star' for December: Marilyn Orris

Marilyn arrived at Arbutus Park feeling hopeless and down due to an acute stroke leaving her completely dependent upon caregivers to do everything for her. Marilyn could not sit up on her own, could not eat regular foods let alone feed herself, and walking was out of the question...or so she thought.

Marilyn states "I was a wet noodle" "I felt hopeless" and she continued to feel down. She required total assistance of two caregivers to sit upright. Core strength gains were made daily with her therapy. Once she was able to sit independently or with limited assistance she began to address overall strength with transfers. She required a full lift for all transfers. Slow gains were made for this task secondary to left foot drop that started with her left sided paralysis from the stroke. Marilyn was fitted for an AFO to help assist with left foot drop to maintain a neutral position while transferring and eventually walking with an assistive device.

With Marilyn's hard work and determination along with long days of physical therapy, occupational therapy, and speech therapy she now completes tasks with very limited assistance. She is walking daily with supervision while using a two wheeled walker, a task she never thought would happen. She enjoys doing things for herself again, feeding herself, and completing her own daily care.



Marilyn knew that it was going to be a hard road but she did not think that it was going to be this challenging. She stated: "I have had all kinds of therapy here and it was all needed. It was very difficult but I knew I wanted to do this, I had to do this. If I didn't put in the work, I would still be laying here in the bed like a wet noodle. I owe my success to the therapy department along with the nursing staff, they gave me my life back."

When asked if she could give any advice to other patients in this situation she stated: "Try your best and never give up. Motivation is the key to your success."

Arbutus Park Snapshots

Row 1: Mexican Cottage Dinner Row 2: Parachute with Therapy
Row 3: Setting up the Trains Row 4: Veterans Day Row 5: New Bus & Program



Have you 'liked' us on Facebook?

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

facebook.com/ArbutusParkRetirementCommunity

Message from Rev Hollis

FROM THE CHAPLAIN'S HEART

Dear Faithful Friends,

According to folklore, the "The 12 Days of Christmas" was written to help young believers learn about their faith. It's hard to prove that claim but here are the codes that some say the song contains:

- The partridge in a pear tree is Jesus Christ.
- Two turtle doves are the Old and New Testaments.
- Three French hens stand for faith, hope, and love.
- The four calling birds are the four Gospels: Matthew, Mark, Luke, and John.
- The five golden rings are the Torah, that is, the first five books of the Bible.
- The six geese a-laying represent the six days of creation.
- Seven swans a-swimming represent the gifts of the Holy Spirit: prophesying, serving, teaching, encouraging, contributing to the needs of others, leadership, and showing mercy (Romans 12:6-8).
- The eight maids a-milking are Jesus' eight beatitudes.
- Nine ladies dancing are the nine-fold fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.
- Ten lords a-leaping are the Ten Commandments.
- Eleven pipers piping stand for the 11 faithful disciples.
- The twelve drummers drumming symbolize the 12 statements in the Apostles' Creed.

Regardless of whether this is what the song was meant to say, all of the above represent God's great gift of himself to us all the way from the Creation through the giving of the Law, the Prophets, and the Writings and culminating in his self-giving in the person of the Christ who taught, healed, suffered, died, rose again, ascended into heaven and sent the gift of the Holy Spirit. All of this self-giving by our gracious God causes Paul to exclaim, *Thanks be to God for his indescribable gift!* (2 Corinthians 9:15).

What an appropriate thought for this time of year! During this busy season of shopping, decorating, parties and gift giving, Christians are taking out special time to give thanks for His unspeakable gift—His Son Jesus Christ. Or, are they? Have we Christians also gotten caught up in the pagan celebration of a pagan holiday?

For the first four centuries the church had no special season for celebrating Christ's birth. We first got the idea of celebrating Christmas from the Roman festival of **Sol Invictus** (Unconquered Sun), which took place on December 25. Back then, that was the winter solstice, the shortest day of the year. The sun god was beginning to win out in his battle against the gods of darkness and cold.

About the fourth century AD, the Christians adapted this festival to celebrate the Sun of Righteousness (Malachi 4:2), the True Light (John 1:9) coming into the world. Does the fact that we borrowed it from the pagans mean we should give Christmas back to the pagans and stop celebrating it altogether, as some suggest? Why should we do that? We are far removed from the pagan origins of the celebration. Hardly anyone thinks of the Roman sun god. We are most in danger of bowing down to the false god of materialism. The fourth century Christians rescued the date from one false god. Is it too much to believe that we could rescue it from another?

We need not give up Christmas—just the pagan practices that have grown up around it. If each Christian would celebrate Christmas in a simple and spiritual way, it could be rescued from the false god of materialism. How could we do that? Instead of giving expensive gifts to relatives and friends who don't need them, why not make an agreement among yourselves to give to a charity in honor of them? I'll bet that there is not a church in the area who could not put you in touch with a group that is trying to help disaster victims, poor children, children of prisoners, or missionaries. Those people are truly needy. But giving only to those from whom you expect to receive as much in return is bowing to the god of materialism.

And then, Christmas Day would be a good time to read again the Christmas story, allowing its simplicity and beauty to overwhelm us again. And then, exclaim with the Apostle, *Thanks be to God for his indescribable gift!*

We wish you and yours the joy that only Christ can give during this holiday season and all year through.

-Pastor John & Ruth Anne Hollis

DECEMBER CHAPEL GUESTS:

Sunday	Dec 1, 2:00 pm	Lay Speaker Lee Bassett, Beaverdale UMC
Wednesday	Dec 4, 1:45 pm	Rev. Eric Raygor, Somerset Grace UMC
Sunday	Dec 8, 2:00 pm	Chaplain John Hollis
Wednesday	Dec 11, 1:45 pm	Rev. Bill Griffith, Chickaree Union Church
Sunday	Dec 15, 2:00 pm	Rev. Sam McClintock, Addison UMC (Sings and preaches)
Wednesday	Dec 18, 1:45 pm	St. Francis Basketball Team
Sunday	Dec 22, 2:00 pm	Linda Golden, Music Director at Centennial UMC COMMUNION
Wednesday	Dec 25, 1:45 pm	No Chapel - Enjoy the day with family and friends!
Sunday	Dec 29, 2:00 pm	St. Benedict Choir. Joe Gaunt directing.

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 kroberts@arbutusparkmanor.com

A vertical graphic with a red border and a background image of a snowy winter scene. It lists holiday events for November and December. At the bottom, there is a cartoon illustration of Santa Claus holding a plate of pancakes and a snowman holding a sign with the Arbutus Park logo.

TRAINS ARE BACK

Nov 29
Dec 1,3,8,11,13
15,17,19,24,26,29
Jan 1

Community Room 1-3PM

SAVE THE DATE!
Home for the Holidays

Friday December 6
10am - 4pm

Saturday December 7
10am - 2pm

All Families & Friends Welcome!

Breakfast with Santa

Saturday December 14
9:00 am - 11:00 am
Community Room

Open to All! \$8 per person
RSTP Required 814-262-2150
arbutusparkmanor.com/santa&fast

Arbutus Park
RETIREMENT COMMUNITY
207 Ottawa St. Johnstown, PA 15904