

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 \$374,235 in pledges and payments of our \$500,000 goal.

In the new year, we look forward to introducing the campaign to the general public and businesses, and reaching our goal!

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. Learn more at arbutusparkmanor.com/revitalize



CNA Program Continues with Fifth and Sixth Class

Our award-winning CNA program continues in the new year, with new classes starting in both January and February. The 21 day program provides both new and existing staff with theory, labs, and clinicals to ensure they have excellent training to be an asset to our team at the manor. arbutusparkmanor.com/careers



Manor Resident Giving Tree

We would like to sincerely thank everyone who supported our first resident giving tree. Residents were overwhelmed by your generosity, thoughtfulness, and holiday spirit. They appreciated both the gifts and the time spent visiting with them. Thank you!



Disclosure Statement

The PA Insurance Department requires us to file an annual disclosure statement. The most recent copy is available at the Business Office. To pick up a copy, please visit Monday - Friday from 8:00 am to 5:00 pm.



Many thanks to everyone that visited the train display, along with Dr. & Mrs. Reinbold, Mr. Nicoletti, Mr. Sigmund, Dr. Knavel, and everyone who helped make it a reality!

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!

January Birthdays

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



Attention Arbutus Residents

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

The Business Office is now open until
5:00pm Monday-Friday!

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 STEWART HARVEY 7th

Tues Jan 7&21
Comunity Room
7:00 PM

21st

THE GREATEST SHOWMAN

JOHNSTOWN TOMAHAWKS

Arbutus Park RETIREMENT COMMUNITY

JAN 31 \$8 RSVP by JAN 20 to Kurt
14 Seats Bus Leaves at 7:00pm Sunporch

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

Pathways to Good Health

January Health Awareness: Glaucoma Awareness Month

Often called "The sneak thief of sight" since there are no symptoms and vision loss is permanent.

Regular eye exams are important. Comprehensive eye exams can protect your sight from glaucoma. Yearly exams are recommended.

Who is at risk? People over 60 years of age.

Family history of the most common type called "Primary open-angle glaucoma" is hereditary. Your risk is four to nine times higher of developing this type of glaucoma.

Steroid Use - Those who use Asthma Inhalers (14 to 30 puffs per week).

Eye Injury - A bruised eye or blunt trauma

Be aware of the risk factors and get your yearly eye exams.

Visit preventblindness.org for more information



Amy's Recipe of the Month

Turkey Pot Pie

We all have left over turkey in the freezer from the holidays. Here is a fantastic recipe that turns holiday left overs into comfort food.

Ingredients:

- 4 (9 inch) unbaked pie crusts
- 2 cups frozen green beans
- 2/3 cup chopped onion
- 2/3 cup all-purpose flour
- 1/2 teaspoon celery seed
- 1/2 teaspoon onion powder
- 1 3/4 cups chicken broth
- 4 cups cubed cooked turkey meat - light and dark meat mixed
- 2 cups frozen peas and carrots
- 1 cup sliced celery
- 1 teaspoon salt
- 2/3 cup butter
- 1 teaspoon ground black pepper
- 1/2 teaspoon Italian seasoning
- 1 1/3 cups milk

Instructions:

1. Preheat an oven to 425 degrees F (220 degrees C).
2. Place the peas and carrots, green beans, and celery into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the celery is tender, about 8 minutes. Drain the vegetables in a colander set in the sink, and set aside.
3. Melt the butter in a saucepan over medium heat, and cook the onion until translucent, about 5 minutes. Stir in 2/3 cup of flour, salt, black pepper, celery seed, onion powder, and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat; stir the cooked vegetables and turkey meat into the filling until well combined.
4. Fit 2 pie crusts into the bottom of 2 9-inch pie dishes. Spoon half the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal, and cut several small slits into the top of the pies with a sharp knife to release steam.
5. Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to 35 minutes. If the crusts are browning too quickly, cover the pies with aluminum foil after about 15 minutes. Cool for 10 minutes before serving.



Auxiliary Doings

Don't you love the idea of a 'clean slate'? Here we are at the beginning of a brand new year - we have the ability to do better, make improvements, give more, generally make ourselves better than we were last year. Perhaps while you're thinking of your own personal goals for 2020, you'll remember the Auxiliary- we're always open to new members, we always need help with our projects, we always are thankful for your financial support. If you would like to be a part of what we do in 2020, give Judy Eppley a call at 322-5344. She will be glad to hear from you! Learn more at: arbutusparkmanor.com/about/auxiliary

The 2020 roster of Auxiliary officers is as follows:

President: Judy Eppley

Vice President: Sharon Wolf

Secretary: Wanda Keller

Financial Coordinator: Kris Olsen

Asst. Financial Coordinator: Barbara Bird

2020 Auxiliary Events:

May 8: Silent Auction & Luncheon

June 6: Bazaar

August 7: Noah's Ark Luncheon

October 2: Auxiliary Benefit Dinner

October 10: Flea Market

December 4&5: Home for the Holidays



We will tell you more about each event in upcoming Pathways. It will all begin with our Annual Membership and Sustaining Fund Drive in February. Until next month, our wishes to you for a very healthy and very happy 2020! Learn more at: arbutusparkmanor.com/about/auxiliary

Arbutus Park Star - Advantage Care

Our 'Star' for December: Janet

Janet is a fun-loving individual who suffered a fall at home and was hospitalized. She came to Arbutus Park Manor shortly after her fall. When she first came to Arbutus Park Manor, she was ordered a pureed diet consistency and needed assistance for walking and getting dressed. She was weak and could not take care of herself. To lose the ability to be independent was heartbreaking to Janet. She began therapy services to regain her independence.

Through determination, Janet was able to excel in Physical Therapy, Occupational Therapy, and Speech Therapy. Janet went from walking a couple steps to being able to go up and down stairs without fear. She no longer depended on staff to get ready and was able to get dressed and move about her room. She was able to improve her ability to swallow and was able to get back on a regular diet. "To be able to get back on my feet and to be able to eat normal food was wonderful."



Janet made outstanding gains and was unanimously chosen as our star of the month. She kept a positive attitude and was able to regain strength and confidence.



January Food Service Calendar

January 6	5:00 pm	Cottager Dinner, Community Room
January 10	12:00 pm	Golden Rods Lunch, IL Dining Room
January 15	10:00 am	IL Brunch, Community Room
January 28	12:00 pm	Retired Ministers Lunch, IL Dining Room



Cottager Updates

1) Upcoming Cottage Dinner RSVP Date: February 3 Dinner, RSVP by January 27 to the Business Office. January 6 Menu: Tossed Salad, Meatloaf/Gravy, Scalloped Potatoes, Green Beans Almondine, Dinner Rolls, and 'Fruits of the Forest' Pie. Several hosts are still needed throughout the year!

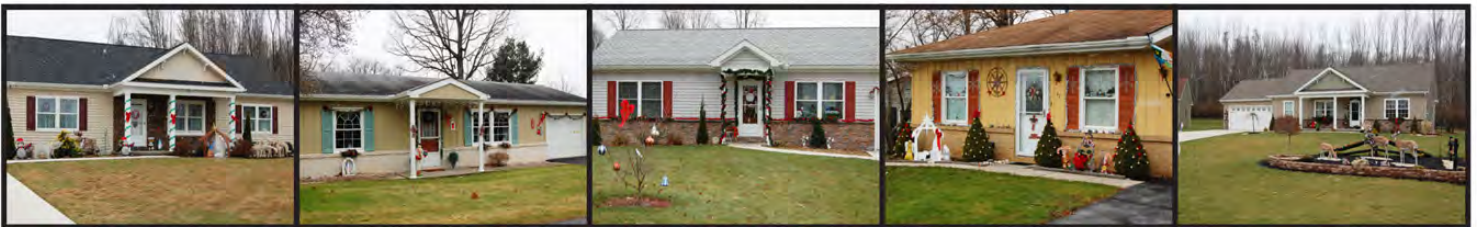
2) The Johnstown Tomahawks trips continue! Our next trip to the arena will be Friday Jan 31. Bus leaves the sunporch at 7:00 pm (7:30 pm puck drop) and the RSVP deadline is Jan 20. \$8 per person.

3) Our annual Super Bowl party will be held on Sunday February 2 at 6:00 pm in the Community Room.

4) Deck the Doors: Thank you to everyone who decorated for the holidays- the cottages looked great! Congrats to: Fabinas, Sottiles, Sigmunds, Burkhardts, and Varners on their prizes! Special thanks to Ron Sottile for making the cul-de-sac so festive!



5) Arbutus Park Retirement Community has current availability to join our community: Patio Homes #19 & 26 and Cottage #20 on Wesley Drive and Townhome #203 on Jacob Albright. If a Cottager makes a referral, they receive one month's maintenance FREE upon move-in.



Arbutus Park Snapshots

Row 1: Pictures with Santa

Row 2 & 3: Home for the Holidays

Row 4: Cottager Outings

Row 5: Parker Ridge New Build



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

Dear Friends,

Here we are, teetering on the brink of a New Year! It seems only yesterday that we were looking at the clean, unwritten pages of 2019. It makes us stop and think, "Did our living this past year make the world a better place? Was anyone comforted by our love, cheered by our friendship, encouraged by our words, or guided by our example? Did we speak out against wrongs or injustice? Did we in any way stand with those who are hurting or take up the cause of the oppressed?"

Some of those things are done only on a one-to-one basis; others can best be accomplished through our giving to our local community of faith and to other charitable organizations.

In the coming year, if we make one New Year's resolution, let it be this, that we resolve to grow in faith, in love, and in our obedience to the Lord Jesus Christ. Let's allow the ancient prophecy to speak to us: *He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God* (Micah 6:8).

These words are echoed by our Savior in Matthew 22:37-40: *Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment. And the second is like it: "Love your neighbor as yourself." All the Law and the Prophets hang on these two commandments.*

The following prayer may be helpful as we begin another year:

A PRAYER FOR THE NEW YEAR

We cannot merely pray to you, O God, to end war, for we know that You have made the world in a way that man must find Your path to peace within himself and with his neighbor.

We cannot merely pray to You, O God, to end starvation; for You have already given us the resources if we would only use them wisely.

We cannot merely pray to You, O God, to root out prejudice, for You have already given us eyes with which to see the good in all people if we would only use them rightly.

We cannot merely pray to You, O God, to end disease, for You have already given us great minds with which to search out cures and healing, if we would only use them constructively.

Therefore we pray to You instead, O God, for strength, determination, and will power to do as well as to pray, to become instead of merely to wish. –Jack Reimer

Shalom,
Pastor John Hollis

JANUARY CHAPEL GUESTS:

Wednesday	Jan 1, 1:45 pm	Tom Voytas, Accordion, Piano
Sunday	Jan 5, 2:00 pm	Rev Larry Rowe, Retired UM Pastor
Wednesday	Jan 8, 1:45 pm	Pastor Benji Zylka, Moxham 2nd Brethren
Sunday	Jan 12, 2:00 pm	Zeitgeist Drama, Multimedia Program, Rev Valerie Mize
Wednesday	Jan 15, 1:45 pm	Rodney Hatfield, ASERA Care Chaplain
Sunday	Jan 19, 2:00 pm	Kathy Krestar, Lay Speaker, Dunlo UMC
Wednesday	Jan 22, 1:45 pm	Rev Matthew Williams, Johnstown Calvary UMC
Sunday	Jan 26, 2:00 pm	Jackie Kopco, Singer
Wednesday	Jan 29, 1:45 pm	Rev Ruth Moore, Retired UM Pastor

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

