



## IN THIS ISSUE:

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

## Arbutus Park News & Notes

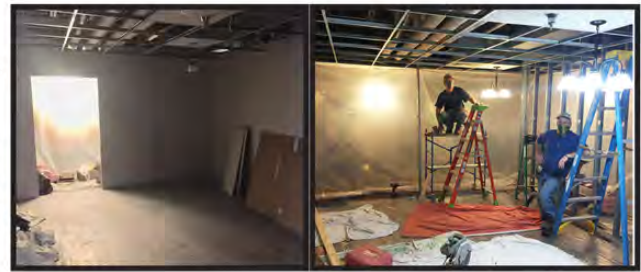
### COVID Vaccine Arrives

The first dose of the vaccine was provided to residents and staff of the manor at the end of December, with the second dose scheduled for the end of January! While vaccines were not provided for our cottagers, we will keep you updated on upcoming clinic opportunities.



### Indoor 'Chatterbox' Progress!

We do not yet have an opening date, but we want you to know that the indoor 'chatterbox' is well underway and coming along great! We eagerly anticipate providing the opportunity to visit with your loved one.



### Deck the Doors Winners!

The competition was fierce! This year we took the judging to our Facebook page based on 'likes'. With over 900 votes cast, our winners are the following:  
1st: Mr. & Mrs. Haynes with 164 votes - One month FREE maintenance (\$425)  
2nd: Mr. & Mrs. Burkhard with 136 votes - \$100 Visa Gift Card  
3rd: Mr. Saintz with 90 votes - \$50 Visa Gift Card  
Honorable Mention: Ron Sottile for all his efforts to decorate the Wesley cul-de-sac year-round. Thanks Ron!



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[ArbutusParkManor.com](http://ArbutusParkManor.com)

Arbutus Park  
Retirement Community  
207 Ottawa Street  
Johnstown, PA 15904

### Independent Living Opportunities

Arbutus Park Retirement Community has current availability to join our community: Patio Homes #10, #19 & #26, Single Cottage #20, Townhouses #301 and #402, and an upcoming Nadona cottage. If a Cottager makes a referral, they receive one month's maintenance FREE upon the move-in. Please contact Community Affairs for the status of available cottages.

*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 Thomas Davidson
- 6 Lois Gilbert
- 7 JoAnne Messer
- 12 Freda Kelly
- 12 Eleanor Wingard
- 18 Mary Sala
- 19 Weldon Briggs
- 20 Mary Ellen Matcho
- 20 Twila Workman
- 22 Mary Bertino
- 23 Nancy Sottile
- 24 Nancy Deneen
- 26 Mercedes Karas
- 26 William Wingard
- 27 David Mills
- 30 Eleanor Meagher



### *January Work Anniversaries*

- Brenda Burnosky - 40 Years - Dietary  
Pam Kimmel - 36 Years - Nursing  
Valerie Pinella - 1 Year - Nursing  
Abbey Reagan - 1 Year - Nursing  
Larisa Roth - 13 Years - Human Resources  
Amanda Robertson - 5 Years - Business Office  
Bethany Saylor - 2 Years - Nursing  
Patricia Shaffer - 7 Years - Nursing  
Erica Shipley - 12 Years - Nursing  
Jess Siwy - 7 Years - Beauty Shop  
Lisa Stepien - 9 Years - Nursing  
Cheryl Ann Stigers - 13 Years - Nursing  
Abalene Stull - 4 Years - Nursing  
Morgan Van Hoose - 2 Years - Activities  
Ken Watkins - 9 Years - Information Technology  
Rick Wilson - 23 Years - Administrator

### *Anniversaries*

- 2 Cynthia & Douglas Greig

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

## *Arbutus Park Star - Advantage Care*

Each month, a resident is selected by our therapy department to be the 'Arbutus Park Star' of the month. This month we are making a change. There is not one star but over 100+ stars. "Who are these stars and why are there so many?" you might be asking yourselves. The stars are each and every one of the individuals that live here at Arbutus Park Manor. The stars are you the residents. Because of an unprecedented global event, you have been forced to give up visits with your families, friends, appointments at the beauty/hair shop, and interactions with each other in the dining rooms.

The staff from all departments have become your families and your support system. You have been understanding and supportive with little complaints for the measures being taken to protect you and to help keep you and the staff as safe and healthy as possible. No one has liked what is happening to any of us from the corona virus.

So after you read this, look in the mirror. What you will see is just one of the many stars at Arbutus Park. For it is all of the residents that we honor this month!

# Amy's Recipe of the Month

## Restaurant-Style Zuppa Toscana (Creamy sausage and potato soup)

### Ingredients:

- 2 potatoes, cut into 1/4 inch slices
- 3/4 cup chopped onion
- 6 slices bacon
- 1/2 teaspoons minced garlic
- 2 cups kale, washed, dried and shredded
- 2 tablespoons chicken soup base
- 1 quart water
- 1/3 cup heavy whipping cream
- 1 (16 oz) package of smoked sausage



### Instructions:

- 1) Preheat oven to 300 degrees.
- 2) Place sausage links onto a sheet pan and bake for 25 minutes, or until done. Cut links in half lengthwise, then cut at an angle into 1/2-inch slices.
- 3) Place onions and bacon slices in a large saucepan and cook over medium heat until onions are almost clear. Remove bacon and crumble. Set aside.
- 4) Add garlic to the onions and cook an additional 1 minute. Add chicken soup base, water, and potatoes, simmer 15 minutes.
- 5) Add crumbled bacon, sausage, kale, and cream. Simmer 4 minutes and serve.

## Auxiliary Doings

Is there anyone who isn't ready to turn the calendar to a new year? How wonderful for all of us to be able to share the hope of better days ahead!

While the Auxiliary has been rather dormant through most of 2020, we are still here...making plans for 2021. As soon as it is deemed safe, we will return with luncheons, bazaars, holiday parties, and good times and memories for all.

If you have any questions or comments about the Auxiliary or its functions, please call our President, Judy, at the number below. She is so dedicated to seeing that the Auxiliary does well, and is always happy to talk to anyone individually about our mission.

The officers for 2021 are as follows:

President: Judy Eppley 322-5344

Vice President: Lois Gilbert

Secretary: Wanda Keller

Asst. Secretary: Connie McClain

Financial Coordinator: Kristine Olsen

Asst. Financial Coordinator: Barbara Bird



# Facts about COVID-19 Vaccines from CDC

Because the supply of COVID-19 vaccine in the United States will be limited at first, CDC recommends that initial supplies of COVID-19 vaccine be allocated to healthcare personnel and long-term care facility residents. CDC made this recommendation on December 3, 2020, and based it on recommendations from the Advisory Committee on Immunization Practices (ACIP), an independent panel of medical and public health experts.

Now that there is an authorized and recommended COVID-19 vaccine in the United States, accurate vaccine information is critical.

## **FACT: COVID-19 vaccines will not give you COVID-19**

None of the COVID-19 vaccines currently in development in the United States use the live virus that causes COVID-19. There are several different types of vaccines in development. However, the goal for each of them is to teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity.

It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick. This is because the vaccine has not had enough time to provide protection.

## **FACT: People who have gotten sick with COVID-19 may still benefit from getting vaccinated**

Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before. At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long. We won't know how long immunity produced by vaccination lasts until we have a vaccine and more data on how well it works.



## **FACT: Getting vaccinated can help prevent getting sick with COVID-19**

While many people with COVID-19 have only a mild illness, others may get a severe illness or they may even die. There is no way to know how COVID-19 will affect you, even if you are not at increased risk of severe complications. If you get sick, you also may spread the disease to friends, family, and others around you while you are sick. COVID-19 vaccination helps protect you by creating an antibody response without having to experience sickness.

## **FACT: COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests**

Vaccines currently in clinical trials in the United States won't cause you to test positive on viral tests, which are used to see if you have a current infection. If your body develops an immune response, which is the goal of vaccination, there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

# *Arbutus Park Snapshots*

Row 1 & 2: Elf on Campus!

Row 3 & 4: Manor Cookie Thursdays!

Row 5: Holiday Spirit on Crossroads



Have you 'liked' us on Facebook?

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

[Facebook.com/ArbutusParkRetirementCommunity](https://www.facebook.com/ArbutusParkRetirementCommunity)

# Arbutus Park Snapshots

Our long-time partnership of kindness and generosity with Pepsi Co of Johnstown continues!  
With treat bags for both residents and front-line staff, we appreciate you!



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# Message from Pastor Hollis

Dear Friends and Family,

An instructive passage of Scripture as we enter a new year is Joshua 3:1-4: *Bright and early the next morning Joshua and the Israelites left Shittim and came to the Jordan. They camped there before crossing the river. After three days the leaders went through the camp and commanded the people: "When you see the ark of the covenant of the Lord your God being carried by the Levitical priests, you must leave here and walk behind it. But stay about 3,000 feet behind it. Keep your distance so you can see which way you should go, for you have not traveled this way before."* (New English Translation).

We haven't traveled this way before. Never before in your lifetime or mine have we seen the country facing so many troubles at one time—a pandemic, shut downs causing businesses to fail, bitter political division, rioting, looting, burning, people in nice clothes and pretty cars waiting for hours in line for food, and children prevented from going to school. This is uncharted territory. How do we find our way?

We keep our eyes on the Ark of the Covenant and we follow. The Shekinah, the glorious Presence of God rested on the lid of the Ark. The Ark was the symbol of the fact that God was with them. They didn't need to fear. The Almighty, the Most High, the Creator of heaven and earth was determined to give them victory.

What does it mean to us today to keep our eye on the Ark? Is the glorious Presence in our midst? We read in John 1:14: *The Word became a human being and lived with us, and we saw his Sh'khinah, the Sh'khinah of the Father's only Son, full of grace and truth.* (Complete Jewish Bible). Jesus, Emanuel, God with us was the very embodiment of the Shekinah. And Jesus wants us to live in His glory. Speaking of the Spirit, He said in John 14:17: *But you do know Him, because He remains with you and will be in you.* If we pay attention to the Word, remain faithful in prayer and listen for the voice of the Chief Shepherd, we will know how to navigate these "perilous times" that Paul, writing in 2 Timothy 3:1, said would come.

Above all, never allow yourself to live in fear. Jesus said in Luke 12:32: *Don't be afraid, little flock, because your Father delights to give you the kingdom.* When it looks like things are falling apart, remember that He said in Luke 21:28: *But when these things begin to take place, stand up and lift up your heads, because your redemption is near!"*

Love and Shalom,  
Chaplain John Hollis



ARBUTUS PARK RETIREMENT COMMUNITY  
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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](mailto:kroberts@arbutusparkmanor.com)

