

**DECEMBER  
2022**



# Arbutus Park

## RETIREMENT COMMUNITY

### Pathways

Monthly Newsletter

**NOW HIRING  
FT & PT**

Dietary  
Activities  
RN  
LPN  
CNA

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EST. 1973  
Faith  
Care  
Compassion

### Saying Goodbye to 2022

May God's blessings shower upon you and bestow upon each of you a bright, healthy, and peaceful new year. God of all time, help us enter the New Year quietly, thoughtful of who we are to ourselves and to others, mindful that our steps make an impact and our words carry power. We look forward to the joys and blessings of 2023 and wish you a happy new year!

### Home for the Holidays

We hope you will join us at our beloved holiday tradition taking place on December 2 and 3. The event features horse drawn carriage rides, pictures and cookies with Santa, the famous train display, vendors, food, musical performances, and the cottage decorating contest. Complete details are located inside this newsletter and at [arbutusparkmanor.com/h4h](http://arbutusparkmanor.com/h4h)

### Project Porch Thanks You!

From April to November, our cottage community donated \$1,320 in cash donations and over 5,150 pounds of food to the St. Vincent DePaul Pantry, Greater Johnstown Christian Fellowship Pantry, and the West End Food Pantry. Thank you for your generosity and to the leadership of the drive- we look forward to starting back up in the spring!

### Independent Living Cottages

With a new application process and waitlist structure, we currently have two Patio Homes available. Once a cottage is renovated, we contact our waitlists for touring before advertising them online. If a cottager makes a referral, they receive one month maintenance FREE upon the move-in.



Arbutus Park  
Retirement Community  
207 Ottawa Street  
Johnstown, PA 15904

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

(814) 266-8621



## Celebrations

### DECEMBER BIRTHDAYS

- 1 Shirley Kissell
- 1 Margaret Mathias
- 3 Janet Matten
- 4 Mary Hall
- 5 Marilou Daniels
- 5 Audrey Hunt
- 5 Tom Sigmund
- 7 Evelyn Cable
- 8 Carolyn Albus
- 10 Doris Thomas
- 17 Anne Trenchard
- 20 Cheri Haynes
- 21 Lucinda Custer
- 22 Mary Louise Landis
- 26 Josephine Stumpo



### DECEMBER WEDDING ANNIVERSARIES

December 17 - Bob & Shirley Wertz

### EMPLOYEE WORK ANNIVERSARIES

- Antoinette Marie Bridges - Dietary - 41 Years!
- Kerri Sanders - Dietary - 40 Years!
- Kathy Gertz - Nursing - 15 Years
- Justine Ling - Personal Care - 7 Years
- Patricia Morgart - Health Information - 7 Years
- Kayla Lloyd - Nursing - 4 Years
- Dolores Berkey - Central Supply - 2 Years
- John Onderko - Maintenance - 2 Years
- Ciji Walker - Personal Care - 2 Years
- April Deitke - Nursing - 1 Year
- Jon Estes - Chaplain - 1 Year
- Randall Geiser - Maintenance - 1 Year
- Jason Golloway - Nursing - 1 Year
- Morgan Kush - Nursing - 1 Year
- Kara Spanko - Nursing - 1 Year

## Auxiliary Doings

### We are here to help!

The Arbutus Park Manor Auxiliary is pleased to be one of the vendors at the Home for the Holidays celebration on December 2 and 3 in the Community Room. Among Christmas decorations, home-made, things, jewelry and many other items they will be offering, guests can purchase gift certificates for the Manor Gift Shop. What a nice way to say Thank You to a caregiver, resident, family, or friend. You also don't want to miss the 'Everything is only \$1.00!' table. The Auxiliary will be offering pizza, subs, hot dogs with all the "fixins," and more at the Mrs. Claus Cafe which will be located just off the sunporch.

And, NO! It's not too early to start a "gathering box" for Flea Market donations. When you find things in your home that you no longer need or want, simply drop the items into the box. When the box is full, just call Judy at 814-322-5344 to make arrangements for your donations to be placed in the Flea Market for the 2023 season. Any used clothing can be placed in the convenient big red box just outside the maintenance area of the Manor.

All money that is raised by the Auxiliary goes to help the residents of the Manor. Thanks for helping us carry on our mission. New members are always welcome! Merry Christmas!

*Thank You for your hard work and dedication, we appreciate you being part of our team!*





# Advantage Therapy

## Star of the Month

The Arbutus Park Star for December is Edna Glass! Edna joined us in August after suffering a severe, right-sided stroke in July that left her with left sided weakness and the inability to walk and take care of herself. The day of her stroke, Edna was on the first floor of her home and was able to crawl her way up the stairs to yell out to her daughter for help.

When Edna arrived at Arbutus Park, she had no active motion of her left arm or left leg, and she was unable to complete her activities of daily living or walk. She completed skilled therapy for one month with PT, OT, and ST before she was discharged and picked up under Part B therapy. Edna is very strong willed, and with her determination and drive, she began to gain back movement in her left arm and left leg. Edna is now walking up to 250 feet using a hemi-walker with minimal assistance. She is able to go up and down four steps using one handrail on the right side with minimal assistance. She is also able to assist with her activities of daily living. Edna is now able to move her left leg in all planes and has some motion in her left arm. Edna's ultimate goal is to be able to go back home with her daughter, and she works towards that goal every single day.

Edna was chosen as the Star of the Month because she gives it 150% all day every day in therapy and on her own to regain her strength and independence in the hopes to make it back home. Great Job Edna. Congratulations on a job well done and keep up the good work!



## Recipe of the Month

### Baked Brie in Puffed Pastry

Warm Brie is always a hit and the presentation is a lovely centerpiece for your table. Serve with crisp fruit infused crackers, apples, pears, and grapes.

#### Ingredients

- 1/2 (17.5) Package of frozen puff pastry thawed
- 1 (8oz) Wheel of brie cheese
- 1 cup of cranberry sauce
- 1/4 cup sliced almonds

#### Instructions

- 1) Preheat oven to 350 and lightly grease a 9 inch pie pan.
- 2) Slice the Brie in half, horizontally, so that the halves are two, flatter wheels of Brie. Lay the puff pastry in the pie pan. Place half of the Brie (rind-side down) onto the pastry dough. Top with cranberry sauce. Sprinkle almonds evenly over the top. Place the other half of the Brie (rind-side up) over the almonds. Bundle the pastry dough around the Brie.
- 3) Bake for 15 to 20 minutes. Let cool for 5 minutes before serving. Top with springs of rosemary, extra almonds and cranberries.





# Cottage Reminders for Winter

Important reminders when it comes to campus snow removal and 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 Manor 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 ten 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 will do everyone's driveway first so you are able to get out. The sidewalks will be cleared as time permits. If there is a car in the driveway, we are unable to plow it.
- 5) If you have an early morning medical appointment and a major snowstorm is expected overnight, please call our grounds department at 814.262.2168 so they can make your driveway a priority. A 24 hour notice is requested.
- 6) If your heat is out due to a power shortage, please contact us and we will transport you to our Community Room. The Manor has an emergency generator and should always have heat.



## Arbutus Park Deck the Halls



**WE EARN 15%**

*Supporting our fundraiser is easy...  
Simply decorate your home or send  
an elegant evergreen gift!*



### SUPPORT OUR CAUSE

- 1 Visit [www.lynchcreekfundraising.com/c/300429](http://www.lynchcreekfundraising.com/c/300429)
- 2 Click on a product category or Shop Online
- 3 Choose a Team Member to support (if applicable)
- 4 Click Shop Now to give back 15% of your purchase!



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PREFER TO ORDER BY PHONE? CALL 1-888-426-0781 AND REFERENCE CAMPAIGN #300429



# Cottager News & Notes

## Cottage Dinners

The monthly Cottage Dinner will be on **Tuesday, December 13** at 5 pm in the Manor Community Room. RSVP due to Kurt by *December 6th*. Baked ham, sweet potato casserole, green bean casserole, peppermint cheesecake, and tossed salad. The \$10 dinner charge will be added to your monthly statement. *\*The dinner could evolve to a drive-thru or delivery based on Manor COVID protocols. (Delivery is available.)*

Based on feedback, the 2023 dinners will move back to the **first Monday of the Month**. A firm RSVP will be needed one week in advance for Dietary to order food and set the room.

**2023 Dates: January 9:** Baked fish, redskin parsley potatoes, baked corn, coleslaw, and Boston cream pie. *RSVP by Jan 2.*  
February 6, March 6, April 3, May 1, June 5

# 2023

## Disclosure Statement Update

The PA Insurance Department requires us to file an annual disclosure statement. The most recent copy is available at the Business Office Monday – Friday from 8:00 am – 5:00 pm.

## Johnstown Tomahawks Hockey

Our next Tomahawks game will be Friday, December 9. \$10 ticket with RSVP due to Kurt by December 2. Bus leaves the sunporch at 6:30 pm.



## Ugly Sweater Potluck Luncheon

Join us for an Ugly Sweater potluck luncheon on December 8 at 11am at the Community Center on Nadona. Prizes will be awarded for the ugliest sweaters. Like the recent 'Friendsgiving' join us for great food and fellowship- just prepare a covered dish of your choice and RSVP to Kurt by December 5.



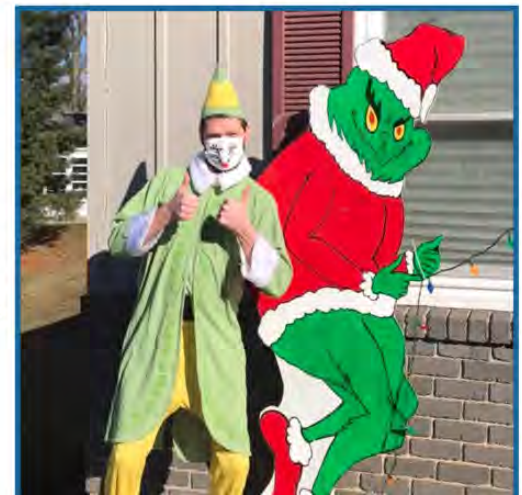
## Deck the Doors Competition

Independent Residents, show us your holiday spirit! Decorate your doors, porches, and yards! Register your cottage for the contest by calling Kurt at 814.262.2150. Registration ends December 5. We will take photos of your cottage December 13 after the cottage dinner. Voting will take place on our Facebook page starting December 14. Voting ends at midnight on Dec 21, with winners announced the next day.

*1st Place: One month FREE maintenance*

*2nd Place: FREE Cottage Dinners for 2023 (11)*

*3rd Place: FREE Brunches for 2023 (10)*





# Captured Moments

## Cottage 'Friendsgiving'

Follow us on Facebook for more photos!

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



## Veterans Day Breakfast with Senator Wayne Langerholc, Jr.



## Cottager Veteran Pie & Ice Cream Social



## Setting up Trains!





# Home for the Holidays

**Schedule of Events:** All events are located on the 1st Floor of the Manor.

Events are Friday, December 2 10-3pm and Saturday, December 3 10-2pm unless noted.

**Mrs. Clause's Café:** Beverages, Pizza, Subs, and Snacks- hosted by the Arbutus Park Auxiliary and located in the Private Dining Room/Personal Care Dining Room.

**North Pole Shopping:** A wide variety of vendors: everything from jewelry, crafts, antiques, and more! Located in the Community Room.

**Vendors:** Clay Earrings from Erica Farabaugh, Various Handmade Items from Lori Tomak, Candles & Scents from Pink Zebra, Christmas Stars from Marge Mathias, Cookies from Hey Sugar, Wreaths & Door Hangers from Karen Spence, C & C Crafters, Baked Goods from Custom Cakes & Cookies of Bedford St, APM Auxiliary, and Martella's Pharmacy

**Christmas Town Train Display:** Friday and Saturday along with 1:00-3:00pm on December 4, 6, 9, 11, 14, 17, 19, 22, 24, 26, 28, 30, and January 1. Masks are required, temperatures checked upon entry. Public enters via the double doors to the Community Room from the parking lot. Trains located in the Community Room.

**Carriage Rides:** Saturday Only, from 11am-2pm on the Personal Care Portico along the front of the Manor.

**Hot Chocolate Bar:** Located on the Manor sunporch, purchase and customize your hot cocoa!

**Pictures and Cookies with Santa:** Stop by the Arts & Crafts room for a printed photo with Santa, and cookies! Pictures will also be shared in an album on our Facebook page afterwards.

**Elf's Workshop:** Children's crafts located in the Personal Care 'Blue Room.'

## Entertainment:

Manor Bell Choir: Friday 1:30pm in the Manor lobby.

Jackie Kopco: Friday 10am-12pm in the Manor lobby.

Mount Calvary Choir: Saturday 11am in the Manor lobby.

**Light-Up Night:** Join us at 6:30 pm Friday the 2nd on the Mound as we count down and flip the switch on the campus holiday lights!

**Deck the Doors Competition:** Our cottage community goes all out in a competition for prizes, striving for the most votes on our Facebook page album. Located on Wesley Drive, Otterbein Lane, Canterbury Way, Nadona Ave, Jacob Albright Drive, and Kissell Lane.





ARBUTUS PARK RETIREMENT COMMUNITY  
207 Ottawa Street  
Johnstown, PA 15904

Return Service Requested



For questions or comments about Pathways,  
email [kroberts@arbutusparkmanor.com](mailto:kroberts@arbutusparkmanor.com)

# Christmastown

# Train Display 2022

December 4, 6, 9, 11, 14, 17, 19, 22, 24, 26, 28, 30  
January 1 Last Day!

1:00-3:00pm. Masks required. Guests will have temperature taken upon entry.  
Enter through the double-doors of the Community Room, NOT the main  
entrance. There will be signage.

207 Ottawa Street, Johnstown, PA 814.266.8621 [arbutusparkmanor.com/h4h](http://arbutusparkmanor.com/h4h)

