

**DECEMBER  
2023**



# Arbutus Park

## RETIREMENT COMMUNITY

### Pathways

Monthly Newsletter  
Celebrating 50 Years!

**NOW HIRING  
FT & PT**

Dietary  
Activities  
RN  
LPN  
CNA

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EST. 1973  
Faith  
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Arbutus Park  
Retirement Community  
207 Ottawa Street  
Johnstown, PA 15904

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

(814) 266-8621

### As 2023 Draws to a Close...

We would like to thank everyone for a special year on campus - celebrating 50 years of faith, care, and compassion as one of the few independent, faith-based, non-profit care communities in the area and being honored with 'Simply the Best!' We appreciate everyone who makes our community so special, and look forward to a stellar 2024 on campus!

Happy New Year! - Chad & Kurt



### Holiday Entertainment

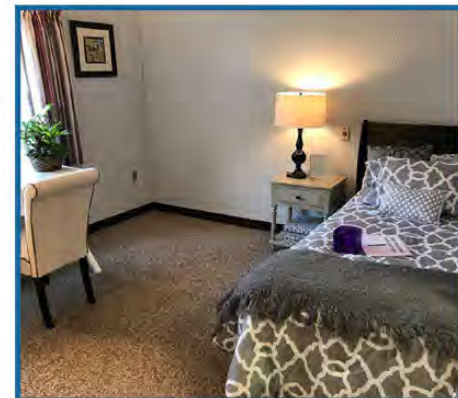
We welcome our community to come enjoy holiday entertainment this month!

- 7 -Divine Mercy 9:45am (Chapel)
- 8 -Walt & Jackie 10:00am (Lobby)
- 8 -Swigle Mtn Brass Quintet 1:30pm (Lobby)
- 9 -Westy Choir 11:00am (Lobby)
- 11 -Fast Eddy 1:30pm (Chapel)
- 18 -Richland Chorus 10:00am (Chapel)
- 29 -Tom Voytas 1:30pm (Chapel)



### Personal Care Availability

We currently have availability in our award winning Personal Care. PC is a wonderful option for those who seek to continue an active lifestyle who also want the security of knowing that 24-hour care is nearby whenever assistance is needed. Each private room features a private bath, call bell and safety features, cable tv, and internet. Enjoy great meals, activities, quality care, and fellowship!



### Independent Living Cottages

We currently have multiple openings being presented to our waitlists! After renovation is complete, 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. Call Amy at 814-262-2150 for more information.



## Celebrations

### BIRTHDAYS

- 1 Margaret Mathias
- 3 Janet Matten
- 5 Audrey Hunt
- 5 Tom Sigmund
- 7 Evelyn Cable
- 8 Carolyn Albus
- 10 Doris Thomas
- 12 Rose Karmanocky
- 17 Anne Folan
- 17 Nancy Sell
- 20 Cherie Haynes
- 21 Lucinda Custer
- 21 Linda Pucci
- 22 Mary Louise Landis
- 22 Robert Petry
- 23 Richard Mostoller



### EMPLOYEE WORK ANNIVERSARIES

- Toni Bridges - Dietary - 42 Years
- Kerri Sanders - Dietary - 41 Years
- Kathy Gertz - Nursing - 16 Years
- Kayla Lloyd - Nursing - 16 Years
- Justine Ling - Personal Care - 8 Years
- Pat Morgart - Medical Records - 8 Years
- Doe Berkey - Purchasing - 3 Years
- John Onderko - Maintenance - 3 Years
- Ciji Walker - Personal Care - 3 Years
- Jon Estes - Chaplin - 2 Years
- Zeke Geiser - Maintenance - 2 Years
- Morgan Kush - Nursing - 2 Years
- Rylee Jade Griffin - Nursing - 1 Year
- Georgina Kamenya - Nursing - 1 Year
- Crystal Marchu - Nursing - 1 Year
- Elizabeth McClemens - Nursing - 1 Year
- Juanita Morales - Nursing - 1 Year

*Thank you for your hard work and dedication.  
We appreciate you being part of our team!*

## From the Auxiliary

Thanks to our wonderful volunteers we are pleased and proud to announce that Arbutus Flea Market made a total of \$19,643 this summer. All proceeds benefit APRC Manor. The Flea Market has also become a meeting place in our community, fostering fellowship and spreading good will for those of us who live here and in the Richland/Johnstown area.

The Flea Market closed at the end of October and plans to open again on May 14, 2024. Hours will be Tuesday, Thursday, and Saturday, 11 am - 2 pm - Mark your calendars! Lots of new items continue to pour in and Judy Eppley and her loyal staff are busy refreshing and rearranging all 10 rooms for a fresh start next year. Donations will continue to be accepted between now and May. Anyone with special needs or making donations during winter months can contact Judy at 814-322-5344.

Check out the Auxiliary case in the Manor Sunporch! There is an eclectic array of treasures to choose from. Thanks to George and Lorraine Zitnay, the case will be changed periodically during winter months.

We are grateful for the time and efforts of our volunteers and are dedicated to continuing Lois Gilbert's legacy. We are always accepting new Auxiliary members. Contact Judy or myself. It's a great way to give back to APRC!

*-Pat Hilbrecht, Auxiliary President*

## Advantage Therapy

### Star of the Month

The Star for December is Betty Roth. She joined us for further care and therapy after being in a diabetic coma and having a stroke. After sustaining the stroke, Betty had difficulty with her swallowing and chewing function. Upon admission, Betty was consuming a pureed diet texture with honey thickened liquids, and she had a tube feeding also being placed to assist with maintaining adequate hydration and nutritional needs. After completion of strengthening exercises to maximize her swallowing function and use of compensatory swallowing strategies when eating and drinking, Betty is now currently eating a regular diet and drinking regular liquids with no difficulty.

Betty also presented with a moderate to severe memory impairment after her stroke. Betty used compensatory memory strategies to assist with maximizing her memory recall skills. Betty is currently presenting with no difficulty with memory recall skills. Betty also participated in completing Occupational and Physical therapies after her stroke and is now independent with higher level activities of daily living. She is also walking independently throughout the facility with a wheeled walker. Betty has demonstrated exceptional progression of goals with all the therapies she completed. We are blessed and happy to have Betty as part of our Arbutus Park family!



## Recipe of the Month

### Slow Cooker Brisket

Simple and delicious for a special holiday dinner. Serve with Garlic Mashed Potatoes and a salad for a delicious, simple meal that will WOW!

#### Ingredients

(Serves 4)

- 1 (3 pound) Beef Brisket
- 1 (12 ounce) bottles Chili Sauce
- 1 (1 ounce) envelope of Dry Onion Soup Mix
- 2 teaspoons Garlic Powder

#### Instructions

- 1) Place brisket into a slow cooker.
- 2) In a medium bowl mix together the Chili Sauce, Onion Soup Mix, and Garlic Powder.
- 3) Pour over the Brisket and cover.
- 4) Cook on low setting for 8 to 10 hours.
- 5) Slice Brisket against the grain and pour the gravy over the slices and serve.



## Cottage Campus 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.



## Manor Christmas Plans for Residents

Last year's 'Sweater Tree' was a great success, thank you to all those who picked out a holiday sweater for a resident! This year we are doing a 'Snack Tree.' Our residents sure love their snacks! The tree will be right inside the automatic doors heading into the lobby from the sunporch. The tree will have ornaments with snack ideas on the back for the residents. Simply take an ornament with whatever snack you would like to bring in, and return it by December 11. We've had a wonderful response so far - thank you!

Here's a few examples of what we are asking for...Christmas individually wrapped candy, vendor size potato chips or cheese curls, individual pudding cups, snack size cookie packs such as oreos, chocolate chip, nutter butter, Andes chocolate mint candy, soft peppermints, individual applesauce cups, tasty cakes or Little Debbie's lunch cakes. Our plan is to fill a Christmas box full of snacks for each resident in both the skilled units and Personal Care. Thank you!



-Melinda Frye, Activities Director

# Cottager News & Notes

## Cottage Dinner

The next monthly Cottage Dinner will be on **Monday, December 4** at 5 pm in the Manor Community Room. December Menu: Baked ham, sweet potatoe casserole, green bean casserole, tossed salad, cheesecake, cookies, punch. *RSVP were due November 27.* The January dinner is Monday, January 8 with an RSVP of January 1. January Menu: Baked fish, red skin parsley potatoes, baked corn, cole slaw, chocolate cream pie. *Delivery is currently available.*

Dinners are held the first Monday of the month. A firm RSVP is needed one week in advance, sometimes before Pathways arrives. The \$12 dinner charge will be added to your monthly statement. We require a 24 hour notice on cancellations. No-shows will be billed for the meal.

## Planning for 2024

**Cottage Dinners:** Jan 8, Feb 5, Mar 4, Apr 1, May 6, June 3.

**Cottage Brunch:** Jan 17, Feb 21, Mar 20, Apr 17, May 15, June 19, July Family Picnic, Aug 21, Sept 18, Oct 16, No Nov/Dec.

*While we do not generate any income from the dinner/brunch, we anticipate holding the \$12 cost at this time.*

## Ugly Sweater Potluck Luncheon

Join us for an Ugly Sweater potluck luncheon on December 12 at 12pm at the Community Center on Nadona. Prizes will be awarded for the ugliest sweaters. Join us for great food and fellowship- just prepare a covered dish of your choice and RSVP to Amy by December 7.

## Deck the Doors

Our cottage community goes all out in a competition for prizes, striving for the most votes on our Facebook page album and a special 'Cottagers Choice' internal award. Located on Wesley Drive, Otterbein Lane, Canterbury Way, Nadona Ave, Jacob Albright Drive, and Kissell Lane. To participate in the friendly competition, register with Amy by **December 8th**. *Photos will be taken the 8/9th.* Voting on Facebook will take place **December 10 through 17**. Included in your Pathways is a cottager-only ballot for the new 'Cottagers Choice' award! Submit it to the Community Center on Nadona by December 15th. Winners announced Tuesday, December 19.

**1st Place** One month free association fee  
**3rd Place** Free Cottage Brunch for 2024 (10)

**2nd Place** Free Cottage Dinners for 2024 (11)  
**'Cottagers Choice'** \$50 Gift Card



# Captured Moments

Pitt-Johnstown Fraternity Decorates the Mound!

Follow us on Facebook for more photos!

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



Crossroads Nail Care with 365 Hospice!



Cub Scouts on Campus!



Putting Together the Train Display!



## *From Pastor Jon*

### **Christmas, my favorite time of year...**

As the holiday season approaches, I would like to take a moment to reflect on the true spirit of Christmas and its significance in our lives. Christmas is a time of joy, peace, and reflection, offering us an opportunity to come together as a community and celebrate the birth of Jesus Christ.

In this season of love and giving, we want to remind our wonderful Arbutus Park family that you are cherished members of our community. Your wisdom, experience, and presence bring immeasurable value to our lives. As we celebrate this special time of year, let us embrace the true essence of Christmas by focusing on faith, family, and gratitude.

**1. Rediscovering Faith** - Christmas is a great time for spiritual renewal and reconnection with our faith. Take time to attend local church services or participate in virtual worship sessions from the comfort of your home. Engage in prayer and gratitude as you remember the blessings that have been given to you throughout your life.

**2. Cherishing Family** - Gather with loved ones – whether it be your parents, children, grandchildren, or close friends – take time to create cherished memories together. Share stories from your past Christmases or engage in festive activities that bring joy to all generations. Let the warmth of family love surround you during this special time.

**3. Acts of Kindness** - Christmas is also an ideal occasion to spread kindness within our communities. Consider volunteering at local charities or reaching out to neighbors who may be alone during this season. Small gestures can make a significant impact on someone's life and help foster a sense of unity within our community.

**4. Cherishing Traditions** - Embrace timeless traditions that hold a special place in your heart during this festive season. Decorate your home with symbols of Christmas such as nativity scenes or adorned trees filled with ornaments collected over the years. Engage in traditional activities like baking cookies, singing carols, or watching classic Christmas movies.

**5. Gratitude and Reflection** - Take a moment to reflect on the blessings that have graced your life this past year. Express gratitude for the gift of another Christmas and the precious moments shared with loved ones. Embrace the opportunity to slow down, appreciate the present moment, and find joy in the simple pleasures of life.

As we enter this joyful season, let us remember that Christmas is not merely about material gifts but rather the celebration of love, hope, and faith through Jesus Christ. May this Christmas bring you renewed strength, happiness, and a deep sense of peace.

Wishing you the best Christmas ever,  
Pastor Jon



# Home for the Holidays 2023

Friday, December 8 10-3  
Saturday, December 9 10-2



We hope you will plan to join us for a beloved campus holiday tradition!

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

Events are Friday, December 8, 10-3pm and Saturday, December 9, 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: jewelry, crafts, antiques, and more! Located in the Community Room. Vendors below:

1. Auxiliary Goods and Gift Wrapping
2. SEADS Garden Center
3. Erica Farabaugh - Jewelry
4. Nichele Bennett - Color Street Nails & personal care products
5. Dolly's Aprons
6. Linda Riddle and Westmont Quilters
7. A Cut Above - Stained glass, and home decor
8. Trish Shaffer - Mary Kay
9. Tastefully Simple
10. Scentsy - Candles and Home Fragrance
11. Susan Costlow - Crochet items
12. Janets Hands - Crochet toys
13. Diamond Art by Karen
14. BAB Customs and Designs - Custom laser engraving
15. Polish Star Ornaments - Marge Mathias



**Christmas Town Train Display:** 1-3pm Nov 26,29 Dec 1,3,5,8,9,12,15,17,19,23,26,29 Jan 1

Located in the Community Room.

**Carriage Rides:** Saturday 10:30am-1:30pm, on the PC 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 Personal Care 'Blue 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 'Pepsi Room' on Saturday.

#### Live Entertainment:

- Manor Bell Choir: TBA in the Manor lobby.
- Walt & Jackie: Friday 10am in the Manor lobby.
- Swigle Mountain Brass Quintet: Friday 1:30pm in the Manor lobby.
- Westy Choir: Saturday 11am in the Manor lobby.

**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 from Dec 10-17 and a special 'Cottagers Choice' internal award. Located on Wesley Drive, Otterbein Lane, Canterbury Way, Nadona Ave, Jacob Albright Drive, and Kissell Lane.