

OCTOBER
2024

NOW HIRING
FT & PT

Dietary
Activities
RN
LPN

Learn More & Apply
Online at
arbutusparkmanor.com/careers

EST. 1973
Faith
Care
Compassion



Arbutus Park
Retirement Community
207 Ottawa Street
Johnstown, PA 15904
arbutusparkmanor.com

(814) 266-8621



Arbutus Park

RETIREMENT COMMUNITY

Pathways

Monthly Campus Newsletter
Celebrating 51 Years!

Vendors Wanted!

Our annual 'Home for the Holidays' returns to campus December 6 and 7- including the trains! Look forward to the full details and line-up in the next issue of Pathways, and we are currently looking for a few more vendors for the event! Vendors need to attend both days (Fri 10-3 & Sat 10-2) and can learn more by contacting the Community Affairs office at 814.262.2150.



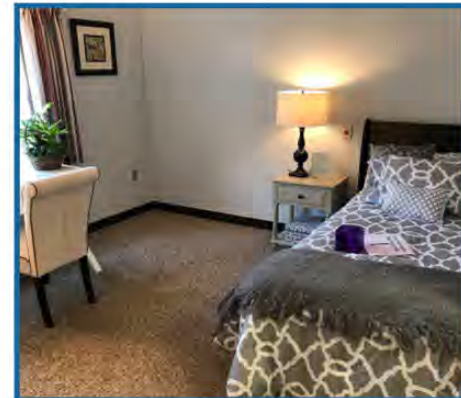
Johnstown Tomahawks

We are excited to continue our sponsorship of the Johnstown Tomahawks hockey team for the 24-25 season! The Hawks face the Maine Nordiques in the October 4/5 home opener weekend at 1st Summit Arena. We look forward to announcing ticket giveaways to our staff and cottage community. Our friend Chopper will be stopping by Home for the Holidays in December.



Personal Care Availability

We currently have availability in our 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 - respite care also available!



Independent Living Cottages

We currently have only two 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 Kelsey at 814.262.2150 for more information.



Celebrations

OCTOBER BIRTHDAYS

- 2 Maureen Hoffman
- 2 Margaret Uzelac
- 8 Luke Weimer
- 11 Carol Sypolt
- 12 Robert Bombach
- 13 Vivian Donia
- 19 Deb Bonski
- 20 Norie McGowan
- 21 Doris Civis
- 21 Alan Fyock
- 29 Mary Yeager
- 30 Frank Burkhard
- 31 Jane Miller



EMPLOYEE WORK ANNIVERSARIES

- Esther Varner - Dietary - 45 Years
 - Loretta Ozeck - Personal Care - 43 Years
 - Patricia Utnik - Nursing - 43 Years
 - Theresa Wills - Nursing - 11 Years
 - Tyler Gordon - IT - 8 Years
 - Cortney Holder - Nursing - 6 Years
 - Lori Tomak - Nursing - 6 Years
 - Brandy Bier - Nursing - 3 Years
 - Brian King - Nursing - 1 Year
 - David Marks - Nursing - 1 Year
 - Justus Mwariri - Nursing - 1 Year
 - Britney Roberts - Nursing - 1 Year
 - Juli Sanders - Personal Care - 1 Year
 - Hannah Timcik - Nursing - 1 Year
- Thank you for your hard work and dedication!
We appreciate you being part of our team!*



From the Auxiliary

The Auxiliary is selling the 'Friends Helping Friends' Boscov's shopping passes again this year. The cost is only \$5.00. Shop on Tuesday, October 22 and receive 25% off most purchases. Your \$5.00 helps us support the residents of our Manor. Passes are available at the Manor Business Office or through any Auxiliary member. Special thanks to Mary Ann Shull for coordinating. See you at Boscov's October 22nd!

Thank you to everyone who supported the Flea Market this season! We look forward to announcing this years total shortly!

-Pat Hilbrecht, Auxiliary President



Advantage Therapy

Star of the Month

Joanne is the Star of the Month for October! Joanne has overcome the odds as she pushed through her struggles and medical issues, showing the true strength that she has. She would add with a chuckle, saying, *"I'm an Italian woman, and we are as stubborn as they come"*.

She came to us for short-term rehab after being in the hospital. Joanne says, *"I died, and they brought me back. Now I need to get better and make it worth it!"* Through the teamwork of everyone involved, including therapy, nursing, her doctors, and the support of her family, she was able to push through and make gains towards her goal to return to home.

Her home evaluation with therapy went well, and she was able to return to home. Great job, Joanne! We're all so proud of the hard work that you put in with your therapy sessions, sometimes with a little extra push, so you could reach your goals! You'll always be a part of the APRC family!





A Different Approach To Fall...

One of the beautiful aspects of our campus is the large and plentiful trees across the community. They provide shade, greenery, and beauty through the summer and fall seasons -but also leave A LOT of leaves to clean up! Traditionally, our grounds crew has been tasked with raking, collecting, and vacuuming a seemingly endless barrage of leaves. This fall, we are taking a more environmentally friendly approach! In consultation with the PA Department of Environmental Protection, Penn State Extension, and Michigan State University, we plan to extend our mowing season not for the grass, but for the leaves!

According to MSU turf specialists, simply mowing over fallen leaves is a smart gardening practice that adds a natural source of nutrients to your lawn that will make it healthier. A healthier lawn is more resilient to weeds, insects and diseases, and requires less water inputs. Each year over 10 million tons of yard debris end up in landfills, accounting for 7.2% of landfill waste. We look forward to being more environmentally friendly and enhancing your yards naturally!



Join us for a No-Fall Frenzy

with
 **AdvantageCare**[™] &  *Arbutus Park*
RETIREMENT COMMUNITY

As the colder months approach, it is important that your home and health are in top shape! Join us for the next installment of our Speaker Series dedicated to helping you and/or your loved ones stay safe during the fall and winter months!

Angela from AdvantageCare will highlight:

Home Safety Tips

Learn practical strategies to prevent common fall/winter hazards and maintain a safe and secure living environment.

Short-Term Rehab & Therapy at Arbutus

Explore our in-house short-term rehab and therapy options designed to support your recovery, whether it be from a planned surgery or an unexpected injury.

Mark your Calendar for **October 23rd at 5pm**
in the Community Room at the Manor

Open to the Public • Light Refreshments Provided
Please RSVP by October 18th to 814-262-2150

Cottager News & Notes

Cottage Dinner

The next monthly Cottage Dinner will be on **Monday, October 7** at 5 pm in the Manor Community Room. October Menu: Kolbasi, kraut, hot German potato salad, carrot raisin cake, waldorf salad. Alternate Diet meals are available by request at \$20. *RSVP are due October 1.* The November dinner is Monday the 4th with an RSVP of Monday, October 28. November Menu: Turkey, stuffing, mashed potatoes, corn, cranberry jello salad, pumpkin pie. *Delivery is currently available.* Dinners are generally held the first Monday of the month. An RSVP is needed one week in advance, sometimes before Pathways arrives.

Cottage Brunch

The final brunch of 2024 is Wednesday, October 16. RSVP is due October 9. Held at 10 am in the Manor Community Room. Doors open at 9:45 am. RSVP required. The October brunch will not have an omelette station, but additional offerings in its place. Brunch is open to your friends and family!

2024 Dates

Cottage Dinners: Nov 4, Dec 2. **Cottage Brunch:** No Nov/Dec.
-Friendsgiving Covered Dish: Thur Nov 7 at Noon, Comm Center
-Community Center Ugly Sweater Christmas Party TBA Dec.
 The \$12 dinner/brunch charge will be added to your monthly statement. We require a 24 hour notice on cancellations. No-shows will be billed for the meal.

Special Maintenance/Grounds Weeks

Fall Gutter Week: Campus Wide week of cleaning every raingutter on campus from November 4-8.

Holiday Decor Weeks: We are designating a week in early December and in January in which Maintenance will prioritize getting your holiday decor from your attics and crawlspaces.

Cottage Vaccine Clinic

On Monday, October 14 we are again partnering with Wal-Mart Pharmacy to offer a vaccine clinic. We are excited to be offering both the flu vaccine and the covid vaccine this year in the Manor Community Room. Registration is required, along with the completion of a form, by Tuesday October 8. Please register with Kelsey at 814.262.2150 and have your form turned in to the Community Center or Business Office. The clinic starts at noon, and depending on number of registrations may be split into two groups.



Captured Moments

PumpkinFest!

Follow us on Facebook for more photos!
[Facebook.com/ArbutusParkRetirementCommunity](https://www.facebook.com/ArbutusParkRetirementCommunity)



Batman Day



Personal Care Fall Wreaths



Fall Crafts



From Pastor Jon

Can we find any Biblical lessons from Halloween? *(I think so)*

While Halloween as a holiday has roots in ancient Celtic traditions like Samhain, its modern-day celebration—often involving costumes, trick-or-treating, and scary decorations—doesn't have a direct connection to biblical teachings. However, many Christians reflect on biblical principles during this time, especially about how they engage with the holiday.

Here are a few biblical themes that I can draw out of Halloween:



1. Light vs. Darkness

One of the most prominent biblical themes that can be drawn from Halloween is the contrast between light and darkness. Halloween often involves imagery of darkness, death, and fear, which can be contrasted with the Bible's emphasis on God as the source of light and life. Verses like John 1:5 The light shines in the darkness, and the darkness has not overcome it remind Christians that light (truth, goodness) always triumphs over darkness (evil, sin).

2. Overcoming Fear

While Halloween is often associated with fear, the Bible teaches that God provides peace and courage in the face of fear. 2 Timothy 1:7 says, For God gave us a spirit not of fear but of power and love and self-control. This can serve as a reminder to trust in God's protection and guidance.

3. Discernment and Wisdom

Christians are called to exercise discernment in how they engage with cultural practices. 1 Thessalonians 5:21-2 says, "Test everything; hold fast to what is good. Abstain from every form of evil." For some, this might mean avoiding elements of Halloween that glorify evil or the occult, while for others it might involve redeeming the holiday by focusing on fellowship, family, and generosity.

4. Conquering Death

Halloween often involves symbols of death (like skeletons, tombstones, etc.), but the Bible teaches that death has been conquered through Jesus' resurrection. 1 Corinthians 15:55-57 says, Where, O death, is your victory? Where, O death, is your sting? This could be a time to reflect on the hope Christians have in eternal life.

5. Kindness and Hospitality

The tradition of trick-or-treating can offer opportunities to show kindness and hospitality, especially to children in the neighborhood. **Hebrews 13:2** encourages hospitality: "Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares."

In summary, while Halloween itself isn't a biblical holiday. Yet, it can be an opportunity to reflect on biblical principles like overcoming fear, being a light in the darkness, and showing kindness to others. However we see it, we who know Christ are called to take the holy road and do all we do to honor Christ. Have fun, but keep Jesus first.

APRC KIDS HALLOWEEN PARADE!

Saturday, October 26 2024

Gathering: 10:30am

Manor Community Room

Manor then Wesley Drive Cottages

RSVP by Oct 18 to Activities or Business Office

Our Activities Department is accepting candy donations- thank you!

Cottage Community: If you would like to pass out candy, please sign up with Kelsey at 814.262.2150.

Annual Memorial Service

Sunday, November 3 2024

1:30pm Manor Chapel & Facebook Live



207 Ottawa St - Johnstown