

**NOVEMBER  
2024**



# Arbutus Park RETIREMENT COMMUNITY

## Pathways

Monthly Campus Newsletter  
Celebrating 51 Years!

**NOW HIRING  
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Arbutus Park  
Retirement Community  
207 Ottawa Street  
Johnstown, PA 15904

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

(814) 266-8621

### Christmas Angel Appeal

It's the time of year when we call on our generous 'Arbutus Angels' to include APRC residents on their holiday charitable gift list! Watch for your donor appeal arriving mid-November. All donations to this annual campaign help us further our mission to provide quality care and comfort to the present and future seniors in our care. We sincerely appreciate your kindness and support!



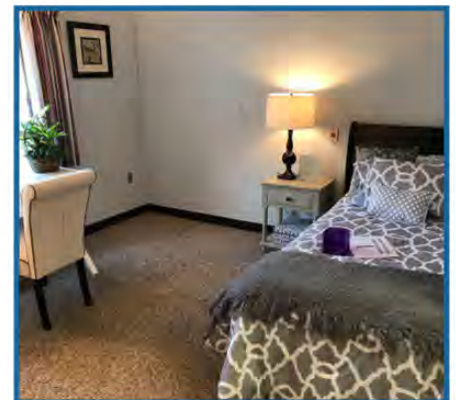
### Yearly Check-Ins

We are excited that our cottage check-ins are underway! Community Affairs and Maintenance have successfully completed safety checks and delivered informational binders to all of Nadona, Otterbein, and Parker Ridge. We will continue with Wesley, Jacob Albright, and Kissell Lane. Keep an eye on your mailbox for a letter notifying you of your scheduled check-in day and time! Thank you for your cooperation!



### 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 one opening 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* **NOVEMBER BIRTHDAYS**

- 1 Joyce Murtha
- 1 Marilyn Orris
- 7 Cynthia Greig
- 8 Maurice Rhine
- 8 Verna Stevens
- 10 Pat Hilbrecht
- 12 Wilma Hiltz
- 12 David Ott
- 13 Margaret Freeman
- 14 Sarah Adams
- 15 Charlotte Klena
- 16 Bob Roseman
- 17 Dave Hunt
- 17 Ann Welsh
- 21 Kim Hunt
- 21 Judy Probert
- 26 Terry Murray
- 29 Rowena Witt



## **EMPLOYEE WORK ANNIVERSARIES**

- Cindy Thorton - Activities - 38 Years
- Susan Melius - Dietary - 24 Years
- Michele Seeley - Nursing - 23 Years
- Nancy Dickert - Activities - 16 Years
- Ken Ashbrook - Nursing - 13 Years
- Lorraine Goodell - Nursing - 8 Years
- Matt Mims - Nursing - 8 Years
- Kurt Roberts - Administration - 7 Years
- Misty Hemke - Nursing - 6 Years
- Shari Mock - Nursing - 2 Years
- Robert Brown - Nursing - 1 Year
- Cinnamon Green - Nursing - 1 Year
- Vickie Falcone - Housekeeping - 1 Year
- Denise Galloway - Nursing - 1 Year
- Julio Gutierrez - Grounds - 1 Year
- Lindsey Leventry - Nursing - 1 Year
- Monica Niel - Nursing - 1 Year

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

## **ANNIVERSARIES**

Nov 21 Rich & Betty Sheridan

## *From the Auxiliary*

November is the month we especially thank God for our many blessings. Our Auxiliary organization has been blessed this year with wonderful volunteers and successful events!

Our Flea Market closed September 28, 2024, reporting that Judy Eppley and her awesome crew made a grand total of \$18,723 this summer! We are grateful for the untiring efforts of our staff, the many unnamed people who donated and continue to donate merchandise for us to sell, and the many people who have visited and patronized. Opening next year has been set as May 13, 2025. The Market will be refurbished and you may call Judy Eppley (814.322.5344) if you want to make donations throughout winter months. Judy has requested "a few good men" who could help with placing furniture and taking bins of garbage to the dumpsters.

In January of this year, Auxiliary members voted to donate \$25,000 to Arbutus Park Manor for Doerr Wing renovations. We are proud to announce that at our meeting held in September, Auxiliary members voted to make an additional donation of \$24,000 needed to complete the Doerr Wing project.

The Manor Cafe is doing well, managed jointly with Arbutus Administration and our Auxiliary. We feature Solomon Run Fire Company gobs, Conzatti soups, Randy's Bilo donuts on Mondays and Fox's Pizza on Fridays, along with hot foods and sandwiches from Arbutus Manor dietary staff. Stop by and check us out!

*-Pat Hilbrecht, Auxiliary President*



# Advantage Therapy

## Star of the Month

The star of the month for November is Patricia Rolla. "Patty" is an outgoing individual who was busy working in retail when her knee worsened, becoming "bone on bone," which she then elected to have a total knee replacement. She was at home progressing when she suffered a setback with additional medical issues requiring another hospitalization. She came to Arbutus for therapy to get stronger and for increased independence to return home.

Since her arrival she has worked hard and gained strength to overcome her deficits. She is also obtaining increased range of motion and movement from her total knee replacement. Patty is making progress and will be transitioning to Personal Care for a short time prior to returning home.

Congratulations on a job well done. Hard work and dedication does pay off. We wish you the best!



Cozy Christmas Cheer...

As we enter the nesting, cozy time of the year, I thought our residents would like some coziness too. My wish this year for our residents would be for a calming, stress free feeling. What better way to achieve that but with something that makes you feel cozy and safe. This year I would like to gift our family here with comfort.

Here are a few ideas:

- Plain cardigan sweater, one that may be worn year round.
- Weighted blankets, these are ideal for calming someone with anxiety.
- Weighted stuffed animals to give them a gentle hug when needed.
- Hand muffs, sometimes just having your hands tucked into something makes you feel safe.

These are a few suggestions for this year. If you are uncertain where to find these items you can give me a call at 814.262.3880 or just make a monetary donation and we can do the shopping for you.

If you are making monetary donation please make the check out to Arbutus Park Retirement Community on the memo line Cozy Christmas Cheer.

- Melinda Frye, Activities Director



# Home for the Holidays 2024

Friday, December 6 10-3  
Saturday, December 7 10-2



## LIST/SCHEDULE OF EVENTS:

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

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 named on our website.*)

Holly Jolly Hayrides: Saturday Only, from 10:00am-2:00pm 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! \$5 benefits APRC Team Spirit for employee recognition and appreciation events.

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. Friday from 10-12 & 12:45-3pm and Saturday from 10-12 & 12:45-2pm

Elf's Workshop: Children's Crafts located in the 'Pepsi Room' on Saturday.

Entertainment: To Be Announced

Deck the Doors Competition: Our cottage community goes all out in a competition, 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.



# Cottage News & Notes

## Cottage Dinner

The next monthly Cottage Dinner will be on **Monday, November 4** at 5 pm in the Manor Community Room. November Menu: Turkey, stuffing, mashed potatoes, corn, cranberry jello salad, pumpkin pie. Alternate Diet meals are available *by request*. (\$20) *RSVP are due October 28*. The December dinner is Monday the 2nd with an RSVP of Monday, November 25. December Menu: Apricot glazed baked ham, mashed sweet potatoes, broccoli, tossed salad, cheesecake. *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. 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. (Subject to leaves)

**Holiday Decor Week:** November 11-15. Please sign-up with Community Affairs by November 8 if you would like Maintenance to get your holiday decor from your attics, etc. Requests submitted after Decor Week will be done when time allows.

## Friendsgiving

Join us for the Annual Independent Living "Friendsgiving" held at the Community Center on Thursday, November 7th at 12 pm. Friendsgiving is our chance to kick off the holiday season - bring a covered dish to share with everyone. We will also host a special food drive at our event. If you feel moved to, please bring non-perishable food items. We will make an extra donation this year to a local food bank as part of the Project Porch. We look forward to sharing great food and fellowship with all our friends.

## Town Hall

The next Cottage Town Hall meeting will be held on Thursday, November 14 at 1:00pm in the Manor Community Room. A brief agenda will be published in advance and will include clinical, facility, and cottage updates.

## Arbutus Elves

Have mobility challenges and need help decorating? We'll send in the elves! Elves will graciously hang wreaths, decorate porches, and string lights. You provide the decor and a fellow cottager will lend a hand! RSVP by Nov 15. Decor done the week of the 18th.





# Captured Moments

Making Pizzas in the Glass Dining Room!

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



## Manor Mini-Golf



## Personal Care Boscovs Trip



## Fall Crafts





## From Pastor Jon



Where has the year gone? In what seems to be only days has actually been a year of many new and blessed memories. We have faced both blessings and difficulties. We have laughed, we have wept. We have sought times to be alone and longed for times for someone, anyone, to be near us. We have spoken words of wisdom and have found ourselves needing to not say anything at all. We have agreed and we have argued. We have gotten good news and then recall those moments the news given was not as good as we hoped. We have welcomed new people into our families and had to say goodbye to others. We have trusted God for giving us direction and wrestled with God when we wanted something a bit different. Yeah... It has been a whole year of blessings and oddities in my, uhm, I mean our lives. Yet, I would not change a thing. I have seen God alive and loving me through all the things this past year has brought. I can shout with truthful witness... "He has never left me nor forsaken me." I have never been outside His holy presence. He has patted me on the back and swatted me about 18 inches lower (I deserved every holy swat I have received from Him.) He has wiped away tears, answered questions, lifted me up after I have fallen. Thank you, Lord! God has kept every promise, never failed, always loved, graciously corrected, gently chipped away at the many imperfections, spoke in a loud and booming voice (STOP!) and whispered in His still small voice (I am yours and you are Mine.)

Thankfulness is a central theme in the Bible, deeply woven into the fabric of both the Old and New Testaments. Being thankful is not just a personal sentiment but a spiritual posture that acknowledges God's sovereignty, grace, and blessings. The Bible presents thankfulness as a response to God's goodness and a command to His people, impacting both the relationship between humanity and God and between individuals within a community.

**Thank you for Your steadfast love...** The Bible calls us to be thankful for God's enduring love and faithfulness. Psalm 136 is a powerful example, with each verse ending with the refrain, "His love endures forever." This constant reminder points to God's covenant love, especially in His faithfulness to Israel and by extension to all believers. Lamentations 3:22-23 also speaks of God's faithfulness: "The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness."

So, as we enter into the Month of November, where we set aside a single day to stop and be thankful, don't forget to thank God for all He has done. And, if you do not already, remember that for the Christian, every day is Thanksgiving Day. Every day is a day to experience great blessings from God, for His glory and our benefit. November comes and goes every twelve months, but being thankful is an everyday privilege.

In closing... remember the message from that great hymn:

*Thank you, Lord for saving my soul,  
Thank you, Lord, for making me whole  
Thank you, Lord for giving to me  
Thy great salvation so rich and free*





**MANOR RESIDENTS**  
 Don Bender - Navy  
 Robert Bombach - Army  
 Margaret Brown - Army  
 Anthony Diloretto - Army  
 John Donnelly - National Guard  
 Alan Fyock - Navy  
 Michael Kachmar - Army  
 Paul Kaminski - Air Force  
 Walt Leitenberger - Air Force  
 Harry Michaels - Marines  
 Joseph Richards - Navy  
 Harvey Shull - Army

**COTTAGERS**  
 Bruce Boring - Army  
 Frank Burkhard - Army  
 Linda Burkhard - Army  
 Darlene Christensen - Navy  
 Will Christensen - Navy  
 Tom Davidson - Navy  
 Pat Hull - Air Force  
 John Lushko - Navy  
 Francis Matten - Army  
 Maurice Rhine - Army  
 Bob Roseman - National Guard  
 Richard Sheridan - Navy  
 Tom Sigmund - Army  
 Veronica Smith - Navy  
 Ron Sottile - Navy  
 Luke Weimer - Army

**STAFF**  
 Alvin Brumbaugh - Air Force  
 Nancy Dickert - Air Force  
 Steve Geier - Navy  
 Robert Sellers - Marine

We anticipate taking the bus/van to the Johnstown Veterans Day parade again this year.

**Cottagers:** Our annual 'Pie & Ice Cream Social' will be held Monday, November 11 at 1pm at the Community Center on Nadona. Spouses welcome, RSVP required by November 6.

# Annual Memorial Service

## Sunday, November 3 2024

### 1:30pm Manor Chapel & Facebook Live



207 Ottawa St - Johnstown