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Arbutus Park RETIREMENT COMMUNITY

Pathways

Monthly Campus Newsletter
Celebrating 51 Years!

Joyce Murtha Breast Care Center

This is the ninth year our community has held fundraisers to support the center, and this year's donation brings our total contribution to date to over \$7,500. These donations help fund Pink Ribbon Care, a program that provides assistance for patients who are unable to pay for breast-related health services – including mammograms, follow-up diagnostic services, and genetic counseling.



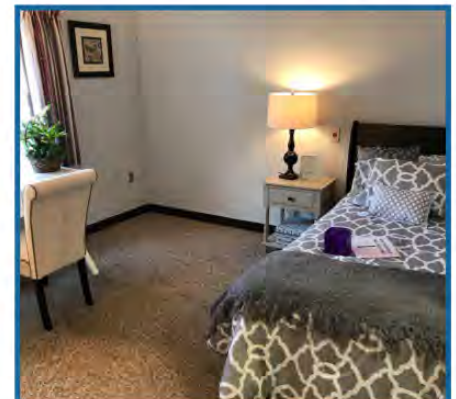
CNA Class Continues

We congratulate the graduates of our fifth CNA class in partnership with Laurel View Village! All your hard work, dedication, and effort has paid off! Best wishes on your next adventure Lauren, LaToya, Brianna, and Aquanette! Our next CNA class will take place in May: details can be found at arbutusparkmanor.com/cnaclass



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

DECEMBER 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 Nancy Sell
- 20 Cheri Haynes
- 21 Lucinda Custer
- 23 Richard Mostoller



December babies:

*Have fewer temper tantrums
Are least likely to suffer major disease.
Have three birthstones: zircon, tanzanite,
and the turquoise
Have two flowers: Narcissus & Holly.*

EMPLOYEE WORK ANNIVERSARIES

- Toni Bridges - Dietary - 43 Years
- Kerri Sanders - Dietary - 42 Years
- Kathleen Gertz - Nursing - 17 Years
- Justine Ling - Personal Care- 9 Years
- Dolores Berkey - Purchasing - 4 Years
- John Onderko - Maintenance - 4 Years
- Ciji Walker - Personal Care - 4 Years
- Jon Estes - Chaplain - 3 Years
- Zeke Geiser - Maintenance - 3 Years
- Morgan Kush - Nursing - 3 Years
- Juanita Geier - Nursing - 2 Years
- Rylee Griffin - Nursing - 2 Years
- Crystal Marchu - Nursing - 2 Years
- Shameka McCord - Dietary - 1 Year
- Marlena Johnson - Nursing - 1 Year
- Melissa Riley - Nursing - 1 Year
- Jenni Speece - Dietary - 1 Year
- Brianna Wade - Personal Care - 1 Year

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

From the Auxiliary

Merry Christmas everyone! Your continued prayers and support for the Arbutus Park Auxiliary are gifts that last all year! Please visit our Cafe at 'Home for the Holidays' or our vendor table in the Community Room. All proceeds benefit Manor residents. The Flea Market returns in May 2025!

Best Wishes for a happy, healthy, prosperous 2025.

-Pat Hilbrecht, Auxiliary President



Advantage Therapy

Star of the Month

The “Star” for November is Bobbie Johnson! Bobbie came to APRC for therapy services after suffering a fall resulting in a femur fracture at home. Upon first arriving, Bobbie required extensive assistance and had a lot of difficulty performing basic tasks needed for activities of daily living. At 96 years of age, Bobbie showed great willingness and motivation to make a quick recovery.

During the start of therapy, Bobbie was limited by pain to participate but never declined an opportunity to exercise, ambulate or practice safety techniques. After the first few sessions, progress started to accelerate, and Bobbie became very proactive with ways to progress on her own. Bobbie frequently asked questions regarding exercise and would often demonstrate things she had been doing between sessions to improve lower extremity mobility and strength. Therapy continued to advance rapidly leading to a home assessment and eventual discharge home with her granddaughter.

Bobbie was chosen to be this month’s star not only because of the recovery time, but her overall attitude towards therapy and overcoming challenges. She always showed a positive frame of mind and good sense of humor, resulting in an overall enjoyable experience for all staff involved in her rehabilitation



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 a monetary donation, please make the check out to Arbutus Park Retirement Community on the memo line Cozy Christmas Cheer.

- Melinda Frye, Activities Director





INDEPENDENT LIVING WINTER WEATHER REMINDERS

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 Community Affairs at 814.262.2150 so they can make your driveway a priority.
24 hour notice is required.
- 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.



The Community Center will be hosting Steelers watch parties for the following games:
December 8 @ 1:00pm and December 15 @ 4:25pm
Beverages & chips provided, feel free to bring a snack to share! Thanks Ron!

IL FEE NOTICES:

Effective January 1, Manor Transportation services will be \$50 per round trip for medical appointments scheduled through the Activities Department. Trip Aides are not provided.

The Cottage Brunch and Cottage Dinners are not planned for an increase at this time.

Our Independent Living Residential Agreement has been updated with a few additions. If you would like a copy, please contact Kelsey in Community Affairs.

Cottage News & Notes

Cottage Dinner

The next Cottage Dinner will be on **Monday, December 2** at 5pm in the Manor Community Room. December Menu: Apricot glazed baked ham, mashed sweet potatoes, broccoli, tossed salad, cheesecake. Alternate Diet meals are available *by special request*. (\$20) *RSVP are due November 25. January Menu: Baked fish, red skin parsley potatoes, baked corn, coleslaw, Boston Creme Pie. RSVP due Dec 30. Delivery is currently available, with meals being delivered between 5:20-5:30pm.* 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.

2025 Dates

Cottage Dinners: January 6, February 3, March 3, April 7, May 5, June 2, August 4, September 8, October 6, November 3, December 1.

Cottage Brunch: January 15, February 19, March 19, April 16, May 21, June 18, August 20, September 17, October 15.

The next issue of Pathways will detail changes to the brunch.

Train Display Outing

While the Manor is not hosting a train display this year, our good friend Dr. Knavel has generously offered our independent community to visit his off-campus display! We will be headed out on Friday, December 13 at 1:00pm from the Manor sunporch and anticipate coming back 3-3:30pm. RSVP to Kelsey by Dec 6.

Ugly Sweater Party

The Annual Ugly Christmas Sweater Party will be held on December 19th at 1pm at the Community Center on Nadona. Please bring a covered dish to share. RSVP to Kelsey by December 13th.

Chess Group?

We are excited to announce a potential Chess Club starting next year! Whether you are an experienced player or looking to learn the game, this will be a great opportunity to improve your skills and enjoy some friendly competition! If interested in participating, please reach out to Kelsey. Dates and times will be set once we have a sense of interest.



Captured Moments

Crafting Christmas Wreaths!

Follow us on Facebook for more photos!

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



Veterans Day



Making Christmas Trees - Thanks Susan!



Election Campaign Pie in the Face!



From Pastor Jon

Things not to miss at Christmas time - Christmas is more than just a season of joy, gifts, and decorations; it is a profound reminder of God's love and His plan for humanity. For Christians, Christmas marks the birth of Jesus Christ, the Savior of the world, and the fulfillment of centuries-old prophecies about the coming of the Messiah. I see no need in removing the cultural things we have come to enjoy about Christmas, but I do hope all of us will strive to not let the real reason we celebrate Christmas take the back seat. Let me share a few things that I am reminded of during the Christmas season.



The Birth of Jesus: A Promise Fulfilled - The story of Christmas begins in the Bible, where the prophets foretold the coming of a Savior. Isaiah wrote, For unto us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. (Isaiah 9:6). This prophecy was fulfilled when Jesus was born in Bethlehem, humbly in a manger, as recounted in the Gospels of Matthew and Luke. The angel's announcement to the shepherds encapsulates the joy and significance of Christ's birth: I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. (Luke 2:10-11).

The Heart of Christmas: God's Love

At its core, Christmas is a celebration of God's incredible love for humanity. John 3:16 declares, For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. In sending Jesus, God offered a way for humanity to be reconciled to Him, demonstrating grace and mercy that extends to all people. I still cannot get over the fact that God loves me.

The Spirit of Christmas: Giving - The tradition of giving gifts at Christmas mirrors the ultimate gift of Jesus Christ. The wise men, or Magi, who visited Jesus brought gifts of gold, frankincense, and myrrh, each symbolizing aspects of Christ's identity and mission. Gold represents His kingship, frankincense His divinity, and myrrh His sacrificial death. As believers, giving during Christmas is an opportunity to reflect Christ's love by sharing with those in need, fostering God honoring community, and spreading the real joy.

Celebrating Christmas Today - While traditions like decorating a tree, singing carols, and enjoying festive meals are joyous aspects of the season, Christians are called to center their celebrations on Christ. This can be done through:

1. **Worship and Prayer:** Attending Christmas services, reflecting on Scripture, and spending time in prayer to thank God for His gift of salvation.
2. **Acts of Kindness:** Serving others, supporting charitable causes, and reaching out to the lonely or less fortunate.
3. **Sharing the Gospel:** Using the season as an opportunity to share the message of Christ's love and hope.

As we celebrate Christmas, let us remember the angel's proclamation: Glory to God in the highest, and on earth peace, goodwill toward men. (Luke 2:14). May the true spirit of Christmas fill our hearts and guide our actions, reminding us of the hope and joy that came to the world through Christ.

Merry Christmas!

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, Food, 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.

Auxiliary Goods and Gift Wrapping, Charlene Williams - Christmas Crafts/Candy, Robin Davis - Wreaths / Cloth Crafts, Marlene Lauer - Sewing, Dainty Dragon - Room Sprays, Wax Melts Soap Hollow Soap - Handcrafted Soaps, Rachel Weible - Christmas Decoupage/Wreaths Michelle Bragg - Crochet/Sewing, Bill Markley - Wood Crafts, Carolyn Albus - Stitching Trish Shaffer - Mary Kay, Dolly Yonkoski - Aprons, Opal Haze - Custom Trucker Hats Marsha Wilhelm - Jewelry

Holly Jolly Campus Rides: 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.

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:

Friday, December 6th: 10am-12pm Jackie Kopco & Walt Churchey, 1:00pm Swigle Mountain Brass Quintet

Saturday, December 7: 10:15am Our very own Resident Bell Choir, 11am Westy Choir