



Asbury Heights

† Operated by United Methodist
Services for the Aging

Paving the way

PROGRAMS TO HELP YOU PREPARE FOR THE FUTURE OF YOUR ELDERLY LOVED ONES

How to Start the Conversation

Tuesday, February 21
6:30 p.m.

RSVP by February 17

Sometimes taking the first step is the most difficult part. Experts from Asbury will share tips and tools on how to approach your loved one about the subject of moving. Learn how attitude, timing and approach can make all the difference with you being comfortable and confident in your loved one's move.

VIPP: Very Important Points to Ponder

Thursday, March 1
6:30 p.m.

RSVP by February 27

Caring for older loved ones involves issues ranging from legal matters and medical issues to care-giving needs. It can be an emotional rollercoaster. We'll discuss these and other related issues and offer tips on how to make your way through the labyrinth of aging. Walk away with important points to consider as well as a variety of solutions to help you prepare for what may lie ahead.

Families Working Together

Tuesday, March 13
6:30 p.m.

RSVP by March 9

Senior care giving can either bring families together or cause conflict. In some cases, it can do both. This presentation, by experts at Home Instead Senior Care, is designed to help family members deal with the many issues of caring for an elder loved one. You'll learn the best way to build teamwork, avoid communication breakdown and how to reach agreement on important topics as a family.

Senior Living Options 101

Saturday, March 24

12:00 p.m. Complimentary
buffet luncheon

12:30 p.m. Presentation begins
RSVP by March 19

What you will learn:

- ▶ What is independent living?
- ▶ What is Assisted Living or Personal Care?
- ▶ What is Skilled Nursing?
- ▶ What is a Memory Support Residence?
- ▶ And Much More!

Participants at each presentation will receive a complimentary copy of
Coping With Your Difficult Older Parent - A Guide for Stressed-Out Children by Grace Lebow & Barbara Kane.



For more than 100 years, Asbury Heights has been an enduring and stable member of the Mt. Lebanon community. Join us for these informative programs to discover why residents have come to depend on us for the latest in senior living.

All events will be held on Asbury's main campus at 700 Bower Hill Road. These are complimentary events, and free refreshments will be provided. Don't want to come alone? Bring a friend, or make a few new ones while you're here!

For more information, or to reserve your seat at any of these programs, call 412-571-5387.



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700 Bower Hill Rd., Mt. Lebanon, PA 15243
www.asburyheights.org



PW12-11:25k

Asbury Health Center
700 Bower Hill Road
Pittsburgh, PA 15243-2040
www.asburyheights.org

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