

## NEWS RELEASE

## FOR IMMEDIATE RELEASE

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### **Asbury Heights Announces Spring Events**

**March 8, 2011, Mt. Lebanon, Pa.**—Asbury Heights, a continuing care community in Mt. Lebanon, invites the public to the upcoming events, which are part of the organization's Hand In Hand educational series. All events are free and will be held at 6 p.m. at Asbury Heights, 700 Bower Hill Road in Mt. Lebanon. Refreshments will be served. **RSVP to 412-360-9086.**

**Thursday, March 24: Simplifying, Organizing & Downsizing  
Featuring Paul the Organizer, Paul Regan**

Find out what it takes to get the most out of your space from the man the Pittsburgh Post-Gazette says is "among those who can help seniors figure out what should be thrown out, given away or put on commission with an antiques appraiser." Regan can help with the entire moving process so it doesn't become overwhelming. RSVP by March 17.

**Thursday, April 19: Antiques & Collectibles: What's Hot & What's Not  
Featuring Samantha Parish Estate Sales, Auction & Appraisal Services**

With 25 years of experience in her field, Parish will clarify some of the changes in the marketplace during recent years and debunk a few myths surrounding your collectibles. She'll utilize her skills as a licensed auctioneer and walk guests through an examination of her own sample pieces. RSVP by April 12.

**Thursday, May 19: Update Your Home with What You Own  
Featuring April Hodgson, Aquantas Interiors**

Whether preparing to sell your home or if you just want a fresh, new look, you can easily redecorate and don't have to invest a fortune. Hodgson will help you get the look for less by repurposing items you already own, rearranging furniture and using colors properly. You can't afford to miss this session! RSVP by May 12.

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*About Asbury Heights: For more than a century, Asbury Heights, operated by United Methodist Services for the Aging, has provided high-quality, compassionate care to older adults in southwestern Pennsylvania. Asbury Heights is a faith-based, non-profit, charitable organization and is home to nearly 500 older adults. Visit [www.asburyheights.org](http://www.asburyheights.org).*