

# The Asbury News



## Asbury to Install Automated External Defibrillators

Asbury has purchased automated external defibrillators (AEDs) for use on the Bower Hill campus in June 2011. The Embassy will be included at a later date.

These life-saving devices are used if someone is experiencing cardiac arrest or when the heart is not functioning in its normal fashion.

Universally, it is assumed that everyone wants life saving techniques performed. However, if you prefer **not** to receive resuscitation, the Health & Wellness Center can provide residents with a small charm reading “NO CPR” to be placed on the back of the Spyder pendant.

We respect and honor each individual’s choice in this matter. Asbury’s policy and procedure will clearly state to look for the charm on residents so that all are aware and can best react to honor individual wishes.



The “NO CPR” charm appears similar to a ring and will fit behind residents’ Spyder pendants.

If a resident goes into cardiac arrest and is not wearing a Spyder pendant containing the charm, the resident will be resuscitated until the medical chart is obtained and your Physician’s Order for Life Sustaining Treatment (POLST) is reviewed. If a POLST form has never been completed, see your administrator for this form to define your wishes.

AEDs will be used on employees, visitors and any guests to the campus.

If you have any questions or concerns, please notify your community’s administrator.

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## Hand In Hand

Information for You and Your Family

Hand In Hand is a series of monthly informational programs for older adults. These programs are open to our residents, family members and the outside community.

Upcoming programs include:

### Update Your Home with What You Own

Tuesday, May 19 (RSVP by May 12)  
Presented by April Hodgson

### Frauds, Schemes and Identity Theft Targeting Today's Seniors

Thursday, June 16 (RSVP by June 9)  
Presented by Pittsburgh FBI Special Agent Jason Pearson

### An Evening With Mike Clark

Thursday, July 14 (RSVP by July 7)  
Presented by Mike Clark of WTAE Channel 4

All programs begin at 6:00 PM.  
You must RSVP to these events by calling  
**412-571-5138.**

# Volunteer Opportunities

If you've ever considered volunteering around the Asbury campus, now is your opportunity!

We featured Asbury Villas' new **Handy Mart** and the need for more volunteers in last month's newsletter. Since then, there has been a greater demand for the store. The demand has been so great that we are considering the addition of afternoon hours.

We are now looking for volunteers interested in managing the store during the afternoon, Monday through Friday.

Many of our volunteers are our own residents. What a great feeling you'll get to help your fellow neighbors and friends!

For more information on this opportunity, contact **Marci Thomas** at 412-571-5150 or e-mail her at [mthomas@asburyheights.org](mailto:mthomas@asburyheights.org).

## Volunteer Recognition

The annual Volunteer Recognition will be held on Wednesday, June 22 at 11:30 AM. Join the Volunteer Department today to receive an invitation to this great brunch, awards program and special program.



Volunteers  
Perform Magic  
Everyday!

# In The Works

## Information from the Maintenance Department

A large portion of Asbury's budget is reserved for maintenance and capital improvement projects. These projects are either very apparent (installing new carpet, for example) or behind the scenes (such as repairing hot water tanks).

Below are a few projects in the works.

- The tunnel/terrace/courtyard project will be 100% complete by the end of April.
- The heating system for Buildings 1, 2 and 3 should be completed by the end of May.
- New hot water tanks in Building 5 that supply hot water to the dish washing machine in the main kitchen and to the main laundry is slated for May.
- The Asbury Villas Dining Room carpet should be installed sometime in May.



Tulips are now blooming in the Asbury Circle.



Final touches, including the bench above, are being made to the bay window area. Please refrain from placing items such as plants along the windowsill as this will obstruct the view that is to be enjoyed by all.



New flooring was installed in the "tunnel" (Building 6, Level 1) earlier this month.

# Evergreen's Easter Photo Session

In the January 2011 issue of *The Asbury News*, we included an article about Caregiver **Eileen Lackey's** daughter, Melissa, and the holiday photo shoot she held for the residents of the Evergreen Community.

The holiday photo shoot was so well received by the residents and the families, Melissa decided to visit Evergreen again for an Easter photo shoot. This time, however, she brought along a baby lamb to pose with the residents.

Family members joined their loved ones in a line that stretched down the hall, waiting for their chance to get a photograph with the lamb. As Melissa and her husband set up the backdrop and lighting, the lamb pranced up and down the hall greeting the residents.

Thank you to Melissa and her family for once again donating her time and talent for the residents of Evergreen.



Melissa (Eileen Lackey's daughter) takes a photo of resident **Dolores Gigler** and her family.



**Betty Elliot** (left) with Dr. Neilly Buckalew

## Going Places With Asbury Place

Dr. Neilly Buckalew, neurophysiologist from UPMC Geriatric Medicine, spent the day observing resident programs including making stromboli. She was impressed with the activities and the positive physical approach implemented at Asbury Place.

### Asbury's Resident Reimbursement Policy Reminder

It continues to be the policy of United Methodist Services for the Aging (UMSA) to reimburse residents for damaged property only if damage is caused by negligent work practice by UMSA staff or their approved contractors.

The complete policy is being redistributed with some more details. Other than residents in the Nursing and Rehabilitation Center, residents are encouraged to obtain renter's insurance through their private insurance company.

## Visiting With the Villas

### News and Views From Asbury Villas

Asbury welcomes **Sherri McCool** as the new Assistant Administrator to Asbury Villas.



Sherri McCool

Sherri has experience as a CNA, LPN and has undergone administrative training.

Although her commute from Butler is nearly an hour and a half, she looks forward to coming in everyday.

“Everyone is very friendly,” she says of the residents and staff. “I feel very welcome. It’s nice to be in an environment that is both professional and homelike.”

Feel free to stop by the Asbury Villas administration office and welcome Sherri.

## Is That The Queen?

Resident **Glenna Sabies** entered a Royal Family look-a-like contest through Pittsburgh Botanic Garden.

The contest was inspired by the royal wedding of Prince William to Kate Middleton. Winners and runners up will be guests at the “Royal Wedding Reception” fundraiser hosted by the Pittsburgh Botanic Garden.

We wish you luck, Glenna!



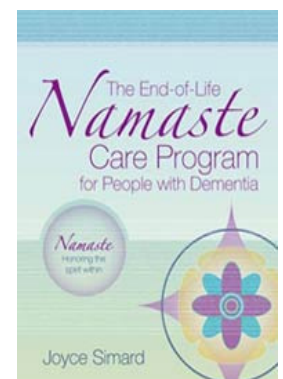
## Namaste Life

### Coming to Willow

Asbury is proud to begin a new program that focuses on enhancing the lives of those suffering from end-stage Alzheimer’s.

The program is Namaste, which means “to honor the spirit within” in the Hindu religion. The seven-day-a-week program focuses on providing sensory stimulation such as gentle massage, lavender scents and displaying familiar photos.

“Asbury will only be the second retirement community in the nation to utilize this program,” says **Peg Chabala**, Dementia Education Specialist.



The activities performed through Namaste are brief, tending to last no longer than a half hour, since persons with dementia usually have shorter attention spans.

Plans include redesigning one of the Willow Community’s Family Rooms into a Namaste Center. The Family Room provides the perfect intimate setting for such care.

“We’re slowly developing this program,” Peg says of the initial stages. “But we hope to get to the point where we will need both Willow Family Rooms for Namaste treatment.”

Keep reading *The Asbury News* for the latest progress on this and other Asbury programs.

# Reserving Transportation

Many of our residents rely on the Asbury van for transportation to and from their medical appointments.

Below are a few points to keep in mind when reserving the van:

- 1) Call the Receptionist (412-341-1030) to reserve the van as soon as you schedule your medical appointment. Reservations are made on a first-come-first-serve basis.
- 2) The best days for medical appointments are Mondays, Tuesdays and Thursdays.
- 3) You may dial the switchboard at any time and talk with someone who can assist you. You no longer have to leave a message. Please reserve the van no less than 48 hours before your appointment.
- 4) There will be no charge for the first 5 miles of medical trips. Each additional mile will be billed at \$1.00 per mile.
- 5) If you want to go somewhere that's not medically related, this is considered a personal trip. The 2011 per mile charge is \$1.00. The minimum charge for a personal round trip is \$4.00. Every mile (including the first five miles) will be charged for personal trips.
- 6) If you must cancel your trip, please do so within 24 hours of the appointment. Residents not providing proper notice will be charged \$15.00.

7) Transportation is available Monday thru Friday from 7:30 AM until 5:00 PM. If you require transportation on a Saturday or Sunday, additional charges will apply.

8) You may want to call the switchboard to see when the van is available before confirming your medical appointment.

9) If your weekday appointment is prior to 7:30 AM or you return after 5:00 PM, additional charges will also apply.

There may be instances when the Asbury van cannot accommodate your request.

## *Creative Cuisine*

April 22 -- Good Friday Seafood Buffet  
(dinner)

April 24 -- Easter Dinner (RSVP required by  
April 18)



Ice sculpture by Jim Jamison, Dining Services

# Giving Changes Lives

## Donor Appreciation

The Asbury Foundation honored its Donors on Thursday, April 7 with a Donor Appreciation Reception. We are very grateful for their support; their gifts are truly from the heart and are vital to our mission of providing high quality and compassionate care.

Event festivities included Dave Hoglund, Board Chair, thanking those in attendance for their ongoing support and stressing how important fundraising is to Asbury.

John Zanardelli, President and CEO, shared the ways our donors' generosity is being put to use:

- Because of Your Giving...Asbury Heights has earmarked funds for the replacement of the Boiler System in Hamilton Hall.
- Because of Your Giving...Charitable dollars already in place will soon provide each resident of our Willow Community with their own Shadow Box. These boxes provide residents with memory impairments the opportunity to store photos and other items that can trigger memories from the past.
- Because of Your Giving...Identified funds will be put to use for our Spiritual Enrichment program on campus
- Because of Your Giving...Independent Residents will continue to have access to



Asbury Board Chair David Hoglund thanks donors and volunteers.

our STAY (Support and Timely Attention for You) Program.

- Because of Your Giving...Our Benevolent Care Program continues to support our mission by providing financial support to residents who can no longer afford to cover the full cost of their care.

Director of Development and Planned Giving, Matthew McConnell, was excited to share our upcoming 2011 Special Initiative where we will raise money for a new Gazebo (thanks to seed money from Asbury Heights' Auxiliary) and to fund other capital budget items.

At the conclusion of the reception, donors were the first to premiere our 2010 Video Scrapbook highlighting a year of great memories thanks to our donors!

If you would like to become a donor, please contact the Asbury Foundation at 412-571-5106.

# Spiritual Corner

## Sermons and Celebrations

Rev. Drew Harvey, Director of Pastoral Care, is passionate about offering a variety of spiritual services to the Asbury campus.

Below are the services scheduled for Holy Week (April 17-24).

### **Maundy Thursday**, April 21

The service of Holy Communion will be celebrated

7:00 PM

Hickman Chapel

### **Good Friday**, April 22

7:00 PM

Hickman Chapel

### **Easter Sunday**, April 24

11:00 AM

Hickman Chapel

Asbury understands the importance of fulfilling all residents' spiritual needs. For a complete list of spiritual services, please read the Hickman Chapel Chimes.

### ***Our Sympathy...***

We extend to Rev. Drew Harvey and his wife, Kay, our deepest sympathy on the loss of Mrs. Muriel Henshaw, Kay's mother, who was briefly at Asbury.

## Did You Find an Error?

Did you find a typo? An incorrect date? Did we forget to mention something? If so, contact Jon Ebel at 412-571-5030 or e-mail [jebel@asburyheights.org](mailto:jebel@asburyheights.org).

## Asbury's USO Talent Show

Asbury is hosting a Talent Show on Wednesday, May 25. This show is special since it's part of Asbury Week's 1940's day.

If you have a talent you would like to share during this unique "USO Talent Show," please contact Kathy Moomaw at 412-571-5141 or e-mail [kmoomaw@asburyheights.org](mailto:kmoomaw@asburyheights.org).

And be sure to read next month's *Asbury News* for all of the Asbury Week details.

## The Asbury News

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### Asbury Heights

† Operated by United Methodist Services for the Aging

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