

The Asbury News



REACH Takes Asbury to New Heights

REACH is a new program designed for independent couples in which one spouse suffers from early signs of dementia. This may be ideal for those who want to remain independent but need occasional assistance caring for their spouse.

Resources, Education And Caregiver Help is what REACH stands for and it is exactly what participants will receive. Through the program, at no additional cost, residents will have access to a support system which includes:

- Caregiver support
- One-on-one training (for the caregiver)
- Access to a monthly support group
- Physical, speech and occupational therapy screenings
- Asbury Place activities
- Routine STAY nurse support

“REACH gives flexibility to the primary caregiver,” says Erica Gevaudan, Asbury Place

Inside This Issue...

Going Places	2
A New Gazebo Coming Soon	3
Pressure Ulcers	4
Blood Pressure Screenings	6
Ensure Your “VIP” Status	7



REACH is designed specifically to support couples who are coping with Dementia.

Administrator. “The resident caregiver can utilize our services, allowing him or her to do things for themselves and enjoy a much needed break.”

For an extra fee, residents can receive the following:

- Adult day care* (half and full day) at Asbury Place
- Asbury at Your Service assistance
- Activities of daily living support
- Access to on-site psychiatrist who specializes in Dementia
- On-site physical, speech and occupational therapy

*Although REACH provides similar services, Asbury Place is not a licensed adult day care facility.

Continued on Page 2

Going Places With Asbury Place

Nearly 20 Asbury Place residents, under the guidance of Activities Assistant Michael Delano, planted a vegetable garden near the Asbury Place gazebo.

They planted a variety of seeds and harvested dozens of tomatoes, green peppers, squash, green beans and nearly 60 cucumbers.

Residents and employees enjoyed these vegetables that were then used in some recipes including zucchini bread and tomato salads.



(L-R) Michael Delano (Activities), Rev. Tom Cummins and Mary Jamison pose for a photo in the garden.

REACH

Continued from Page 1

REACH costs much less than hiring a private duty caregiver, and you can rely on the same Asbury staff you've trusted for years.

This unique program was developed by Asbury staff including Marjie Wilson (Masters Level Social Worker for Independent residents), Marcy Byers, RN (Director of Health Services), Peg Chabala (Dementia Care Specialist) and Erica Gevaudan to better meet the needs of our Independent residents.

Carriage Home Residents: Transportation Available to Dinner

Carriage home residents now have the option to receive transportation to the main building for dinner.

Requesting the Van

1) Residents must call the receptionist (ext. 5252 or 412-341-1030) and make a van reservation by 12:00 PM of that day. For example, if you want to go for dinner on Wednesday, you must call by 12:00 PM on Wednesday.

2) The van will pick up residents at 4:45 PM and return them to their carriage homes at 5:45 PM.

In The Works

Information from the Maintenance Department

These projects are either very apparent (installing new carpet, for example) or behind the scenes (such as repairing hot water tanks).

Below are two projects in the works.

- Sidewalks and concrete wall were recently repaired throughout campus.
- Six Carriage Homes will receive new roofs.

Proceed With Caution! Using Motorized Mobility

It is not uncommon for residents to receive injuries while operating a scooter or motorized wheelchair. Sometimes those operating the wheelchair injure others.

Such an incident occurred in a senior living community in Chicago where a resident was traveling too fast with their scooter and collided with another resident, breaking their leg and hip. This caused the struck resident to undergo major surgery.

If you regularly use a scooter or motorized wheelchair, please use caution when navigating the hallways, specifically around bends and ramps or entering/exiting an elevator to avoid harm to yourself and your neighbors.

If you are having difficulty operating your scooter or wheelchair, please visit the Rehab Department (Room 4329) for assistance.

A New Gazebo Coming Soon

You may have noticed something missing from Asbury Circle. The old gazebo, a long-time landmark of Asbury, was difficult for residents to enjoy due to the steps, and over the years, its condition has been deteriorating. This familiar wooden gazebo has been removed to make way for a new white, vinyl gazebo with wheelchair access.

Construction is now underway, and workers hope to unveil the new gazebo by the end of August.

This is also a fundraising project. If you would like information on how you can support this special initiative, please contact Asbury Foundation at 412-571-5106.



Workers dismantled the old gazebo on July 29.

Putting the Pressure on Pressure Ulcers

Pressure ulcers, also known as bed sores, are caused by constant pressure to a bony area. These wounds usually occur when lying down or sitting for long periods of time and is common for those with mobility issues.

Several years ago, pressure ulcer cases were on the rise within our Nursing and Rehabilitation Center communities. Administrators and management determined there were opportunities for improvement and so a new Diamond Project was born.

Stricter regulatory guidelines from the Department of Public Health also prompted this Diamond initiative. Additionally, each pressure ulcer treatment costs Asbury between \$2,000 and \$6,000.

This initiative focuses on the treatment and prevention of pressure ulcers and touches all of the points on the Asbury Diamond as follows:

Financial -- Saves money on treatment that can be avoided.

Lean -- Saves staff time.

Quality -- Provides residents with higher quality of care.

Did You Know?

Most pressure ulcers occur on the heel.

Satisfaction -- Residents/family satisfied with high quality care.

Before this project, Asbury was not equipped with the current products, treatment and education necessary for treating pressure ulcers. New products were purchased and new practices were developed by a team of managers, caregivers and nurses.

In April 2010, a full-house education was conducted to introduce the newly developed best practices for pressure ulcer treatment and prevention.

The treatment carts were given the 5S treatment (Sort, Set in order, Shine, Standardize and Sustain) and are now fully equipped and organized.

The number of pressure ulcer cases have significantly dropped since the debut of the best practices and new, organized equipment in April 2010. The team (comprised of Tim Bodnar, Dina Boyle, Carla Carter, Cara Todhunter, Sean Tyler, Betty Zawatski and others), has been able to sustain their results for over a year.

This improvement project is in the running for The Jewish Healthcare Foundation's FINE Award for teamwork along with a few other Operation Diamond initiatives. To learn about additional projects around Asbury, see the Operation Diamond board in the Mall.

Get Fit!

The Fitness Suite is open Monday through Friday from 8:00 AM to 4:00 PM. Please come and participate in any of our classes. Schedules are available in the Fitness Suite or feel free to contact Lori Ferry or Mindy Burnosky at 412-571-5109 or 412-571-5005.

We would also like to remind you to avoid using your cell phone in the Fitness Suite as a courtesy to other residents.

Have a safe and active summer!

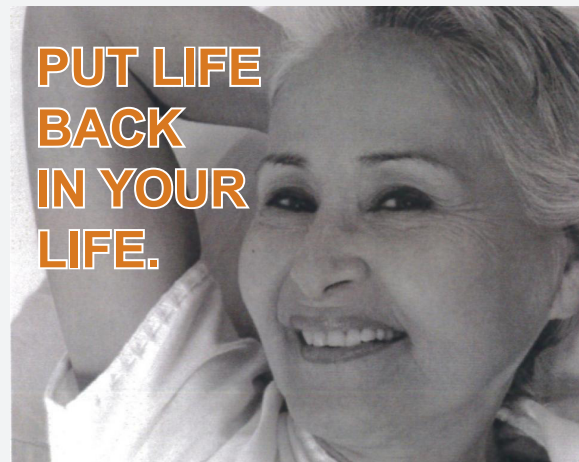
Wii Have Lots of Fun!

The Wii bowlers continue to meet every Wednesday at 10:30 AM in the Fitness Center. **Jean Taylor** recently bowled a score of 253 which is a record for the group.

This group is looking for more members. If you would like to join, contact Lynn Gallo at 412-571-5183 or lgallo@asburyheights.org.



(L to R) Ruth Ann Kramer, Jean Taylor, Pat Dicker and Mary Esther Gough enjoy playing Wii bowling.



Better Choices, Better Health

Managing Chronic Conditions

The second Better Choices, Better Health workshop starts **Monday, September 26** and will continue for six consecutive Mondays. This is the same free workshop you may have seen offered in June.

Several Asbury residents have already completed this program. **Jeanne Starr** is one of them.

“This workshop helped me discover ways to self manage my condition,” says Miss Starr. “It gave me the confidence to set goals for myself and modify my plan as needed. It helped me take control over my condition rather than *it* controlling me.”

Sessions will be held in Baum Chapel and will run from 1:00 PM until 3:30 PM. Each participant will receive a textbook titled “Living a Healthy Life With Chronic Conditions.” Those who complete at least four of the six sessions will receive a relaxation tape. Contact Marcy Byers at 412-571-5220 or mbyers@asburyheights.org to register.

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.

You must RSVP to these events by calling 412-571-5138.

Garden Goodies: Preparing Healthy Recipes Using Seasonal Produce

Thursday, **August 18** at 6:00 PM

(Seats are still available!)

Presented by Chef Lisa Ferguson of Fabled Table

Get tips for preparing and serving delicious, nutritious recipes using in-season fruits and vegetables. Whether grown in your own garden or purchased at a local farmer's market, Chef Lisa will share great information about soups, salads, main dishes and desserts. You will walk away with new and exciting ways to prepare the produce you love.

Your VIPs (Very Important Papers)

Thursday, **September 15** at 6:00 PM

(RSVP by September 8)

Presented by Laura Vassamillet of BNY Mellon

Laura Vassamillet of BNY Mellon Wealth Management will review the importance of having a Will, a financial Power of Attorney, and a Living Will and Health Care Directive. See page 7 for more information about this program.



Blood Pressure Screenings

Free blood pressure screenings are available twice a month in the Health & Wellness Center (Room 4317) from 9:00 AM until 11:00 AM.

August 25

September 8, 22

October 13, 27

November 10, 17

December 8, 22

Creative Cuisine

August 23 -- A Taste of Texas (Dinner)

September 5 -- Labor Day Picnic (Lunch)

September 13 -- Omelet Bar (Lunch)

The Asbury Way Café

You can now call the Asbury Way Café hotline at ext. 5090 to hear the daily soup and specials.

Giving Changes Lives

Ensure Your “VIP” Status...

Are your **Very Important Papers** in place and up to date? The upcoming Hand-in-Hand presentation will offer guidance so your information is current and organized.

Join Laura Vassamillet of BNY Mellon Wealth Management on **Thursday, September 15** at 6:00 PM in the Social Room for a brief overview of key estate planning documents.

Information presented is intended to inform individuals of some of the important estate planning documents one should think about putting into place. Laura will review the importance of having a will, financial power of attorney, a living will and health care directive.*

We look forward to seeing you at this special Hand-in-Hand program brought to you in conjunction with Asbury Foundation.

To attend this Hand-in-Hand program, please RSVP by contacting Keeley Hancox at 412-571-5138.

*You should not take any action on creating these documents without first consulting your legal counsel.

For more information on the Asbury Foundation, please contact 412-571-5106.



Laura Vassamillet

The 1908 Society

One of the most common ways to make a gift to Asbury is through your will. If you have already done so, or would like to do so, please let the Asbury Foundation know, so that we may properly acknowledge your gift, and so that we may insure your gift is applied according to your wishes.

Contact Asbury Foundation at 412-571-5106 or ckarman@asburyheights.org to learn more.

Summer Concert Series

The concert below will be held outside at Asbury Circle. In the event of rain, it will be in the Social Room.

Tuesday, August 23 at 7:15 PM

TOO MANY TUBAS

Enjoy a variety of show tunes, novelty tunes and traditional band songs with this local group. They have performed at Kennywood Park as well as community events and encourage audience participation!



Top: Residents and neighbors gather for Hopewell Community Jazz Band on July 27.

Bottom: Nearly 200 people attended the concert on August 10.

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.



Asbury Hillbilly Rhythm Band Performance

Wednesday, August 17

2:00 PM

Asbury Place

The band is also looking for a harmonica player and/or singer. If you are interested, please call Marie Waldman at 412-571-5234.

The Asbury News

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Asbury Heights

† Operated by United Methodist Services for the Aging

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